

PCA SKIN: Your Questions Answered

Written by Amanda Rumore

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So many women – moms included – ask me about skincare! Trust me; my skin would most likely be a disaster if I didn't prioritize its care. I was lucky enough to be introduced to PCA SKIN as a young adult. Internationally recognized for their innovative professional-grade skincare products, I especially love that PCA is affordable, offers the convenience of online shopping and their corporate office is located here in Scottsdale, Az.



To help decipher the important questions you've been asking, we turned to Dr. Jennifer Linder, Chief Scientific Officer for PCA SKIN.

1. For the busiest of women, what are 1 or 2 skin care necessities?

"Sunscreen is critical. Find a formulation that is also your daily moisturizer and you put two steps into one. I like PCA SKIN [Hydrator Plus Broad Spectrum SPF 30](#) for normal to dry skin and PCA SKIN [Protecting Hydrator Broad Spectrum SPF 30](#) for normal to oily skin. A good, balanced cleansers that doesn't strip the skin important. Either [Facial Wash](#) or [Creamy Cleanser](#), both from PCA SKIN are great choices. If time allows, using a [retinol](#) product at night is a really important piece in the age maintenance puzzle."



2. What are your suggestions for women who are pregnant and experiencing skin havoc?

"The challenge with this scenario is that there are things that are not safe to use during pregnancy. Of course sunscreen is a non-negotiable, but also using a vitamin C product in the morning is OK during pregnancy and helps strengthen skin and keep it bright. A good place to start of **C&E Strength** from PCA SKIN with 15% L-ascorbic acid and 5% tocopherol. If hyperpigmentation develops during pregnancy, L-ascorbic acid will help with discoloration and is safe during pregnancy. It is best to wait until they are no longer pregnant or nursing and go see a skin health clinician to administer some superficial peels and get them on more serious pigment or acne control products."

3. What are some important ingredients to look for when purchasing skincare products?

"I tell all my patients to use L-ascorbic acid (vitamin C) in the morning and retinol (vitamin A) at night. This, in combination with diligent use of broad spectrum SPF every day all year is a great step to youthful skin. There are many other great ingredient categories: peptides, growth factors, hyaluronic acid and many more. "

4. At what age should a woman go from preventative to anti-aging?

"This is really a person-specific answer. There are women in their 30s that are most definitely in the age control group, while I have patients in their 40s who have protected their skin all their lives and look fabulous. I would say in general by 30 most people will add at least one more powerful anti-aging strategy into their regimen."

What's in my Bag?

Here is what I'm currently using (and loving) from PCA SKIN:

- [Creamy Cleanser](#) - Gently remove dirt and makeup without stripping dry, sensitive skin of moisture with this hydrating cleanser containing aloe and essential fatty acids.
- [Collagen Hydrator](#) – My newest obsession, this rich, antioxidant nightly moisturizer containing shea butter, olive fruit oil and sweet almond fruit extract and delivers intense hydration.
- [Hydrating Serum](#) - A feather-light serum formulated with sodium hyaluronate and niacinamide to support skin's ability to attract and retain moisture.
- [ExLinea Peptide Smoothing Serum](#) - Dramatically reduce crow's feet, laugh lines, forehead wrinkles and frown lines from repeated muscle movements with this targeted neuropeptide spot treatment.
- [C&E Strength](#) - Strengthen, smooth and brighten skin with this antioxidant corrective loaded with 15% vitamin C and 5% vitamin E.
- [Ideal Complex](#) - Treat dark circles, puffiness, wrinkles, and sagging eyelids, with this impressive blend of peptides, growth factor and stem cell extract in a lightweight gel.

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- [Intensive Brightening Treatment](#) - Dramatically reduce discoloration and skin yellowing with this innovative retinol formula powered with resveratrol, hexylresorcinol and niacinamide.



More About PCA SKIN

PCA SKIN was founded in 1990 by an aesthetician and developed by a dermatologist. For our more than 25-year history, PCA SKIN has been and continues to be a trusted innovator in the development of highly effective professional treatments and daily care products. Our vision is to improve people's lives by providing results-oriented skin care solutions that are backed by science for the health of your unique skin. The PCA professionals teach clinicians globally in the physiology of the skin and the safe and effective application of chemical peels.

Online Accessibility

PCA understands that their clients are busy! So, they offer the convenience of purchasing products online. Don't worry if you're a loyal customer at a local skincare destination– they give you the option to enter your PCA skincare providers name upon checkout. If you haven't yet found a skincare pro that you love, PCA offers a [free online consultation](#) so you can receive a PCA SKIN daily care regimen recommendation, unique to you.

Visit PCA SKIN online at PCASKIN.com.

[Amanda Rumore](#) is a writer, mom blogger and lifestyle expert. Scottsdale-based, by way of Chicago and Los Angeles, she lives with her husband, Anthony, daughter, Mia Valentina, and Boston Terriers, Gigi and Harley. Amanda is the founder of ValleyGalInc.com, writes for various magazines and appears on local television stations featuring family-focused stories. She was also voted "Favorite Valley Mom 2016" in the Best of the Valley!