



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: 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 Antioxidant SPF 50: all skin types (including sensitive skin and post-procedure)
Complete BB Foundation Cream SPF 50: 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 40: face and body spray for all skin types
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