

Physician-Strength Skin Care Products

Our office offers a wide variety of physician-strength skin care and skin rejuvenation products to help you achieve healthier, younger-looking skin. Dr. Daniella Duke has personally evaluated and selected these items, and they contain higher concentrations of the active ingredients than what is available in similar products sold in retail stores and spas.

Physician-strength skin care products have a biologic effect on the skin which causes the cells to act younger, making the skin look smoother and more even. These products, as they have high concentrations of active ingredients, have published studies which document their results. Over-the-counter skin care products do not have this same biologic effect on the skin. Rather they temporarily change the appearance of skin.

Dr. Duke and her staff can help guide you through the scientific data and formulate a skin care program that will effectively improve the health and appearance of your skin. The information below introduces you to some of the options.

- Cleansers:** We offer a variety of specially formulated cleansers to match your skin type, including mild cleansers for gently cleaning your skin, and more aggressive cleansers containing glycolic acid.
- Glycolic acid products:** Alpha hydroxy acids soften the "cement" that adhere skin cells together, and breaks up excess pigment (melanin) in your skin. They are used to exfoliate, reduce brown spots, improve skin tone, soften skin texture, reduce fine lines, and decrease pore size. Special physician formulations allow for more of the product to penetrate and act on the skin. Our AHA products are available in cleansers, treatment pads, and creams in concentrations up to 20%.
- Acne Treatments:** This acne system contains varying concentrations of salicylic acid and selected botanicals that will calm your skin and reduce breakouts. Designed to be incorporated into your at-home regimen.
- Vitamin A creams:** Vitamin A (Retinol Complete) cream smoothes the skin, reduces fine lines and lightens brown spots. Our Vitamin A products contain high concentrations of stabilized retinol and bakuchiol, to make skin cells function more efficiently--making dull skin brighter.
- Anti-Oxidant Products (including Vitamin C creams):** Our anti-oxidants creams calm skin irritations and normalize cell damage, thereby reducing the signs of sun damage and preventing premature aging of the skin. They soften and tighten your skin, and lighten brown spots. There are different types of anti-oxidants, including Nectifirm, ReVox, ReBrite Pads, and Vitamin C creams. The active ingredient in the Vitamin C creams meets two important criteria - it is in a stable form, and it has a high concentration.
- Moisturizers:** For smoother, softer skin, we offer a variety of different moisturizers for different skin types, and for different areas, including your hands, body, face, and under the eyes (we offer an eye serum).
- Sun Protection Products:** Physician-strength sunscreens have high concentrations of zinc or titanium, are water-resistant yet feel lighter, and they are non-comedogenic (do not promote acne). When you are out in the sun, we recommend you reapply your sunscreen. Use SPF 30+, reapply every 3 hours.
- Specialty Products:**
 - | *Nectifirm* contains 8 different ingredients that tighten & smooth the neck and décolletage areas.
 - | *ReVox II* is a peptide rich serum to reduce wrinkles and expression lines (forehead furrows, upper lip lines, crows feet)
 - | *Bio-Cream/Journee/Lumiere* contains 18 different growth factors that stimulate collagen growth, and reduce fine lines. *Journee* has an added SPF factor. *Lumiere* contains additional growth factors and other ingredients to reduce puffiness and dark circles under the eyes.
 - | *ReBrightalize Pads* contain arbutin, kojic acid, bearberry, and other botanicals and anti-oxidants to reduce brown sun damage spots and blotches. These treatments are available with or without Hydroquinone.(HQ) Apply pad 1-2 per day; do not wash off. Just let it dry on the skin.
 - | *Under eye skin care: Lumiere and Replenix Eye Repair.* Each of these products have specific active ingredients to hydrate, reduce dark circles and fine lines, decrease puffiness, calm and soothe the skin.

- | *Lumiquin Hand Rejuvenation Treatment:* unique combination of skin botanical brighteners, lighteners, and skin plumpers smooths, fills, and lightens hand brown spots. A great hand rejuvenator treatment. Apply pea-sized amount to top of hands at night, leave on over night, use sunscreen on hands during day. Avoid UV light if getting gel nails applied.
- | *Black Mask Treatment:* A purifying facial treatment, ridding it of impurities, excess sebum and other toxins. A natural exfoliator that leaves the skin looking polished and smooth. Helps to tighten pores and reduce the appearance of blackheads. Silt from the European freshwater lakes contribute to the black hue of this product. Apply generous amount 1-2 times/week or more often as tolerated, leave on for 15-30 minutes, wash off with warm water. Suitable for acne-prone skin.

When starting a new product: If you have sensitive skin, apply the product 2 times per week for the first two weeks (rather than daily). This will allow your skin to get used to the products, and it lessens the possibility of irritation.

After the first 2 weeks, if your skin is able to tolerate the products, then you should apply the products once a day for 2 to 4 weeks. If your skin is able to tolerate a daily application, then you may apply the products twice a day.

However, if any of the individual products (or combination of products) make your skin red, scaly or irritated, or if they burn when applying, stop using the product(s) and call our office (860) 245-000 for advice regarding their use.

MORNING ROUTINE

1. Facial Cleanser
2. Treatment pad:
Rebrit pad / Rebrit w HQ
3. Revox II (apply on dry skin)
4. Lumiere/Replenix Eye Repair
5. Glycolic Acid Cream
6. Revision Vitamin C
7. BioCream

Do **not use the Bio-cream in the morning if you are also using Journee. In this case, you would use the Journee in the morning BioCream at night

8. Moisturizer - ELTA MD AM Therapy
9. Sunscreen (use SPF 30+)
** if using Journee, this is a moisturizer/SPF30

EVENING ROUTINE

1. Facial Cleanser
2. Treatment pad:
Replenix retinol pad/Rebrit pad/Rebrit w/HQ
3. Revox II (apply on dry skin)
4. Lumiere /Replenix Eye Repair
5. Replenix Retinol Pad
6. Retinol Complete (Retin A, tretinoin, Differin, adapalene)
7. BioCream

8. Moisturizer - ELTA MD PM Therapy

** Nectifirm : Apply in upward strokes, gently apply dime sized amount onto the décolletage and up toward the neck to jawline. Use twice a day, morning and evening

NOTES: _____

Note: Store products away from direct light and heat.

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