

# Skincare Routine

*Skin with Bea*  
Esthetics



*Morning*

01

# RINSE



You may skip cleansing and just rinse with water if needed. If skin is extra dry and flaky, skip this step.

02

# MOISTURIZE



Apply La Roche-Posay Double Repair Face Moisturizer (available in Amazon.com, Walgreen, CVS)

03

# PROTECT



Apply 2-3 pumps of DRMTLCY Universal Tinted or nontinted SPF 45 or EltaMD UV clear tinted or nontinted (available in amazon.com) all over face. Reapply every 2 hours or at least 3 times daily even when indoors



Bedtime



01

# CLEANSE



Cleanse with Stratia Velvet Cleansing Milk  
(available in-clinic) or La Roche-Posay  
Toleriane Hydrating Gentle Face Cleanser or  
Cerave Hydrating Cream to Foam Cleanser,  
rinse then pat dry.

# 02 TREAT (NORMAL SKIN)



Apply a very small amount (pea size only) of tretinoin 0.025% cream throughout your entire face, while carefully avoiding the eye area, corners of the nose and mouth. You can start every night. If skin starts to feel extra dry and flaky and sensitive, it normally goes away within days. If its been 3 days and still feel the burning sensation, take 2-3 nights break or until the burning sensation is gone then go back to every night.

*Avoid 7 days before and after the treatment*



# 02

## TREAT

SHORT CONTACT THERAPY- SENSITIVE/DRY SKIN



*On dry skin, apply a very small amount (pea size only) of tretinoin .025% cream all over face avoiding eye area, corners of the nose and mouth. Rinse skin after 15 minutes (leave skin slightly damp for the next step). Do this for at least 4 weeks. When starting out, skin may feel extra dry or irritated. This is normal and should go away but if it lasts for more than 2 days please take 1-2 nights break or until skin feels back to normal and start again. Once your skin feels back to normal for at least 4 weeks of short contact therapy, start adding one night every month where you leave it on overnight and the rest is just 15 minutes.*

***Avoid 7 days before and after the treatment***

03

# MOISTURIZE



Apply La Roche-Posay Double Repair Face  
Moisturizer

Remember it can take months to start seeing results. Avoid any fragrance or new products that has a lot of ingredients or “extracts”.

If a product that is supposed to be used daily burns or stings or feels itchy it's most likely not good for your skin unless there's an active ingredient that is expected to have some irritation when first starting out. If you're not sure, feel free to reach out and ask.

Practice sun protection measures especially when skin feels sensitive or extra dry and flaky.

When starting tretinoin/retinol, extra dryness and sensitivity may show up and it will go away the longer you use it.

