Dr. Herbert’s Daily Skin Care Regimen

MORNING
- Wash your face with a gentle cleanser.
  - *Recommended Brands*: FDL anti-oxidant cleanser, Vanicream or CeraVe
- Apply an anti-oxidant serum.
  - *Recommended Brands*: Skinceuticals CE Ferulic serum, Olay or Neutrogena
- Apply a sunscreen with an SPF of 30+.
  - *Recommended Brands*: FDL sheer physical sunscreen, Vanicream or La Roche Posay

EVENING
- Wash your face with a gentle cleanser.
  - *Recommended Brands*: Vanicream, Cetaphil or CeraVe
- Apply a pea-sized amount of a retinoid.
  - *Recommended Brands*: FDL retinol, Neutrogena, Atralin, Retin-A or ROC
- Wait 15 minutes after applying the retinol and then apply a moisturizer.
  - *Recommended Brands*: Vanicream, Aveeno or CeraVe