

Skin Care Products Recommendations

All of these products that we personally recommend are available over-the-counter at drug/department stores or over the internet.

Face Wash

- Cetaphil Cleanser - \$ *
- CeraVe Cleanser - \$ *
- Neutrogena Foaming Face Wash - \$
- Obagi Foaming Cleanser Step 1 - \$\$
- Obagi Gentle Cleanser - \$\$ *
- Elta MD Cleanser - \$\$ *
- Clarisonic Skin Brush - \$\$\$\$ *

Face Moisturizer (non-comedogenic)

- CeraVe cream - \$ *
- Aveeno Positively Radiant SPF 30 - \$
- Oil of Olay Complete SPF 15/30 - \$
- Neutrogena Healthy Defense Daily Moisturizer SPF 45 - \$
- Avene Trixera Emollient Cream or Balm - \$\$ *
- Olay ProX Daily Repair Lotion - \$\$

Sunscreens – Face

- Cetaphil SPF 50 - \$
- Neutrogena Ultra Sheer Dry-Touch Sunblock, Helioplex SPF or 70 - \$ *
- Elta MD Sunscreens Clear, Shield, or Tinted - \$\$ *

Anti-Wrinkle Products

(Consult your dermatologist for stronger prescription and surgical anti-wrinkle therapies)

- Olay ProX - \$\$
- Roc Retinol Correction Deep Wrinkle Night Cream - \$\$
- Neutrogena Healthy Skin Anti-Wrinkle Cream - \$\$
- Neocutis Bio-Restorative DAY & Night - \$\$\$\$
- Skin Medica TNS Recovery Serum - \$\$\$\$
- SkinCeuticals C E Ferulic Serum - \$\$\$\$
- Obagi C Serum - \$\$\$\$
- Citrix CRS Serum - \$\$\$\$

Eye Creams

- Roc Retinol Correction Eye Cream - \$\$
- Olay ProX Restorative Eye Cream - \$\$
- Obagi Elastiderm Eye Cream or Gel - \$\$\$
- Neocutis Journee Eye Cream - \$\$\$\$
- Teamine Eye Complex - \$\$\$\$
- Skin Medica - \$\$\$\$

Acne Washes

- Benzoyl Peroxide 5% (face), 5-10% (body), or Salicylic Acid – Neutrogena, Clearasil, Clean and Clear, Oil of Olay, Oxy, Pan Oxy - \$

Shaving Cream

- Aveeno Shaving Cream - \$ *

For irritated skin associated with shaving:

- Pretreat:* Benzoyl peroxide or salicylic acid wash, leave on for 3-5 minutes, then wash off and shave
- Post-shave:* Cortaid or Cortizone10 cream

Body Wash

- Dove Liquid - \$ *
- CeraVe Cleanser - \$ *
- Oil of Olay Body Crème Ribbons - \$
- Oil of Olay Liquid - \$

Body Moisturizer

- Vanicream - \$
- Vaseline Creamy Petroleum Jelly - \$ *
- CeraVe Cream - \$
- Dove Nourishing Lotion - \$ *
- Eucerin Moisturizing Crème - \$ *
- Aveeno Daily Moisturizing Cream - \$ *
- Lac-Hydrin 5 or 12% lotion - \$
- Avene Trixera Emollient Cream or Balm - \$\$
- Elta MD Moisturizer - \$\$

Sunscreens – Body

- Vanicream Sport 60+ - \$ *
- Neutrogena Ultra Sheer Dry-touch Sunblock, Helioplex SPF 70 or 100+ - \$ *
- Neutrogena Kids Sunscreen - \$ *
- Coppertone Sport SPF - \$
- Banana Boat Ultra Sport SPF - \$
- Elta MD Sunscreens Clear, Shield, Sport, or Spray - \$\$ *

Hand Cream/Nails

- Vaseline Petroleum Jelly - \$ *
- Neutrogena Norwegian Formula - \$
- TheraSeal - \$ *
- CeraVe Cream - \$ *
- Aquaphor - \$ *
- Biotin supplement (nails/hair): 2.5-3 mg by mouth daily - \$
- Elon Nail Conditioner - \$\$

Anti-Itch Products

- Eucerine Anti-Itch Spray - \$ *
- Aveeno Products - \$ *
- Sarna - \$ *
- Pramoxine - \$ *
- Cortaid/Cortizone10 - \$ *

Anti-Redness Products

- Eucerin Redness Relief - \$ *
- Purpose Redness Reducing Moisturizer SPF 30 - \$
- Obagi Rosaclear - \$\$ *
- Green Tinted Products - \$-\$\$

\$ = less than \$15

\$\$ = \$15-\$30

\$\$\$ = \$30-\$50

\$\$\$\$ = over \$50

* = sensitive skin products

