

# Mariano Busso, MD, PA

aesthetic dermatology

office: 305 | 857 | 0144

## How to Choose Cosmetics for Sensitive Skin

- When possible, powder cosmetics should be selected over cream, lotion or gel.
- All cosmetics should be easily removed by water. No waterproof cosmetic should be selected.
- All old cosmetics should be discarded and replaced with new ones.
- Eyeliner and mascara should be black.
- Pencil form of eyeliner and eyebrow cosmetics should be used.
- Eye Shadows should be selected from the earth tones such as peach, very light pink, browns etc. Colors such as blues, purples, and non olive greens should be avoided.
- Select cosmetics without sunscreen.
- Select cosmetics that do not contain more than 10 ingredients if possible.
- Avoid nail polishes and acetone.
- Facial foundation should be of the cream or powder variety or of the liquid type based on silicone derivatives such as dimethicone or Cyclomethicone.
- If the sensitive skin persists, eliminate all cosmetics for a minimum of two weeks. After this period resume one cosmetic at a time until the problem cosmetic is identified.