

Ingredient FYI's

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Physician Grade Skin Care

The physician grade skin care lines that we carry contain ingredients that are more assertive in nature. Due to the potency of these products and the increased chance of irritation to the skin, it is important to follow the usage instructions carefully. Below are general guidelines for our more advanced results-oriented treatment products. If you are unsure of the proper use, consult our esthetician.

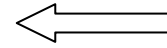
Some ingredients are loosely known as “active ingredients.” Due to the results-oriented strength of these ingredients, it is important to allow your skin to acclimate to them gradually. This allows the skin to get used to the more potent formulas without causing adverse effects. When beginning any new regimen or new ingredients, begin using items with active ingredients one at a time. As with any product or medication, stop using if you experience severe itching, swelling, burning or develop a rash or hives. Consult your medical provider immediately.

Common Active Skin Care Ingredients

(List not exhaustive)

- Alpha or beta hydroxy acids or blends
- Azelaic acid
- Benzoyl peroxide
- Citric acid
- Glycolic acid
- Hydroquinone
- Lactic acid
- Malic acid
- Salicylic acid
- Vitamin A, retinol, retinoic acid, retinyl acetate or palmitate
- Vitamin C, ascorbic, ascorbyl

Sunburn Alert



Some skin care ingredients may increase your skin's sensitivity to the sun and, particularly, the possibility of sunburn. Use sunscreen, wear protective clothing and limit sun exposure while using products that contain these and other active ingredients.

Helpful Tips

- As a general rule of thumb, products are typically applied thinnest to thickest. After cleansing, apply thin serums before heavier serums or creams.
- The skin around the eyes, lips, nasal openings and neck is typically more sensitive than other areas of the face. When using active products, use caution or avoid those areas completely until tolerance is determined.
- Although it may not be visible, items containing retinol (or the various forms of it) completely change the way skin reacts. Use extra caution with sun exposure and always inform an individual preparing to perform a skin care treatment on you. This includes treatments such as waxing, laser, microdermabrasion, chemical peels, etc. Discontinue using retinol in any form prior to any of these treatments. Check with your provider for the recommended amount of time to cease use of a retinoid. This is very important!
 - If excessive drying, peeling, flaking, tenderness or sensitivity occurs, scale back the amount of product used as well as the frequency of use. While some individuals may tolerate some or all ingredients well, others may not be able to use some items as often. The object is to use the amount of active ingredients in a regimen to produce the desired results without causing adverse effects. Although initially irritating, there are many ingredients that our skin can build up a tolerance to. Begin any new ingredients and/or products slowly, gradually increasing amounts and frequency as skin adjusts.
- Use the proper amount of the product. Products can't work properly if the wrong amount is being used. Some items are meant to be used sparingly, while others may require liberal amounts. If you are unsure, ask our esthetician.