



## **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. 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: 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 with SPF 50: all skin types (particularly light-medium skin tones)

## 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: all skin types (except very sensitive skin)  
Glycolic Repair Cream: all skin types (except very sensitive skin)  
Firming Neck Complex: all skin types  
Defenage 8-in-1 Bio Serum: all skin types  
Tretinoin Cream .025%, .05%, 0.1% (by prescription only)

## MOISTURIZERS:

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

## SUNSCREEN:

Sheer Physical Spray SPF 50: body spray for all skin types (including sensitive and post-procedure)  
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 tones)  
Transparent Mineral Powder SPF 50: all skin types (particularly for reapplication over makeup)  
ElaMD SPF 30: all skin types (particularly normal-dry skin)  
ElaMD SPF 36: lip balm for all skin types  
ElaMD SPF 41: all skin types (lightly tinted for fair skin tones)  
ElaMD SPF 46: all skin types (particularly acne and rosacea; tinted option for fair to medium skin tones)  
ElaMD SPF 50: sport formula for all skin types