



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

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 Eye Makeup Remover: *all skin types (including sensitive skin and lash extensions)*
Gentle Renewing Cleanser: *all skin types (post-procedure, sensitive, dry skin, and for pre-cleansing)*
Purifying Cleanser: *oily skin types*
Clarifying Acne Cleanser: *acne and/or oily skin*
Medicated Acne Wash: *acne (including body acne)*
Gentle Exfoliating Scrub & Mask: *all skin types*
Dermal Wound Cleanser: *post-procedure*

TONERS:

Enriched Soothing Toner: *all skin types*
Advanced Clarifying Acne Pads: *acne and/or oily skin*

EYE CREAMS:

Brightening Peptide 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*
Redness Relief Antioxidant Serum: *rosacea/redness/acne 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*
Obagi® Tretinoin Cream .025%, .05%, 0.1% *(by prescription only)*

MOISTURIZERS:

Sheer Facial Moisturizer: *all skin types (particularly normal-oily skin)*
Replenishing Facial Moisturizer: *all skin types*
Restoring Skin Oil: *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 30: *all skin types (particularly for reapplication over makeup)*
Transparent Mineral Antioxidant SPF 50 Drops: *all skin types*
EltaMD® Moisturizing Facial SPF 35: *all skin types (particularly normal-dry skin)*
EltaMD® Moisturizing Body SPF 35: *all skin types (particularly normal-dry skin)*
EltaMD® SPF 36: *lip balm for all skin types*
EltaMD® Tinted Physical SPF 41: *all skin types (lightly tinted for fair skin tones)*
EltaMD® Clear SPF 46: *all skin types (particularly acne and rosacea; tinted option for fair to medium skin tones)*
EltaMD® Sport SPF 50: *sport formula for all skin types*