

SKINCARE PRODUCT GUIDE

STEP BY STEP & RECOMMENDED PRODUCT LIST

YOUR AM ROUTINE

1. Cleanse
2. Antioxidant
3. Sunscreen

YOUR PM ROUTINE

1. Cleanse
2. Retinoid
3. Moisturizer

SKINCARE GUIDE

Our skin is constantly exposed to potential injury and aging. Pollution, UV radiation, and extreme weather conditions are just a few of the day-to-day hazards that hasten the wear and tear. As we age, our skin also changes, in wrinkles, fine lines, and other signs of aging. The good news is that with The right skincare regimen can help slow down the aging process and keep our skin looking more youthful and radiant for years to come. But there are just so many things to do, what is absolutely essential?

CLEANSER — AM STEP 1 & PM STEP 1 —

Cleanse your skin to remove excess oil and debris. This helps to maintain proper pore size, decrease breakouts and your acial products will penetrate deeper and perform better.

CLEANSERS		
OTC Grade	OTC Grade	Medical Grade
<input type="checkbox"/> Natrium Niacinamide gel ee cleanser <i>[dry, compromised skin]</i>	<input type="checkbox"/> CeraVe Benzoyl Peroxide 10% <i>[oily, acne prone skin, chest & back]</i>	<input type="checkbox"/> SkinCeuticals LHA Cleansing Gel <i>[acne prone/anti aging]</i> \$45
<input type="checkbox"/> CeraVe Benzoyl Peroxide 4% <i>[dry, acne prone skin]</i>		<input type="checkbox"/> EltaMD Foaming Facial Cleanser <i>[all skin types]</i> \$35

ANTIOXIDANT — AM STEP 2 —

Antioxidants protect the skin from free radical damage caused by environmental stressors, such as UV rays and pollution. Free radicals damage DNA inside your cells. Antioxidants can reduce DNA damage and inflammation, brighten the skin, improve skin tone and texture, and improve elasticity.

ANTIOXIDANTS		
OTC Grade	Medical Grade	Medical Grade
<input type="checkbox"/> Vichy LiftActiv Vit. C Brightening Corrector <i>[dry, compromised skin]</i>	<input type="checkbox"/> SkinBetter EyeMax AlphaRet <i>[puffiness, dark undereye]</i> \$125	<input type="checkbox"/> SkinCeuticals A.G.E. Advanced Eye <i>[puffiness, dark undereye]</i> \$116
<input type="checkbox"/> CeraVe Skin Renewing Vit. C Serum <i>[dry, compromised skin]</i>	<input type="checkbox"/> SkinBetter Alto Defense <i>[super-potent antioxidant]</i> \$235	<input type="checkbox"/> SkinCeuticals CE Ferulic <i>[texture, inflammation]</i> \$182
	<input type="checkbox"/> SkinBetter Solo Hydrating Defense for Men <i>[hydrating serum 4 men]</i> \$170	<input type="checkbox"/> SkinCeuticals Silymarin <i>[anti-ox for acne prone]</i> \$182

RETINOID — PM STEP 2 —

Retinoid cream neutralizes free radicals in the middle layer of your skin, which helps boost elastin and collagen production that will help reduce the appearance of fine lines, wrinkles, and enlarged pores. It can also decrease breakouts and improve or prevent precancerous skin damage.

RETINOIDS		
<i>OTC Grade</i>	<i>Medical Grade</i>	<i>Medical Grade</i>
<input type="checkbox"/> Cerave Retinol Resurfacing Serum <i>[dry, compromised skin]</i>	<input type="checkbox"/> SkinBetter AlphaRet \$140 <i>[AHA fine lines and wrinkles]</i> \$200	<input type="checkbox"/> SkinBetter AlphaRet Intensive <i>[AHA+ fine lines and wrinkles]</i> \$140

SUNSCREEN — AM STEP 3 —

Exposure to the sun without adequate protection can damage your skin cells and cause premature signs of aging, and DNA damage that leads to increased incidence of skin cancer. But you know this already. There is no step more important to your skin health and appearance.

SUNSCREENS		
<i>Medical Grade</i>	<i>Medical Grade</i>	<i>Medical Grade</i>
<input type="checkbox"/> Tizo Tizo3 -TINTED <i>[sheer matte finish]</i> \$45	<input type="checkbox"/> EltaMD UV Daily <i>[SPF + moisture boost]</i> \$39	<input type="checkbox"/> EltaMD UV Clear -TINTED <i>[acne prone, rosacea]</i> \$45
<input type="checkbox"/> Isdin Photo Actinica <i>[SPF + photo damage]</i>	<input type="checkbox"/> EltaMD UV AOX Mist <i>[H₂O resist., body spray]</i> \$45	<input type="checkbox"/> EltaMD UV Elements -TINTED <i>[H₂O resist., post procedure]</i> \$43
<input type="checkbox"/> Heliocare Dietary Supplement <i>[sunscreen oral tablet]</i>	<input type="checkbox"/> EltaMD UV Lip Balm <i>[H₂O resist., lips]</i> \$17	<input type="checkbox"/> EltaMD UV Stick <i>[H₂O resist., stick]</i> \$38

MOISTURIZER — PM STEP 3 —

Well moisturized skin repairs itself better. It is important to moisturize your face, and likely your neck and chest as well. These exposed, sensitive areas are also more susceptible to environmental damage and skin cancer than the rest of your body.

MOISTURIZERS		
<i>OTC Grade</i>	<i>Medical Grade</i>	<i>Medical Grade</i>
<input type="checkbox"/> Cerave SA Cream <i>[rough, bumpy skin]</i>	<input type="checkbox"/> EltaMD AM Therapy <i>[acne prone, rosacea]</i> \$44	<input type="checkbox"/> SkinBetter Trio Rebalancing Moisture Tx <i>[dry compromised skin]</i> \$175
<input type="checkbox"/> Laneige Water Bank Cream <i>[dry, dehydrated skin]</i>	<input type="checkbox"/> EltaMD PM Therapy <i>[prevent. maintenance]</i> \$44	<input type="checkbox"/> SkinCeuticals SkinCeuticals Triple Lipid <i>[best overall moisturizer]</i> \$150