Skincare on a Budget
Your Skin

The skin is the largest organ of the body, with a total area of about 20 square feet.

Your Skin has 3 Layers:

**Epidermis**
Outermost layer of skin.
Provides waterproof barrier, creates or skin tone

**Dermis**
Contains connective tissue, hair follicles, and sweat glands

**Hypodermis**
Innermost layer of skin
Made of fat and connective tissue
Facial cleansers are used to remove makeup, dead skin cells, oil, and dirt from the skin. This helps unclog the pores and prevent skin conditions such as acne.

Facial cleansers should be used as part of a daily skin care regimen. A variety of cleansers can be found at your local drugstore, including the following:

Aveeno Positively Radiant Cleanser - $6.00
Biore Baking Soda Cleanser - $5.24
CeraVe Foaming Cleanser - $11.00
Cetaphil - $10.00
Eucerin Gentle Hydrating Cleanser - $4.00
Garnier Micellar Cleansing Water - $6.69
Neutrogena fresh foaming cleanser - $6.00
Pond’s Cold Cream - $5.00
Moisturizers can work in a variety of ways:

1. Forming a thin layer of film to prevent loss of moisture (occlusive)
2. Attract water vapor from the air to hydrate skin (humectants)
3. Restore deficient minerals which naturally moisturize skin

Affordable moisturizers available at your local drugstore:
- Simple Replenishing Rich Facial Moisturizer - $10
- Aquaphor Advanced Therapy Healing Ointment - $10.00
- CeraVe Healing Ointment - $15.00
- Cetaphil Daily Hydrating Lotion - $12.00
- L'Oreal Paris Hydra Genius Glowing Water Cream - $14.00
- Neutrogena Oil-Free Moisture for Combination Skin, $10.99
- Nivea Soft Crème - $6.79
- Olay Complete All Day Moisturizer with Sunscreen Broad Spectrum SPF 15 - $8.99
- Pond’s Dry Skin Cream - $8.29
Common Ingredients in Skin Care Products

Different skin types need different types of cleansers and moisturizers. Check with a dermatologist to find out what ingredients you should be looking for.

**Cleansers**
- Glycolic Acid
- Salicylic Acid
- Benzoyl Peroxide

**Moisturizers**
- Alpha-hydroxy acids (AHAs) - glycolic, lactic, tartaric, and citric acids
Common Skin Diseases

Photos: WebMD
Acne

A skin condition that occurs when hair follicles plug with oil and dead skin cells

Acne is very common, with more than 3 million US cases per year. Symptoms include blackheads and pimples, or large, red and tender bumps.

This condition can be treated with over-the-counter creams and cleansers. If the case is more extreme, a dermatologist or primary care physician may prescribe other medications.
# Common OTC Remedies For Acne

<table>
<thead>
<tr>
<th>Name of Medication</th>
<th>Commonly Used Brand Names</th>
<th>Sample Product</th>
</tr>
</thead>
<tbody>
<tr>
<td>Benzoyl Peroxide</td>
<td>Proactive, Clearasil,Clinique, Neutrogena, PanOxyl,</td>
<td>Clinique acne solutions all over clearing treatment, Clindamycin Phosphate and Benzoyl Peroxide, PanOxyl Benzoyl Peroxide (10%) Aquagel GelNeutrogena® On-The-Spot® Acne Treatment</td>
</tr>
<tr>
<td>Salicylic Acid</td>
<td>Clean &amp; Clear, Proactive, Neutrogena, CeraVe</td>
<td>Clean &amp; Clear Advantage Acne Spot Treatment, Neutrogena Oil Free Acne Wash Pink Grapefruit 4.2, Clean and Clear Essentials Step 1 Oil-free Foaming Facial Cleanse, CeraVe SA Renewing Cream</td>
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<tr>
<td>Retinoid Products</td>
<td>Galderma, CeraVe</td>
<td>Adapalene, CeraVe Skin Renewing Retinol Face Cream Serum for Fine Lines and Wrinkles</td>
</tr>
</tbody>
</table>
How much do I use?
Makeup Brands

