

Drugstore/Affordable Anti-Aging Skincare Routine – July 2019 - Printable Version

AM:

- Wash Face:** Neutrogena Hydro Boost Gentle Cleansing Lotion (or CeraVe Hydrating Cleanser or La Roche Posay Toleriane Hydrating Gentle Cleanser): Warm water & hands, pat dry
- Apply serums, lotions, & creams in order from thinnest to thickest.**
Use Chart on next page to determine order to apply AM routine. Choose ONE product from each ingredient category and circle the product you're going to use. Ingredients are listed in the left hand column. Consistency (from thinnest to thickest) is across the top. Apply products in order from left to right (thinnest to thickest).

Example 1 Using all Drugstore Products:

You would use L'Oreal Revitalift Hyaluronic Acid Serum 1st, then CeraVe Skin Renewing Vitamin C, then Alpha Skincare Renewal Glycolic Acid Lotion, then CeraVe PM Moisturizer Lotion, then Eucerin Q10 Cream

Consistency → □ Ingredient ↓ □	Watery Liquid	Serum	Light Lotion	Lotion	Cream
Vitamin C (Choose 1)	Timeless 20% C + E Ferulic Acid Maelove The Glow Maker		Apply 2nd CeraVe Skin Renewing Vitamin C	L'Oreal Revitalift Vitamin C Apply 3rd	
Alpha Hydroxy Acids (Choose 1)	The Ordinary 5% Lactic Acid			Alpha Skincare Renewal Essential Lotion 10% Glycolic Acid Apply Last	
CoQ10 (Choose 1)	Timeless CoEnzyme Q10	Inkey List Q10 Apply 1st			Eucerin Q10 Anti-Wrinkle Face Cream
Hyaluronic Acid (Choose 1)		L'Oreal Revitalift Hyaluronic Acid Serum	Physicians Formula Skin Booster Hydra Shot	Apply 4th CeraVe PM Moisturizer Lotion	
Moisturizer					

Example 2 Using A Mix of Drugstore & Online Products:

You would use Timeless 20% C + E Ferulic Acid Serum first, then Timeless CoEnzyme Q10, then Physicians Formula Hyaluronic Acid, then Alpha Skincare Glycolic Acid, then CeraVe PM Lotion.

Consistency → □ Ingredient ↓ □	Watery Liquid <i>Apply 1st</i>	Serum	Light Lotion	Lotion	Cream
Vitamin C (Choose 1)	Timeless 20% C + E Ferulic Acid Maelove The Glow Maker		CeraVe Skin Renewing Vitamin C	L'Oreal Revitalift Vitamin C <i>Apply 4th</i>	
Alpha Hydroxy Acids (Choose 1)	The Ordinary 5% Lactic Acid <i>Apply 2nd</i>			Alpha Skincare Renewal Essential Lotion 10% Glycolic Acid	
CoQ10 (Choose 1)	Timeless CoEnzyme Q10	Inkey List Q10	<i>Apply 3rd</i>		Eucerin Q10 Anti-Wrinkle Face Cream
Hyaluronic Acid (Choose 1)		L'Oreal Revitalift Hyaluronic Acid Serum	Physicians Formula Skin Booster Hydra Shot	<i>Apply Last</i>	
Moisturizer				CeraVe PM Moisturizer Lotion	

- Vitamin C:** Choose 1 & Apply to face (avoiding eyelids & lips), neck & chest, backs of hands
- Alpha Hydroxy Acid Serum:** Choose 1 & apply 5 to face, neck (if tolerated), chest & backs of hands (avoiding eyelids & lips)
- Peptide Serum:** Choose 1 & apply to face, neck, chest & backs of hands (including eyelids & lips)
- Moisturizer:** CeraVe PM Facial Moisturizing Lotion: Apply 3 pumps to face, neck, chest & backs of hands (including eyelids & lips)
- Sunscreen:** Australian Gold Botanical Tinted Face Sunscreen SPF 50 (or CeraVe AM Lotion SPF 30): Apply 1/4 teaspoon for face + neck, more for chest & backs of hands. Wait 15-20 minutes before applying primer/makeup.

PM:

- Remove Makeup:** Pond's Cleansing Balm: Massage a dime size amount into dry face, splash with water and rub water around face & eyes to emulsify. Wipe with damp Wonder Cloth washcloth.
- Double Cleanse:** Neutrogena Hydro Boost Gentle Cleansing Lotion (or CeraVe Hydrating Cleanser or La Roche Posay Toleriane Hydrating Gentle Cleanser): Massage 1 pump into damp face, wipe with Wonder Cloth, splash with water to rinse, pat dry with soft towel

3. **Retinoid:** Differin (or The Ordinary Granactive Retinoid, or Neutrogena Rapid Wrinkle Repair): Apply a pea-sized amount to face (neck optional, avoiding eyelids & lips), use another pea-sized amount for chest & backs of hands (can be done right away if skin is acclimated to retinoid, if not, wait 15-20 minutes for skin to dry completely)
4. **Peptide Serum:** Timeless Matrixyl Synthe 6 Serum or The Ordinary Buffet: Apply to face, neck, chest & backs of hands (including eyelids & lips)
5. **Face Moisturizer:** Olay Regenerist Microsculpting Cream or Olay Regenerist Night Cream or CeraVe Night Cream: Apply to face, neck, chest & backs of hands (including eyelids & lips)

Use the chart below & select your products to determine order of application

Consistency → □	Watery Liquid	Serum	Light Lotion	Lotion	Cream
Ingredient ↓ □					
Vitamin C (Choose 1)	Timeless 20% C + E Ferulic Acid Maelove The Glow Maker		CeraVe Skin Renewing Vitamin C	L’Oreal Revitalift Vitamin C	
Alpha Hydroxy Acids (Choose 1)	The Ordinary 5% Lactic Acid			Alpha Skincare Renewal Essential Lotion 10% Glycolic Acid	
CoQ10 (Choose 1)	Timeless CoEnzyme Q10	Inkey List Q10			Eucerin Q10 Anti-Wrinkle Face Cream
Hyaluronic Acid (Choose 1)		L’Oreal Revitalift Hyaluronic Acid Serum	Physicians Formula Skin Booster Hydra Shot		
Moisturizer				CeraVe PM Moisturizer Lotion	