

Your Skincare Protocol

Daily Routine

At The Cosmetic Skin Clinic, we recommend that you follow the general skincare guidance below in addition to any treatment-specific aftercare advice given by your Practitioner. This will help enhance your results, support skin health and reduce the risk of complications.

If you have any concerns or questions, please call us on 0333 242 8528.

Morning Routine:

- Cleanse with a gentle, non-foaming cleanser.
- Apply a Vitamin C serum to help protect against environmental damage.
- Use a daily moisturiser to maintain hydration and skin barrier health.
- Apply a broad-spectrum SPF 30-50 every morning and reapply as directed. We recommend ZO Skin Health or Obagi SPF products. Up to 95% of premature ageing is caused by sun exposure. Daily sun protection is essential for maintaining treatment results and long-term skin health.

Evening Routine:

- Cleanse skin thoroughly.
- Apply a retinol (we recommend ZO Retinol Skin Brightener, available in 0.25%, 0.5% and 1%).
 - Start by using the retinol every third night, gradually increasing to nightly use as your skin builds tolerance.
 - Temporary flaking is common. To minimise this, we recommend combining with the ZO Exfoliating Polish.
- On nights when retinol is not used, apply a moisturiser to support hydration and comfort.

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Product Recommendations

These medical-grade products have been carefully selected by our practitioners for their proven efficacy in protecting and restoring skin health. Your practitioner will advise on the most appropriate products and strengths for your skin.

Exfoliant:

- Obagi Exfoderm
- Obagi Exfoliating Lotion
- ZO Exfoliating Polish
- ZO Exfoliation Accelerator

Moisturiser:

- ZO Hydrating Crème
- ZO Renewal Crème
- Alastin Ultra Nourishing Moisturiser
- Obagi Hydrate Luxe

SPF:

- Obagi Sun Shield SPF 50
- ZO Sheer Fluid Broad Spectrum SPF 50
- ZO Sunscreen + Primer SPF 30
- Circa Skin Synergy SPF 50

Vitamin C Serum:

- Obagi Professional-C Serum 10% / 15% / 20%
- Obagi-C Rx Clarifying Serum
- Obagi Professional-C Microdermabrasion Polish + Mask
- ZO Self Activating Vitamin C

Retinol:

- ZO Retinol Skin Brightener - 0.25% / 0.5% / 1% (combine this with the ZO Exfoliating Polish for best results).
- ZO Radical Night Repair 1% Retinol
- Obagi Retinol 0.5% / 1.0%
- Tebiskin Reticap Face

All products listed are available at The Cosmetic Skin Clinic. If we don't have your desired product in stock our team is able to order this for you and have this delivered to your chosen address. Please speak with your practitioner at your consultation for bespoke skincare recommendations.