- CoverGirl
- L’Oreal
- Neutrogena
- Revlon
- NYX
- Maybelline NY

- Cetaphil
- CeraVe
- Aveeno
- John Frieda
- Wet n Wild
- Olay
Keywords To Look For

- Noncomedogenic
- Oil free
- Nonacnegenic

BLACKHEADS VS WHITEHEADS
High Glycemic Index Foods

- Bagels
- Corn chips
- Mashed potatoes
- Cheerios
- Doughnuts
- French fries
- Vanilla wafers
- White bread
- Jelly beans
- Pretzels
- Cornflakes
- Baked potatoes
- Rice
- French bread
Low Glycemic Index Foods

- Peanuts
- Non starchy vegetables
- Low fat yogurt
- Tomatoes
- Cherries
- Peas
- Plum
- Grapefruit
- Whole wheat spaghetti
- Chickpeas
- Custard
- Canned baked beans
- Long grain rice
- Banana bread
- Grapes
- Oranges
- Fat free milk
Atopic Dermatitis (Eczema)

An itchy inflammation of the skin

Eczema is very common, with more than 3 million US cases per year. The main symptom is a rash that typically appears on the arms or behind the knees, but can also appear anywhere.

Treatment options include avoiding soap and other irritants, or using creams or ointments to relieve the itching.
OTC Products for Atopic Dermatitis - Eczema

• Exederm Flare Control Cream for Eczema & Dermatitis
• Eucerin Eczema Relief Flare-Up Treatment Crème
• Theraplex Eczema Therapy, Moisturizing Skin Protector
• Aveeno® Eczema Therapy Hand
• Cortizone 10 Maximum Strength Intensive Healing Eczema Lotion Hydrocortisone 1CeraVe
• Cetaphil RESTORADERM Skin Restoring Body Moisturizer
• CeraVe® 10 oz. Eczema Soothing Body Wash
Seborrheic Dermatitis

A skin condition that causes scaly patches and red skin, mainly on the scalp.

Seborrheic Dermatitis is very common, with more than 3 million US cases per year. It can also cause dandruff. Seborrheic dermatitis may occur in oily areas of the body, such as the face, upper chest, and back.

Treatment involves self-care and medicated shampoos, creams, and lotions. Repeated treatments may be necessary, but it usually resolves within months.

Photos: Mayo Clinic
Over the Counter Products for Dandruff

- Glovers Dandruff Control Medicine Regular Formula
- Neutrogena ® T/Gel Extra Strength
- Nizoral® Anti Dandruff Shampoo
- Avalon Organics® Tea Tree Scalp Treatment Shampoo
- Head & Shoulders® Clinical Strength Dandruff Shampoo
- Scalp Relief Conditioner
Acne Rosacea

A condition that causes redness and often small, red, pus-filled bumps on the face.

Acne Rosacea is very common, with more than 3 million US cases per year. Key symptoms are facial redness with swollen red bumps and small visible blood vessels. Treatments such as antibiotics or anti-acne medications can control and reduce symptoms. Left untreated, it tends to worsen over time.

Photos: rosacea.org
Pigmentation Disorders

Special cells in your body produce melanin, which gives your skin color. If those cells aren’t working properly, it may result in a pigmentation disorder. These disorders may affect patches of skin or a person’s whole body.

Images: NIH.gov, AAD.org
Melasma

This skin condition causes brown to gray-brown patches. Most people get it on their cheeks, bridge of their nose, forehead, chin, and above their upper lip. It also can appear on other parts of the body that get lots of sun, such as the forearms and neck.

