



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