



## **SKIN CARE RECOMMENDATIONS**

We strongly encourage consistent use of quality skin care products to all North Metro Dermatology patients. Skin care products should be applied in the order outlined below.

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### **MORNING**

- 1. Cleanser**
- 2. Toner**
- 3. Eye Cream**
- 4. Anti-Aging**
- 5. Moisturizer**
- 6. Sunscreen**
- 7. Makeup**

### **EVENING**

- 1. Cleanser**
- 2. Toner**
- 3. Eye Cream**
- 4. Anti-Aging**
- 5. Moisturizer**

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

## **CLEANSERS:**

Gentle Cream Cleanser: all skin types (post-procedure, sensitive, dry skin, and for pre-cleansing)

Balancing Gel Cleanser: all skin types

Deep Gel Cleanser: tolerant and oily skin types

Clarifying Acne Cleanser: acne and/or oily skin

Medicated Acne Wash: acne (including body acne)

Exfoliating Facial Scrub: all skin types (except very sensitive skin)

Dermal Wound Cleanser: post-procedure

## **TONERS:**

Balancing Antioxidant Toner: all skin types (particularly sensitive and normal-dry skin)

Purifying Botanical Toner: all skin types (particularly oil-rich and blemish-prone skin)

Advanced Clarifying Acne Pads: acne and/or oily skin

## **EYE CREAMS:**

Illuminating Antioxidant Eye Cream: all skin types

Firming Retinol Eye Repair (except very sensitive skin)

Age-Defying Eye Concealer: light-medium skin types

## **ANTIOXIDANTS:**

Enhanced Vitamin C Serum: all skin types

Soothing Nutrient Complex: all skin types (particularly sensitive, acne, and redness-prone skin)

## **MOISTURIZERS:**

Hydrating Facial Lotion: all skin types (particularly normal-oily skin)

Rejuvenating Facial Lotion: all skin types

Revitalizing Facial Cream: normal-dry skin (particularly very dry skin)

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:**

EltaMD SPF 30: all skin types (particularly normal-dry skin)

EltaMD SPF 36: lip balm for all skin types

EltaMD SPF 41: all skin types (lightly tinted for fair skin types)

EltaMD SPF 45: all skin types (particularly normal-oily skin)

EltaMD SPF 45: body spray for all skin types

EltaMD SPF 46: all skin types (particularly acne and rosacea)

EltaMD SPF 50: all skin types (particularly "active" skin or those requiring a "sport" formula)

Sheer Physical Antioxidant SPF 50: all skin types (including sensitive skin and post-procedure)

Complete BB Foundation Cream SPF 50: all skin types (including sensitive skin and post-procedure)

Transparent Mineral Powder SPF 30: all skin types

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

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