

SKINCARE PROTOCOLS

BY DISEASE STATE



Keratosis Pilaris

1. Shower With **Medi Wash**
2. **AHA + BHA Peel Pads**
3. **Ceramide Barrier Cream**

Note: Add prescription steroids if there is itchiness as needed.



Seborrheic Dermatitis

1. **Medi Wash** (for Scalp & Face)
2. Moisturizer - Oily skin (**Hyaluronic Acid Gel**)
Normal Skin (**Nia-Genic Lotion**)
Dry Skin (**Ceramide Barrier Cream**)
3. **Mineral SPF** (Morning Only)

Note: Add prescriptions as needed.



Eczema

Morning

1. **Light Foaming Cleanser**
2. **Hyaluronic Acid Gel**
3. **Nia-Genic Lotion** or
Ceramide Barrier Cream
4. **Mineral SPF** (Morning Only)

Evening

1. **Light Foaming Cleanser**
2. **Hyaluronic Acid Gel**
3. **Nia-Genic Lotion** or
Ceramide Barrier Cream



Rosacea

Morning

1. **Light Foaming Cleanser** for flushing type,
Medi Wash for pimple type.
2. **Hyaluronic Acid Gel**
3. **Mineral SPF**

Evening

1. **Light Foaming Cleanser** for flushing type,
Medi Wash for pimple type.
2. **Nia-Genic Lotion**
3. *Low dose **Retinol** maybe an option.



Acne (without Accutane)

Morning

1. **Medi Wash** for papular, comedonal acne.
 2. **Melafade Serum**
 3. **Hyaluronic Acid Gel** (Oil-free) or **Nia-Genic Lotion**, depending how oily the skin is.
 4. **Mineral SPF**
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Evening

1. **Medi Wash** for papular, comedonal acne
2. **AHA + BHA Peel Pads** 1-4x a week.
Alternate days with **Retinol**.
3. **Retinol + Bakuchiol (0.25 or 0.5)** 1-4x a week
Alternate days with **AHA + BHA Peel Pads**.
4. **Hyaluronic Acid Gel** (Oil Free) or **Nia-Genic Lotion**, depending how oily the skin is



Acne (with Accutane)

Morning

1. **Medi Wash** for papular, comedonal acne
 2. **Melafade Serum**
 3. **Nia-Genic Lotion** or **Ceramide Barrier Cream** depending how oily the skin is.
 4. **Mineral SPF**
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Evening

1. **Medi Wash**
2. **AHA + BHA Peel Pads** - if it's severe, or they have scarring.
3. If there is PIH - **Melafade Serum**
4. **Nia-Genic Lotion** or **Ceramide Barrier Cream** depending on how dry the skin is.



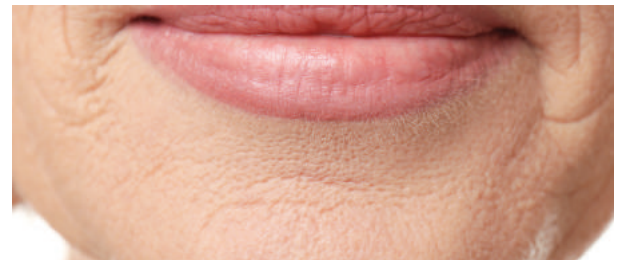
Melasma / Hyperpigmentation

Morning

1. **Light Foaming Cleanser**
 2. **Hyaluronic Acid Gel**
 3. **Antioxidant C Serum +**
 4. **Mineral SPF**
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Evening

1. **Light Foaming Cleanser**
2. (1-3 nights a week) **AHA + BHA Peel Pads**
3. **Hyaluronic Acid Gel**
4. Mix 3 drops each of **Retinol + Bakuchiol (0.25 or 0.5)** and **Melafade Serum** and apply on the face and neck .
5. Moisturizer - Normal Skin (**Nia-Genic Lotion**)
Dry Skin (**Ceramide Barrier Skin**)



Anti-Aging

Morning

1. **Light Foaming Cleanser**
 2. **Multi-Peptide Eye Gel**
 3. **Antioxidant C Serum +**
 4. **Hyaluronic Acid Gel**
 5. **Neck Renewal Cream**
 6. **Mineral SPF**
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Evening

1. **Light Foaming Cleanser**
2. **AHA + BHA Peel Pads** 1-3x a week.
Alternate days with **Retinol**.
3. **Hyaluronic Acid Gel**
4. **Multi-Peptide Eye Gel**
5. **Retinol + Bakuchiol (0.25 or 0.5)** 1-4x a week.
Alternate days with **AHA+BHA Peel Pads**.
6. **Neck Renewal Cream**