

Angie's Hot & Flashy Current Skincare Routine – January 2019 - Printable Version

AM:

1. **Wash Face:** Neutrogena Hydro Boost Gentle Cleansing Lotion (Fragrance Free) or La Roche Posay Toleriane Hydrating Gentle Cleanser: Warm water & hands, pat dry
2. If you use the **NuFace** Microcurrent device, apply gel or Neutrogena Hydro Boost Body Lotion (fragrance free) and do your NuFace routine.
3. **Antioxidant Serum:** Timeless 20% Vitamin CE Ferulic Acid Serum or Maelove The Glow Maker: Apply 7 drops to face (avoiding eyelids & lips), another 7 drops to neck & chest, 3 drops to backs of hands
4. **Alpha Hydroxy Acid Serum:** The Ordinary Lactic Acid 5% + 2% HA: Apply 5 drops to face, neck (if tolerated), chest & backs of hands (avoiding eyelids & lips)
5. **Peptide Serum:** Timeless CoEnzyme Q10 Serum (with Matirxyl 3000): Apply 10-15 drops to face, neck, chest & backs of hands (including eyelids & lips)
6. **Moisturizer:** CeraVe PM Facial Moisturizing Lotion: Apply 3 pumps to face, neck, chest & backs of hands (including eyelids & lips)
7. **Sunscreen:** Elta MD UV Elements SPF 44, Paula's Choice Super-Light SPF 30, Australian Gold Botanical Tinted Face Sunscreen SPF 50, or Make P:rem UV Defense Me Blue Ray Sun Cream SPF 50+ PA++++: Apply 1/4 teaspoon for face + neck, more for chest & backs of hands. Wait 15-20 minutes before applying primer/makeup.

PM:

1. **Remove Makeup:** Clinique Take the Day Off Cleansing Balm: Massage a dime size amount into dry face, splash once with water and rub water around face & eyes to emulsify. Wipe with damp Wonder Cloth washcloth.
2. **Double Cleanse:** Neutrogena Hydro Boost Gentle Cleansing Lotion (Fragrance Free), or CeraVe Hydrating Cleanser or La Roche Posay Toleriane Hydrating Gentle Cleanser: Massage 1 pump into damp face, Scrub lightly with Tao Clean Aura Orbital Cleanser, splash with water to rinse, pat dry with soft towel
3. **Toner (Optional):** Isntree Green Tea Toner, or Colleen Rothschild Match Tea Toner, or Thayer's Alcohol-Free Witch Hazel Toner: Wet cotton round & swipe over face, neck, chest
4. **Prescription Retinoid:** Retin-A, 0.1% Generic Tretinoin, OR Curology (prescription): Apply a pea-sized amount to face (avoiding eyelids & lips), use another pea-sized amount for chest & backs of hands (can be done right away if skin is acclimated to Tretinoin, if not, wait 15-20 minutes for skin to dry completely)
5. **OTC Retinoid:** Avene RetrinAl 0.1 Cream, CeraVe Skin Renewing Retinol Cream Serum or Neutrogena Rapid Wrinkle Repair Regenerating Cream: Apply a small amount to neck only
6. **Peptide Serum:** Timeless Matrixyl Synthe 6 Serum: Apply to face, neck, chest & backs of hands (including eyelids & lips)
7. **Face Moisturizer:** CeraVe PM Facial Moisturizing Lotion, Olay Regenerist Microsculpting Cream or Neutrogena Rapid Wrinkle Repair Regenerating Cream: Apply to face, neck, chest & backs of hands (including eyelids & lips)
8. **Neck Moisturizer/Anti-Irritation Cream:** La Roche-Posay CicaPlast Baume B5 Soothing Multi-Purpose Balm: Apply a pea sized amount to neck and any other extra-dry or irritated skin.