Images: AAD.org
OTC Products for Hyperpigmentation

• Neutrogena® Rapid Tone Repair Dark Spot Corrector (Active Ingredient: Retinol, Vitamin C)
• Palmer's Cocoa Butter Formula Eventone Dark Spot Correcting Cleanser (Active Ingredient: Citric Acid)
• Ambi Skincare Fade Cream, Normal Skin (Active Ingredients: Hydroquinone (2%), Octinoxate (2%))
• Porcelana Dark Spot Corrector with Moisturizer (Active Ingredient: Hydroquinone 2%)
• Genuine Black & White Bleaching Cream (Active Ingredient: Hydroquinone 2%)
• RESIST Triple-Action Dark Spot Eraser 7% AHA Lotion (Active Ingredient: Hydroquinone 2%)
Tinea versicolor

Yeast grows in everyone’s skin. When it grows out of control, it results in discolored spots, called Tinea versicolor.
Vitiligo

Skin loses its natural color, causing patches of lighter skin appear. It is common to have vitiligo occur on the hands, but it can also affect the hair, the inside of the mouth, and even the eyes.

Images: AAD.org
Sunscreens

Protect your skin from the Sun’s harmful UV rays - wear sunscreen (even on cloudy days)!

Physical Sunscreens
These sunscreens form a protective layer on the skin and reflect the sun’s UV rays. Common agents: Zinc, Titanium oxide

- CeraVe Sunscreen Body Lotion - SPF 50
- Neutrogena Sensitive Skin Sunscreen - SPF 60+
- Olay Complete Daily Moisturizer with Broad Spectrum Sunscreen - SPF 30
- Supergoop! Everyday Sunscreen - SPF 50

Chemical Sunscreens
These sunscreens contain chemicals. They absorb UV rays and change their composition. Common agents: Octylcrylen, Avobenzone, Octinoxate

- Avene Ultra-Light Hydrating sunscreen SPF 50
- Banana Boat
- Coppertone
- EltaMD UV Clear Broad-Spectrum SPF 46
- Mary Kay Sun Care Sunscreen SPF 50

Image: Huffington Post
Anti-aging Products

These products give the consumer younger looking skin by correcting, masking, or preventing signs of aging skin.

Signs of aging are:
- Sagging
- Wrinkles
- Erythema (redness)
- Dyspigmentation (brown discolorations)
- Solar elastosis (yellowing)
- Keratoses (abnormal growths)
- Poor texture
The Importance of Anti-Aging Products

Aging is a combination of chronological changes in the skin as well as the deleterious effects of sun exposure. It is characterized by course and fine wrinkling, loss of skin elasticity, and mottled pigmentation. Multiple products are now available to treat aging skin. These products include: sunscreens, moisturizers, antioxidants, lightening agents, and exfoliants.
Skin Care During Pregnancy

While most skin care products are okay to use during pregnancy, there are some things that should be avoided.

RETINOIDS
Commonly found in some anti-aging moisturizers and treatments for acne, pigment disorders, and plaque psoriasis.

ACNE PRODUCTS
You can use a facial wash that contains no more than 2 percent salicylic acid (look for the percentage on the product label). This small amount is considered safe.

HYDROXY ACIDS
These are found in products to treat skin disorders like acne, skin inflammation, and redness. They're also found in many anti-aging cleansers, toners, and exfoliants.

Not sure if a product is safe to use? Consult your doctor to make sure.
Skin Care During Pregnancy

What you put in and on your body while you are pregnant has an effect on your developing baby.
Skin Care for Your Newborn or Young Child

Products that contain dyes, chemicals, and fragrances may irritate your baby’s skin. Look for products that are paraben- and phthalate-free. These chemicals are potentially dangerous for babies.

**Baby soaps, washes/cleansers, and shampoos** that are mild are safe for newborns.

**Petroleum jelly & diaper rash ointment** can be used to create a layer of protection against wet, irritating diapers.

**Baby oil:** Best used as massage oil for newborn skin, not as a moisturizer. Newborn skin does not absorb it well.

**Baby laundry detergent/dryer sheets:**
Look for baby detergents that are free of perfumes and dye. Regular detergent and dryer sheets are too harsh for babies.

**Baby powder:** If using baby powder, try to find powders that are talc free and take care to keep it away from baby’s face. The talc or cornstarch in the powder can cause breathing problems. Use sparingly.