

Skin Care - What to Expect

Discover of our Skincare Line

Our skincare line has 3 products and all have great benefits.

Sole - Sole is a daytime reparative face cream for maturing skin or a preventative face cream for younger skin. We combined products that can reduce oxidative stress, renew the skin's texture to reverse the signs of aging, and an agent to increase moisture and plumpness of the skin.

Luna - Luna is a nighttime reparative face cream for maturing skin or preventative face cream for younger skin. We combined products that will decrease wrinkle depth by increasing cell turnover rate, renewing the skin's texture to reverse the signs of aging, and an agent to increase moisture and plumpness of the skin.

Luminosa - This is the go-to skin cream for rejuvenation and age-related skin damage. These ingredients are designed to brighten and bring life to the skin by increasing blood flow and assisting with cellular repair.

Puffy Eye Cream - This is a night-time eye cream that is applied under the eyes (the bags) to help decrease inflammation and swelling, reduce wrinkles, and provide needed hydration.

What should I do when using any Vita Bella skin care products?

Consistency is key to a great skin care regimen. These are the recommendations from our Chief Dermatologist.

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Morning -

1. Start the morning with a gentle cleanser. Do not use anything abrasive with your cleanser - all you need is your hands.

A few recommended cleansers:

- Cetaphil
 - Cerave Hydrating
 - Neutrogena Hydro Boost
 - La Roche Posay
 - Vanicream
2. Pat Dry and apply your Sole Day Cream or Luminosa Glow Cream.
 3. Apply a moisturizer WITH Sunscreen. A few recommended moisturizers:
 - Cerave AM
 - Cetaphil AM
 - La Roche Posay Toleriane AM
 - Neutrogena Hydro Boost AM

Night -

1. End the night with a gentle cleanser. Do not use anything abrasive with your cleanser - all you need is your hands.

A few recommended cleansers:

- Cetaphil
 - Cerave Hydrating
 - Neutrogena Hydro Boost
 - La Roche Posay
 - Vanicream
2. Pat Dry and apply your Luna Night Cream.
 3. Apply a moisturizer WITHOUT sunscreen. A few recommended moisturizers:
 - Cerave PM
 - Cetaphil PM
 - La Roche Posay Toleriane PM
 - Neutrogena Hydro Boost PM
 4. Change your pillowcase at least 2 times per week to prevent buildup of oils on the face.

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My Skin is flaking and dry, what should I do?

If your skin is dry or flaking, first- make sure you're using a moisturizer. This will usually solve the problem. Our Luna Night Cream has strong ingredients that can be drying. If you have just started using the Luna Night Cream, try using it every other day or using half the dose until your face is more accustomed to it.

Should I use an exfoliator, scrubs, or abrasive tools?

A simple cloth washcloth is abrasive enough to remove any loose or dead skin cells from your skin's surface. Using more than this is the primary cause of irritation and redness associated with washing the face.

Why do I need sunscreen for my face?

Sun exposure is the #1 cause of skin cancer as we age. We want to protect the sun from not only cancer but any UV rays that contribute to drying and aging skin.

In our Luna Night Cream and Puffy Eye Cream, one of our best ingredients is tretinoin. This is a derivative of Vitamin A. This ingredient, while great for helping to reduce fine lines and wrinkles, can make the skin more sensitive to UV rays. Therefore, sunscreen should always be used and reapplied.

If you have any additional questions, please feel free to reach out to your provider through the patient portal or our support team at Support@VitaBella.com.