# Startup Plan

# THE AGE FIX

Thank you for pre-ordering The Age Fix! To get you started before the April 12th release, I wanted to share some quick tips and tricks to jump start your skin care routine! Why wait to start your Age Fix, when you can start today?

## **DISCOVER YOUR SKIN TYPE**

- Wash your face with a gentle facial cleanser, and pat dry with a soft towel.
- Wait 60 minutes
- Blot your face with a tissue.

  Look at your skin and the tissue.

# Dry Skin

If your skin is dry, then sixty minutes after washing, it will look a bit flaky and feel tight. No oil will be on the tissue.

### Sensitive Skin

If you have sensitive skin, you may notice redness, itching, or even a rash after cleansing.



## Normal Skin

If you have normal skin, then your skin will feel slightly tight but comfortable without flaking and without oil on the tissue.

# Oily Skin

If you have oily skin, there will be oil on the tissue from most or all the areas of your face.

### Combination skin

If you have combination skin, you could have a combination of oil in areas like the T-zone, flaky skin in areas like the cheeks, and normal skin in areas like the chin.

# MORNING AND NIGHT TIME SKIN CARE ROUTINE

# For Dry Skin

### **MORNING ROUTINE**

- 1. Cleanse your skin with a hydrating cleanser, like CeraVe Hydrating Cleanser.
- 2. Treat your skin with a moisturizing antioxidant serum, such as ZO Medical Products C-Bright 10% Vitamin C.
- **3.** Protect your skin with a moisturizing sunblock (at least SPF 30!)

### **EVENING ROUTINE**

- 1. Cleanse your skin using the same hydrating cleanser
- 2. Treat your skin with a retinol cream, which will be less drying than prescription-strength tretinoin. Try Revision Retinol Facial Repair. If your skin tolerates it, consider upgrading to a moisturizing version of tretinoin like Renova or ReFissa.

# DO THESE THINGS TODAY, FOR BETTER SKIN TOMORROW:

Don't leave home without protecting your skin with sunblock, with an SPF of at least 30.

Exfoliate your skin 2-3 times per week, less if you have sensitive skin. This can keep your skin turning over more regularly and looking smoother and brighter.

Ditch the sugar! Sugar = wrinkles

Drink more water! Hydrate your body for plump, youthful skin.

Get enough sleep. When patients tell me that they feel they look tired, the first thing I ask them is, "Are you tired?"

Smell the roses, take a vacation, have fun, and enjoy life. Being happy and active just might be the best way to keep your youth!

**DR. ANTHONY YOUN** 

**3.** Protect your skin with a peptide-based night cream such as Olay Regenerist Night Recovery Cream

## For Sensitive Skin

### **MORNING ROUTINE**

- 1. Cleanse your skin with a very mild hydrating cleanser, like Avène Extremely Gentle Cleanser Lotion. Follow this with a spritz of thermal spring water, such as Avène Thermal Spring Water Spray.
- 2. Treat your skin with an antioxidant serum, such as SkinCeuticals CE Ferulic. If your skin is dry, then try a moisturizing version, such as the ZO Medical Products C-Bright.
- **3.** Protect your skin with a fragrance-free physical sunblock that contains titanium dioxide or zinc oxide.

### **EVENING ROUTINE**

- 1. Cleanse your skin as you did in the morning.
- 2. Treat your skin with a growth-factor-based cream, such as SkinMedica TNS Essential Serum, if your skin is too sensitive for retinoids.
- **3.** Protect your skin with a fragrance-free night cream or moisturizer for sensitive skin. I like the Toleriane line of moisturizers from La Roche-Posay. You may want to start by trying one of these.

# For Normal / Combination Skin MORNING ROUTINE

- 1. Cleanse your skin with a gentle foaming cleanser like Epionce Gentle Foaming Cleaner, which will help to remove excess oil from your skin in addition to cleansing. If you have combination skin, then try a mild toner like NARS Multi-Action Hydrating Toner after cleansing.
- 2. Treat your skin with an antioxidant serum such as SkinCeuticals CE Ferulic.



**3.** Protect your skin with a gentle moisturizing sunblock.

### **EVENING ROUTINE**

- 1. Cleanse as you did in the morning.
- 2. Treat your skin with prescription-strength tretinoin (Retin-A). If you find it's too irritating, try a moisturizing version, such as Renova or ReFissa.
- 3. Your tretinoin cream may suffice as your night cream, especially if you use Renova or Refissa. However, if you are still experiencing some dryness, add a facial moisturizer. One of my favorites for normal or combination skin is Teoxane RHA Serum, which uses resilient hyaluronic acid to powerfully hydrate your skin, but isn't thick or creamy like most night creams.

# For Oily Skin

### **MORNING ROUTINE**

- 1. Cleanse your skin with a foaming cleanser that removes excess oil, such as Neutrogena Fresh Foaming Cleanser. Follow this up with an oil-reducing toner, such as ZO Medical Products Cebatrol Oil Control Pads.
- 2. Treat your skin with an antioxidant serum that won't overmoisturize, such as SkinCeuticals CE Ferulic.
- **3.** Protect your skin with an oil-free sunblock that won't clog your pores.

### **EVENING ROUTINE**

- 1. Cleanse your skin as you did in the morning.
- 2. Treat your skin with prescription-strength tretinoin. Retin-A Micro might be a good option to decrease irritation.
- **3.** You could consider protecting your skin with a noncomedogenic (non-pore-clogging), gentle moisturizer. However, many people with oily skin don't need this step.



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If you have any further questions, find me on social media and we can continue the conversation!



/DrYoun



@TonyYounMD



/TonyYounMD



/TonyYounME

**DRYOUN.COM** 

DR. ANTHONY YOUN