

SKINCARE TIDBITS 2013

	NON-MEDICATED	MEDICATED
SOAPS	Aveeno, Cerave, Cetaphil, Oil of Olay, Dove	Acne-Free ~ Proactive, Aquaglyde, Neutrogena, J&J Clean & Clear, Lever 2000, Dial
FACIAL WIPES		Acne-Free ~ Proactive Pads
BATH OILS	Eucerin, Neutrogena	
LOTIONS (oily skin)		
-FACE	Aveeno, Cerave, Cetaphil, Eucerin, Neutrogena, Oil of Olay	Aquaglycolic, Glycolix, Neutrogena Healthy Skin
-BODY	Aveeno, Cerave, Cetaphil, Eucerin, Neutrogena, Lubriderm	Am-Lactin 12%, Cerave SA, Eucerin Plus, Glycolix, Lac Hydrin 12%
CREAMS (dry skin)		
-FACE	Aveeno, Cerave, Cetaphil, Eucerin, Neutrogena, Oil of Olay	Aquaglycolic, Glycolix
-BODY	Aveeno, Cerave, Cetaphil, Eucerin, Neutrogena, Oil of Olay	Am-Lactin 12%, Cerave SA, Eucerin Plus, Glycolix, Lac Hydrin 12%
OINTMENTS	Aquaphor Ointment, Petroleum Jelly	
SHAMPOOS	H&S, Neutrogena T-Gel/T-Sal, Aquaglycolic, DHS w/zinc, DHS sal Shampoo	Clobetasol, Loprox, Nizoral 2%, Selsun 2.5% Shampoo (ALL ABOVE= PRESCRIPTION)
RETINOLS	RoC Anti-Wrinkle Serum RoC Multi-Correxion Night Cream, Neutrogena Healthy Skin Retinol	Differin/Adapelene, Retin A/Tretinoin, Tazorac (ALL ABOVE=PRESCRIPTION)
SUNSCREENS SPF30 w/UVA (aging/spots) & UVB (burning rays)	(Zinc & Titanium <i>trumph</i>)	Parsol, Mexoryl, Helioplex)
-FACE	Aveeno Ultra Calming #15, Cerave #30 , Clinique City Block, Eucerin Daily Protection #30, Healthy Wear (CVS), Wegman's Mineral Block	Clear Zinc Stick, Wegman's Mineral Stick (especially for lips)
-BODY	Vanicream & Vanicream Sport SPF 32-60 (Walgreens), Wegman's Mineral Block	<i>MISTS</i> not sprays...less greasy...Wegmans, CVS (great for scalps)
BLEACHERS	Mela-D (LaRoche-Posey -CVS)	Nerium (Amazon.com)
CLOTHING	Lands End, Sporting Goods	Coolibar, Solumbra