

Skincare Routine

Mornings



María García García

María is a 45-year-old woman with combination skin, slightly dehydrated, undergoing aromatase inhibitor treatment following breast cancer. She is seeking a morning and evening skincare routine with the most suitable steps for each. She does not have a specific budget range for products and wants the most suitable ones.

Step 1. Cleansing, with a water-based cleanser. Wash with lukewarm water and pat dry. After drying, the skin should not feel "tight." If it does, you may need to find another soap more suitable for you. Initially, these two options are valid for almost all skin types and are very economical:

- [Gel limpiador HIDRATANTE marca CERAVE](#)
- [Espuma limpiadora marca ZIAJA, para pieles sensibles](#)

Step 2. Antioxidant: DSP Illuminating Serum by Martiderm. It contains antioxidants, treats spots due to photoaging, and has genistein, a natural isoflavone derived from soy that can counteract the effects of estrogen inhibition on the skin:

- [DSP MARTIDERM serum iluminador](#)

Step 3. Moisturizer: loaded with ceramides and fatty acids (similar to Elisabeth Arden's ceramides, which we love, but much more affordable). There are cream and gel options; in your case, it would be the CREAM:

- [CERAMOL C3II crema facial](#)

Step 4. Sunscreen, SPF 50+ with a high UVA index. Since you prefer a cream texture with color, we recommend the following alternative:

- [BIODERMA Photoderm Nude Touch](#)

Evenings



In the evenings, it is advisable to do a double cleanse, especially if you wear makeup. If you don't wear makeup, it could be done in one step, but then the cleanser should be the one from Cerave. For eye makeup removal, you can use micellar water or a biphasic makeup remover.

Step 1. Cleansing with oil-based cleanser: Spray a couple of times in your hand, spread on your face and neck, then moisten your hands and emulsify. Rinse and move on to the second step. Choose between:

- [VINOCLEAN marca CAUDALIE aceite desmaquillante](#)
- [NUXÉ aceite desmaquillante](#)

Step 2. Water-based cleanser: Same as in the morning.

Step 3. Retinoid Derivative: It is the most evidence-based in anti-aging cosmetics. Judging from the photo, you can probably tolerate it well. The goal is to use a retinoic acid daily (Retincare), but starting with that is a bit complicated because it can irritate the skin. The idea is to start with a lower potency and increase it when you finish a bottle. There are two alternatives. There is a very good one, which is retinal (more effective than retinol) and is also formulated to be well-tolerated. It is a bit more expensive. Another option is to start with a 0.5 retinol and then increase it.

- [CRYSTAL RETINAL 6](#). Es importante que sea el 6 para empezar.
- [DERMACEUTIC Activ RETINOL 0.5](#). Esta es la opción 2. Algo más barata.

With either of these, you should start 2 nights a week for two weeks. If you don't notice irritation (it's a normal process, the skin has to get used to it), use it 3 nights a week. After two weeks, if you don't notice irritation, every other night. And after two weeks, start using it daily. This needs to be adjusted individually because every skin is different. These two options are very good for starting on skin like the one I see in **your photo**.

Step 4. Hydration: Ceramol from the morning.

Other Tips

This would be a routine adapted to your responses and the photos you have sent us. We haven't added eye contour or anything additional to facilitate your adaptation to the routine. But if you wish, you can try using the same products on the eye contour, neck, and décolleté. In the case of the night, if you can't tolerate it, apply a bit of moisturizer before in that area and then the retinol.

Additional Info

By clicking the link, you have information about each product and a purchasing option. We have selected the same pharmacy for most cases, as it usually has very competitive prices, facilitates online shopping with fast shipping, and you can buy everything together to make it easier. But, of course, buy it wherever you prefer.

We hope you enjoy your new routine and that it fully meets what you were looking for. Keep in mind that for cosmetics to take effect, we must wait for a reasonable amount of time (approximately 8 weeks).

In about 4-6 months, you can contact us at info@stembeauty.net or tell us about your progress, and we can make adjustments based on how it's going.

Thank you, and we hope to see you back at STEM Beauty very soon!



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