

Obagi – Nuderm

1. Foaming Cleanser – cleanse twice daily (am/pm)

Foaming Cleanser is mixed with water to create suds. Use your fingertips to massage Foaming Cleanser into the skin for one minute, then rinse well and repeat. This product is very concentrated; use only a pea size amount. The Foaming Cleanser is a gentle cleanser that will remove excess oils and makeup without drying out the skin and is gentle enough to be used around the eye area.

2. Toner – use toner twice daily (am/pm)

Pour a small amount of the Toner onto your fingertips. Do not use a cotton ball. The Toner will bring your skin back to normal pH enabling the other products to enter into the skin more easily.

***Elastiderm eye cream (PM)**

***Apply 5-7 drops of your Vitamin C serum to your face, neck and chest.**

3. Clear – apply clear twice daily (am/pm)

Use only a pea size amount; massage the Clear into the skin concentrating on the brown spots. The Clear contains 4% hydroquinone and will lighten the brown spot and even out the skin tone. This is a very important part of the Obagi regimen

4. Exfoderm – Exfoderm is used only in the daytime and is applied three times per week (M,W,F in the AM)

Use only a pea-size amount and massage the Exfoderm into the skin keeping it away from the eye area. The Exfoderm contains Phytic acid; it will help to shrink the pores, tighten the skin and give a porcelain type texture to the skin. However, it is irritating to the skin and should not be used more than three times per week in the beginning.

5. Blender – Blender is used only in the evening three times per week and is mixed with equal parts of Trentinoin 0.05%/0.1% (M,W,F in the PM)

Squeeze a pea size amount of Blender into the palm of your hand and a pea size amount of trentinoin into the palm of your hand. Blend the two together and then gently massage them into the skin keeping the mixture away from the eye area. The Blender acts as a transporter of the trentinoin, carrying the trentinoin, deeper into the cellular level and will promote collagen growth. As the old dehydrated skin sloughs off, the new skin coming to the top will have a fresh pink color and a younger plumb appearance with a definite glow.

6. Sunblock/screen - is used only in the daytime and is applied last (everyday in the AM)

SPF 32/35 is applied in the same fashion as the products above

Monday/Wednesday/Friday – use 1,2,Vit C,3,4,6 AM/ 1,2,3,5 & Trentinoin PM

Tuesday/Thursday/Saturday/Sunday – use 1,2,Vit C,3,6 AM/ 1,2,3 PM

Obagi is a very aggressive skin care line that dramatically changes the skin. It was created to reverse sun damage, lighten brown spots and decrease wrinkles over a period of time, if used properly. In the beginning you should expect tenderness and peeling. After an eight to twelve week period the skin will become acclimated and the peeling should stop leaving you with younger, more vibrant looking skin that is very even in skin tone.