



SKIN CARE RECOMMENDATIONS

We strongly encourage consistent use of quality skin care products to all North Metro Dermatology patients. Healthy skin will be achieved and maintained by following the skin care program recommended below.

MORNING

- 1) CLEANSER
- 2) TONER
- 3) EYE CREAM
- 4) ANTIOXIDANT
- 5) MOISTURIZER
- 6) SUNSCREEN
- 7) MAKEUP

EVENING

- 1) CLEANSER
- 2) TONER
- 3) EYE CREAM
- 4) ANTI-AGING
- 5) MOISTURIZER

Please use the guide on the back page to select appropriate products for your skin type. Additional product information is available on our website. If pregnant or nursing, please consult your physician regarding use of skin care products. You may also schedule a complimentary consultation with our esthetician for help in customizing the optimal regimen, as well as for information on NMD Mineral Makeup, prescription products, and other specialty products, including acne, hair, body, and post-care treatment products.

CLEANSERS:

- #SW121 Gentle Cream Cleanser: all skin types (post-procedure, sensitive, dry skin, and for pre-cleansing)
- #SW120 Balancing Gel Cleanser: all skin types
- #SW142 Deep Gel Cleanser: tolerant and oily skin types
- #NM927 Clarifying Acne Cleanser: acne and/or oily skin
- #NM408 Medicated Acne Wash: acne (including body acne)
- #SW123 Exfoliating Facial Scrub: all skin types (except very sensitive skin)
- #NM13A Dual Action Makeup Remover: eye and lip makeup remover for all skin types
- #E111 Dermal Wound Cleanser: post-procedure

TONERS:

- #SW125 Balancing Antioxidant Toner: all skin types (particularly sensitive and normal-dry skin)
- #SW124 Purifying Botanical Toner: all skin types (particularly oil-rich and blemish-prone skin)
- #NM923 Clarifying Acne Pads: acne and/or oily skin

EYE CREAMS:

- #SW126 Illuminating Antioxidant Eye Cream: all skin types
- #NM852 Firming Retinol Eye Repair (except very sensitive skin)

ANTIOXIDANTS:

- #NM118 Enhanced Vitamin C Serum: all skin types
- #SW129 Soothing Nutrient Complex: all skin types (particularly sensitive, acne, and redness-prone skin)

MOISTURIZERS:

- #SW127 Hydrating Facial Lotion: all skin types (particularly normal-oily skin)
- #SW141 Rejuvenating Facial Lotion: all skin types
- #SW128 Revitalizing Facial Cream: normal-dry skin (particularly very dry skin)
- #NM896 Age-Defying HA Serum: all skin types

ANTI-AGING:

- #NM876 Retinol Repair Serum
- #NM905 Glycolic Repair Cream
- #NM873 Firming Neck Complex
- #DF101 Defenage 8-in-1 Bioserum

SUNSCREENS:

- #E101 EltaMD SPF 30: all skin types (particularly normal-dry skin)
- #E103 EltaMD SPF 41: all skin types (lightly tinted for fair skin types)
- #E104 EltaMD SPF 45: all skin types (particularly normal-oily skin)
- #E105 EltaMD SPF 50: all skin types (particularly "active" skin or those requiring a "sport" formula)
- #NM858 Sheer Physical Antioxidant SPF 50: all skin types (including sensitive skin and post-procedure)
- #NM859 Complete BB Foundation Cream SPF 50: all skin types (including sensitive skin and post-procedure)
- #NM117 Clear & Calm SPF 45: all skin types (particularly acne and rosacea)
- #NM1204 Transparent Mineral Powder SPF 30: all skin types
- #E102 EltaMD SPF 31: lip balm for all skin types
- #E108 EltaMD SPF 45: body spray for all skin types

NMD MINERAL MAKEUP: suitable for all skin types, including sensitive skin and post-procedure

We also offer prescription products and specialty products for hair, acne, body, and post-treatment. Visit our online shop to learn more!