Dr Munroe Recommends

Skincare Basics & Hyperpigmentation

Thank you for trusting **Dr Munroe** to help you look and feel refreshed and rejuvenated. After speaking with many clients, it became clear that navigating the world of skincare can feel overwhelming.

To make things easier, below are products that Dr Munroe recommends — either personally tried and tested, or consistently endorsed through peer and client feedback. The links provided are Amazon affiliate links for convenience, although many of these products may also be available elsewhere, sometimes at different prices.

If you have a specific skin concern that is not covered here, please let Dr Munroe know. Likewise, if there is a product you swear by — or strongly dislike — feedback is always welcome.

Top Tip:
Most skincare products take **at least six weeks** to show meaningful improvement, allowing time for a full skin cell turnover cycle.

Moisturisers & Cleansers

You really cannot go wrong with **CeraVe**. It is excellent for the whole family. The cleanser can be used on both the face and body and is suitable for all ages. The packaging may be plain, but that's because the products are so effective they don't need shiny branding. Just be aware that many of the bottles look quite similar, so take care not to get them mixed up! To explore the whole CeraVe range you can start here: https://amzn.to/3KaTO8w



Hydrating Cleanser (Highly Recommended)
A gentle, hydrating cleanser suitable for daily use. Non-comedogenic

(ie doesn't block your pores) and effective without stripping the skin barrier: https://amzn.to/3KdwVkR

Make-up Removal



- Light make-up: the cleanser above may be sufficient
- Heavier make-up: a micellar water on a cotton pad is effective

This Garnier Rose micellar water is particularly suitable for sensitive skin and is well tolerated whilst smelling lovely:
https://amzn.to/3KdwVkR

One-Step Option (Cleanse + Make-up Removal)
Medik8 Foaming Micellar Cleanser — Lazy? Busy? Efficient? ME TOO. The medik8 foaming micellar is just fab. It removes make-up, makes your skin feel lovely and an excellent dispensing mechanism (ONE PUMP). No cotton wool required either:
https://amzn.to/4a77hss



Heavy or Waterproof Make-up
This Farmacy Green Clean cleansing balm removes even stubborn make-up. It may sting slightly around the eyes if a large amount of eye make-up is present, so many clients prefer to use it in the shower. No need for cotton wool and smells delicious. Refreshing and effective:
https://amzn.to/3M0kCJ3

Top Tip: Using two cleansing steps counts as double cleansing — ensure at least one step is hydrating.

SPF

Altruist and **La Roche-Posay** are Dr Munroe's go-to SPF brands.

Top Tip:
Altruist is excellent for the whole family and supports a worthwhile charity.

(Additional SPF options are listed in the hyperpigmentation section below.)

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Vitamin C



Vitamin C is best used in the **morning** to brighten and smooth your skin.

Low-Effort Option
Vitamin C combined with SPF 30 in one cream. Can be applied over lighter serums:
https://amzn.to/4oUGX9z



High-Potency Option
Any of the Medik8 Vitamin C serums are particularly effective and stable. Willing and able to invest slightly more into this step? This formulation also incorporates exosomes (Dr M loves those exosomes), making it a powerful upgrade to your morning routine:
https://amzn.to/4ib3ts6

Additional mentions:
Sunday Riley CEO Serum: deeply hydrating serum that makes a luxurious first layer BUT it is a rather expensive addendum given the container lasts about 8 weeks!
Kiehl's Powerful-Strength Line-Reducing Concentrate: effective but can denature over time — best if used quickly

Kiehl's powerful strength line-reducing vitamin C is nice and strong with excellent ingredients. Dr M noted it denatures over a few months, but it's great if you're going to get through it quickly.

TOP TIP: for optimal impact layer your vitamin Cs! But keep it to the morning.

Retinol:

Not sure what to start with? That's easy — Dr Munroe recommends beginning with CeraVe's own retinol. Even better, it contains added ceramides and niacinamide to support the skin barrier and help minimise irritation. This is particularly important when starting retinol, as dryness, redness and flakiness are common in the early weeks (but it's worth it, promise!).
https://amzn.to/43xxiNM



TOP TIP: how to use retinol - a beginners cheat sheet can be found at the end of this document.

Night Moisturiser:



La Roche-Posay Cicaplast Baume is a firm favourite. It is thick, barrier-supportive and excellent for healing irritated skin anywhere on the body (children too!). It's one of the few things that actually helps stretchmarks. Many clients use it on the face once or twice weekly at night (although there is a lighter one with SPF if you're having a particularly bad skin week). https://amzn.to/4rdAGHH.

