

over the counter

UNDER
\$100



Dr. Victoria Taraska, M.D., FRCP

Specialty: General and cosmetic dermatology and skin cancer, Winnipeg Clinic and First Glance Aesthetic Clinic, Winnipeg.

Type of Skin: "I'm in my 30s and have fair skin. It's not too sensitive, but I tend toward more hypoallergenic products so I don't run into problems."

No Frills Budget: "\$100 is not

enough to indulge in any anti-aging products or pampering. It's just enough to buy the basics: cleansers, moisturizers and, of course, sunscreens! My only splurge is the Insta-tan!"



DOVE UNSCENTED BARS.

"A cheap and effective body and face cleanser. If I had more money, I would choose Cetaphil Gentle Skin Cleanser (\$15, 460 ml) or La Roche-Posay Toleriane Dermo-Cleanser (\$19, 200 ml)." **\$3** for 2 bars.



VASELINE WHITE PETROLEUM JELLY,

375 g. "A large tub has multiple uses: great makeup remover, lip and nighttime eye moisturizer and a rescue emollient for severely dry skin anywhere." **\$5.**

UNDER
\$150



Dr. Marlene Dytoc M.D., Ph.D.

Specialty: General and cosmetic dermatology, University Dermatology Centre at the University of Alberta, Edmonton.

Type of Skin: Fair Asian skin. Dr. Dytoc is over 35 and has occasional breakouts.

Challenge: "If I had a bigger budget I would include Toleriane or Rosaliac (gentle skincare products, both from

La Roche-Posay), as well as dermatologist-compounded preparations with glycolic and salicylic acids."



PANOXYL CLEAR ACNE CLEANSING GEL,

120 g. "This cleanser has anti-inflammatory and antibacterial properties." **\$11.**



CETAPHIL MOISTURIZING CREAM,

85 g. "This is a hypoallergenic emollient. My skin is not sensitive, so it's just a general precaution for me." **\$9.**

UNDER
\$175



Dr. Suzanne Gagnon, M.D.

Specialty: Cosmetic dermatology, Dermatologie Face au Temps, Laval, Que.

Type of Skin: "I am over 40 years old with normal, fair skin."

National Champion: "I have a soft spot for the Canadian company that makes Reversa. They are quality and cost-conscious. They recently incorporated

a time-release base into all of their glycolic acid products. Instead of unloading the full effect at once, which is sometimes irritating, this innovation liberates the acid a little at a time."



REVERSA 3 IN 1 MILD GEL CLEANSER, 175 ml. "Cleans without drying. As a busy person, I also appreciate the convenience of washing and removing makeup with one product." **\$20.**



REVERSA UV ANTI-SPOT LIGHTENING CREAM, 50 ml. "Glycolic acid helps shed the top dead cells of the skin and the addition of Rumex, a natural ingredient, helps fade unsightly brown spots." **\$30.**



REVERSA SKIN SMOOTHING BODY LOTION, 200 ml. "Use twice a day for two weeks, then for maintenance at night. It has a hydrating effect that persists for approximately 14 days after application." **\$30.**