

Recommended Over-the-Counter Products

Anti-aging/Wrinkles

SkinCeuticals CE Ferulic

SkinCeuticals Phloretin CF

SkinCeuticals Night Cream - Retinol 0.3 / Retinol 0.5 / Retinol 1.0 (as effective as prescription retinol in the study)

SkinCeuticals Triple Lipid Restore 2:4:2

SkinCeuticals Tripeptide-R Neck Repair

Discoloration/Brown Spots

The Ordinary Azelaic Acid 10% Suspension Brightening Cream

SkinCeuticals Phloretin CF

SkinCeuticals Night Cream - Retinol 0.3 / Retinol 0.5 / Retinol 1.0 (as effective as prescription retinol in the study)

Hyaluronic Acid (anti-aging, skin hydration)

La Roche-Posay Hyalu B5 Serum

SkinCeuticals H.A. Intensifier

Vichy Minéral 89 Hyaluronic Acid Face Serum

Acne

Use face products labeled with “non-comedogenic”

Panoxyl 4% wash

Differin 0.1% gel

SkinCeuticals Night Cream - Retinol 0.3 / Retinol 0.5 / Retinol 1.0 (as effective as prescription retinol in the study)

SkinCeuticals Blemish + Age Defense

Pores

SkinCeuticals Night Cream - Retinol 0.3 / Retinol 0.5 / Retinol 1.0 (as effective as prescription retinol in the study)

SkinCeuticals Triple Lipid Restore 2:4:2

Dark Circles/Under Eye Bags

SkinCeuticals Eye Balm

SkinCeuticals A.G.E. Advanced Eye For Dark Circles

SkinCeuticals AOX+ Eye Gel

La Roche-Posay Pigmentclar Dark Circles Eye Cream

Face Moisturizer

Vanicream Daily Facial Moisturizer

La Roche Posay Double Repair Moisturizer UV SPF 30

Neutrogena Hydro Boost Face Moisturizer with Hyaluronic Acid

Body Moisturizer

Vaseline

Vanicream Moisturizing Cream

La Roche Posay Lipikar AP+M Triple Repair Body Moisturizing Cream

Cetaphil Moisturizing Cream

Eucerin Advanced Repair Body Cream

CeraVe Moisturizing Cream Unscented

Gold Bond Healing Hydrating Lotion

Gold Bond Healing Hand Cream

Gold Bond Healing Foot Cream

Face Sunscreen

SkinCeuticals Daily Brightening UV Defense SPF 30

TiZo Mineral Sun Defense Tinted SPF 50

TIZO3 Facial Primer Tinted SPF 40

TIZO2 Facial Primer Non-Tinted SPF 40

CeraVe AM Facial Moisturizing Lotion with Sunscreen

La Roche Posay Double Repair Moisturizer UV SPF 30

La Roche Posay Anthelios Ultra Light Fluid SPF 60

La Roche Posay Anthelios Mineral Tinted SPF 50

Body Sunscreen

TiZo Ultra Zinc Body & Face Tinted

TiZo Ultra Zinc Body & Face Non-Tinted

La Roche-Posay Anthelios Melt-In Milk Body & Face SPF 60

CeraVe 100% Mineral Sunscreen SPF 50

Vanicream Sunscreen Broad Spectrum SPF 50+

Neutrogena Ultra Sheer Dry-Touch SPF 70