Alternatively this Cerave is a lighter lotion with ceramides and hyaluronic acid to lock in moisture and reactivate the skin barrier https://amzn.to/4o6V7mH.

Honourable Mention: Medik8 Night Restore Cream — part of Dr Munroe's regular routine

Top Tip: Allow a few minutes between skincare layers for proper absorption.Do a different task while it soaks in - worth it.

SPF



1) SPF: Altruist https://amzn.to/3LSs5dg are the GOAT. Dull packaging because the dermatologist that created it gives all proceeds to a very deserving charity supporting people with albanism in Africa. Such clean products that they're great for the whole family. This one is particularly lovely for the face but please buy all their products! https://amzn.to/3XNzEV6

2) SPF with tint: La Roche Posay tinted SPF50 is super light with adequate coverage and lasts well. Doesn't sweat off either.https://amzn.to/4o9CmPy

a) This one is a little thicker: https://amzn.to/3XbUDku

Hyperpigmentation and melasma.

SPF. SPF. SPF. If you do one thing and one thing only its SPF. Lather it on every day, top up half way through the day. Everything else you use will be utterly pointless if you don't cover yourself with an SPF with both excellent UVA AND UVB protection.



Morning: Use a vitamin C every morning prior to putting on your SPF. Murad do this Vitamin C with glycolic acid combined to have the magic effects of vitamin C optimised for dark spots: Murad Vita-C Glycolic Brightening serum https://amzn.to/485eqbD
Evening: Use a retinol in the pm (start with CeraVe above) and alternate with -
Alternate nights initially: Azelaic Acid on alternate nights to retinol to begin with (a few weeks will be fine) then you can use them both nightly. The ordinary one has excellent ingredients: https://amzn.to/4ra4Qvv and

is very well priced. Alternatively, the La Roche Posay Mela b3 gel-serum has lots of ingredients that can tackle melasma https://amzn.to/47TfXBo including a very weak retinoid. That's fine to use with another retinoid in your routine - just make sure you use a nice moisturiser at night as your final product. You can use the two products together for a more powerful effect as they work in different ways, but that could dry out your skin. If dry skin is a big problem consider using the azelaic acid (which works as a tyrosine kinase inhibitor & anti-inflammatory) in the morning before your spf and the LRP Mela b3 (which has a combo of niacinamide and some witchcraft) in the evening.



TOP TIP: The anti-pigmentation products can be particularly drying so make sure to add in a nourishing night moisturiser (ie a little thicker and no SPF).

Disclaimer: All product recommendations are based on clinical experience and client feedback. Results may vary between individuals. Please check ingredients carefully if you have allergies or sensitivities. Prices listed through affiliate links may change over time.

How to Use Retinol Safely

Start slowly:
Apply at night. Begin by using retinol **2–3 evenings per week**, leaving rest days in between. Increase gradually as your skin adjusts.

Use a pea-sized amount:
More is not better — a pea-sized amount is enough for the whole face. Dab small dots around the face and gently blend, avoiding the immediate eye area as the skin is more delicate.

Apply to dry skin:
Retinol absorbs more deeply on damp skin, which can increase irritation. Always wait until your face is completely dry before applying.

Moisturise generously:
Pair retinol with a gentle moisturiser. If your skin is sensitive, you can use the "sandwich method" — apply moisturiser first, let it fully absorb, then apply retinol, followed by another layer of moisturiser. Alternatively, use a hydrating serum first and allow it to sink in completely. At the very least, apply a nourishing moisturiser after your retinol.

Use SPF every morning:
Retinol makes the skin more sensitive to sunlight. Daily **SPF 30+** is essential, even in winter. Realistically, you should be wearing SPF every day regardless!

Expect some dryness or flaking at first:
This is normal and temporary. If irritation becomes severe, reduce how often you apply retinol until your skin settles.

Avoid mixing with other strong actives at the start:
Hold off on exfoliating acids (AHAs/BHAs) or benzoyl peroxide until your skin has fully adjusted to retinol.

Retinol is *not* safe in pregnancy:
All topical retinoids, including retinol, should be avoided during pregnancy.

Safe during breastfeeding:
Retinol is considered safe to use while breastfeeding, provided it is **not applied to the breast or chest area**. Once your baby has arrived, you can reintroduce retinol — but start slowly again, as if beginning from scratch

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For further information, please visit:
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Treatment pricing is available here: Dr M Pricing