

Top 10 Cosmeceuticals

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CF Cream

- Replenix
- Anti-oxidant
 - Reduces free radicals decreasing damage to cells
 - Enhances sunblock effectiveness
 - Combat fine lines, dull skin, collagen breakdown, enhance cell repair
- Contains caffeine and green tea polyphenols
 - anti-oxidants
- Contains hyaluronic acid and cucumber extract



Lytera Skin Brightening Complex

- SkinMedica
- Non-hydroquinone based face lotion useful for solar lentigines, melasma, PIH, dyschromia from photoaging
- Contains Vit C ester, retinol, niacinamide, licorice root extract, linoleic acid
 - Reduce melanocyte activation, decrease tyrosinase availability, reduce melanin transfer to keratinocytes and enhance epidermal melanin removal¹
- Comparable in efficacy to hydroquinone 4%¹



Bio-serum Intensive Treatment

- Neocutis
- Growth factor supplementation serum
 - Helpful for wrinkles, fine lines, hydration, overall skin tone
- Contains 1% of “processed skin cell proteins” (PSP)
 - Human growth factors, interleukins, and cytokines
 - Human placental derivation
- Contains a number of procollagen amino acids



RetrinAL 0.05 Cream

- Avene
- Retinoid of choice for elderly, those with sensitive skin (rosacea, atotics etc) and myself 😊
- Vit A = retinaldehyde
 - AKA retinal
 - Precursor of retinoic acid
 - Multiple studies in the 90's demonstrated it's equivalent efficacy with tretinoin, but with less side effects²
- Also contains pre-tocopheryl
 - Vit E precursor
 - anti-oxidant



PM Therapy Facial Moisturizer

- EltaMD
- Lightweight, oil free, non-comedogenic multipurpose moisturizer with several key ingredients
 - Niacinamide (VitB₃)
 - anti-inflammatory
 - Ceramides
 - Enhance epidermal barrier
 - Hyaluronic acid
 - Retains moisture
 - Vit E
 - Anti-oxidant
 - Hydrolyzed rice protein
 - Stimulates collagen formation



Exfoliating Heel Cream

- Biopelle
- Improves dry, calloused, cracked feet
- Exfoliates and moisturizes
- Key Ingredients:
 - 30% glycolic acid
 - Taurine
 - Anti-oxidant and moisturizer
 - Glycerin
 - Humectant
- Combine with salicylic acid 30% peels every 2 months



BioShield Recovery Complex

- JanMarini
- Great postcare treatment for resurfacing lasers, chemical peels and PDT
- Does not contain petrolatum
- Silicone based (dimethicone)
 - Provides occlusion, but with silky texture and matte appearance
- Epidermal growth factors, Vit E, hyaluronic acid



Heliocare

- Fernandale Laboratories
- Contains polypodium leucotomos extract (PLE)
 - Extract from a fern native to South and Central America
- Photoprotectant, antioxidant, prevents damage to DNA repair enzymes, enhances immune surveillance, increases minimal erythema dose (MED)^{3,4}
 - Promotes p53
- This is a sunscreen extender so use with topical sunscreen. DO NOT USE ALONE
- Can be used in those with PMLE, other photodermatoses, melasma and vitiligo



UV Lip Balm

- EltaMD
- SPF 31, Broad spectrum
- Water resistant 80 minutes
- 7% octinoxate, 5% titanium dioxide
- Contains Hydromanil
 - Proprietary humectant
- Mint flavoring, slightly shimmery

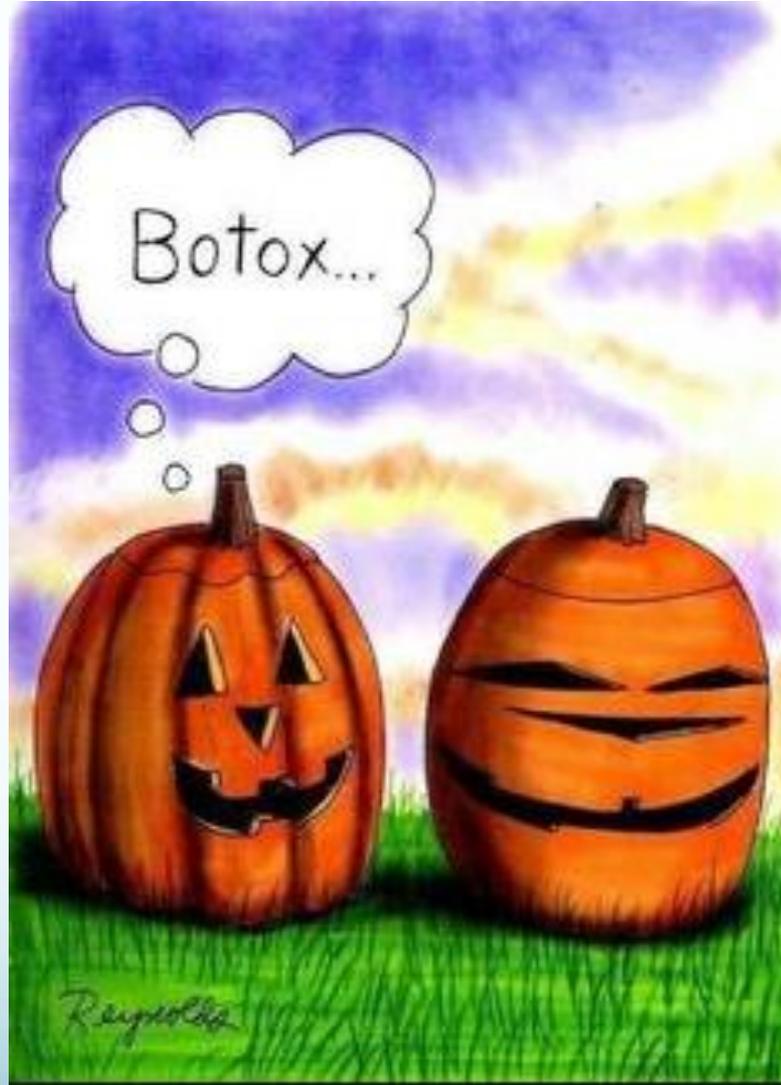


Anthelios XL Cream

- La Roche Posay
- SPF 60
- Non-comedogenic, velvety texture
- Can be used on face and body
- Sunscreen of choice for those with photosensitive dermatoses, extreme sun exposure, skin type I/II
- Octocrylene, titanium dioxide, avobenzone, Mexoryl XL, Mexoryl SX



THANK YOU!



Sources

1. Makino ET, Herndon JH, Sigler ML, et.al. Clinical efficacy and safety of a multimodality skin brightener composition compared with 4% hydroquinone. *J Drugs Dermatol*. 2013 Mar;12(3):s21-6.
2. Mukherjee S, Date A, Patravale V et al. Retinoids in the treatment of skin aging: an overview of clinical efficacy and safety. *Clin Interv Aging*. 2006 Dec; 1(4): 327–348
3. Winkelmann RR, Del Rosso J, Rigel DS. Polypodium leucotomos extract: a status report on clinical efficacy and safety. *J Drugs Dermatol*. 2015 Mar;14(3):254-61.
4. El-Haj N, Goldstein N. Sun protection in a pill: the photoprotective properties of Polypodium leucotomos extract. *Int J Dermatol*. 2015 Mar;54(3):362-6.