



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.

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**
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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
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: all skin types (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)

ANTI-AGING:

Retinol Repair Serum
Glycolic Repair Cream
Firming Neck Complex
Defenage 8-in-1 Bio Serum
Tretinoin Cream .025%, .05%, 0.1%

MOISTURIZERS:

Hydrating Facial Lotion: all skin types (particularly normal-oily skin)
Rejuvenating Facial Lotion: all skin types
Revitalizing Facial Cream: normal-dry skin
Age-Defying HA Serum: all skin types

SUNSCREEN:

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: 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 30: all skin types (lightly tinted for fair to medium skin types)
Transparent Mineral Powder SPF 30: all skin types (particularly for reapplication over makeup)