

# Inner Balance

# FAQ

**How do I use the cream for best results?** Apply a small amount (pearl-sized) to clean, dry skin once daily, preferably at night. Start slow—every other night may be best for the first 1-2 weeks to allow your skin to adjust.

**Where should I apply it?** Use on your full face, avoiding the eyelids and lips. You can apply around the mouth, chin, cheeks, jawline, and forehead. Avoid direct contact with your eyes.

**Should I use moisturizer or sunscreen too?** Yes. Follow with a gentle moisturizer and use SPF 30+ sunblock with skin exposure. Zinc oxide is recommended due to its anti-inflammatory properties.

**Is redness or peeling normal?** Yes, especially in the first few weeks. This is common with tretinoin and usually means your skin is adjusting. You can reduce frequency (2-3 nights/week) and apply moisturizer before or after the cream to buffer irritation.

**What if I develop burning, stinging, or breakouts?** Some tingling is normal, but if your skin becomes very irritated, take a break for a few days and restart slowly. Apply less product, and avoid harsh cleansers or exfoliants while your skin adjusts.

**Can I still use my regular skincare products?** Avoid using other retinoids, AHAs/BHAs, or strong exfoliants at the same time. Gentle cleansers, moisturizers, and hydrating serums are safe to use.

**How often should I use it?** Start once daily, preferably at night. If your skin is sensitive, you may want to start every other day and increase slowly.

**When will I see results?** Some women see improvements in hydration and texture within 2-4 weeks. Wrinkle reduction and hair thinning can take 8-12 weeks, with best results at 3-6 months.\*

**Can I use it with other skincare products?** Yes, but avoid using other retinoids or exfoliants (like acids or scrubs) at the same time, especially when first starting. Always wear sunscreen during the day.

**Will it make my facial hair disappear completely?\*** No—it helps reduce thickness, darkness, and growth rate of unwanted facial hair over time. Most women experience softer, finer hair.

**Can this help with oily or acne-prone skin?** Yes. Both finasteride and niacinamide help reduce oil production, shrink pores, and calm inflammation.

**Is it safe to use around the eyes?** Avoid applying directly onto eyelids or too close to the lash line, but it's safe for use around the orbital bone area unless otherwise directed by our clinicians.

**Is it vegan & fragrance-free?** Yes. Our cream is vegan & free of fragrances, parabens, toxins, endocrine-disruptors and made without synthetic fillers.

**Can I use it while pregnant?** No. It contains tretinoin, which is not approved for use during pregnancy. Consult with our care team if you're breastfeeding.

\*Pertains to BodyMatched™ Anti-Aging Face Cream + Finasteride

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**CUSTOMER**

**Tina**

I've been through the whole nine yards with skin creams and medications since I hit puberty. This is the only cream that addressed my acne and filled my face so it wasn't so hollow anymore. I look more youthful and people have been telling me I look healthy again—I *know* it has to do with the Oestra™ + Face Cream combo. I highly recommend.

**Body  
Matched™**

**4 MONTHS**

*Log in to your account page for additional information and resources.*