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How to do  
Dr. Sandy Skotnicki's

# PRODUCT ELIMINATION DIET

## STEP 1: STOP USING YOUR USUAL PRODUCTS!

The most important first step is to stop *everything*. Regardless of where your recurrent skin reactions occur.

Just like a food-elimination diet, you have to go all in—or nothing. You can't do this on some days and not others. If you have a facial skin issue, you have to avoid all the things on the list for all your body—not just your face. But don't panic, it's not forever!

*One quick caveat:*

You may not be the only one who needs to stop using all skincare and beauty products. I've had some patients struggling with sensitive, reactive skin who have contracted skin reactions *from their partners*.

## STEP 2: THE LOW-CONTACT ALLERGEN AND IRRITANT LIST

Use the products on the [Low-Contact Allergen and Irritant List](#). The products on this list have been verified that they actually are non-irritating and hypoallergenic.

*The product names are very specific.* You can't just use anything from companies known to cater to people with more reactive skin, like Dove or Aveeno, because these companies make dozens of products, and some of them have problematic ingredients.

For the most up to date list of approved products visit: [www.producteliminationdiet.com](http://www.producteliminationdiet.com)

## STEP 3: REINTRODUCING PRODUCTS

Once your skin reactions have cleared, you can start to introduce the products from your former beauty and skincare regimen. But don't just leap into your old routine. Rather, proceed in a step-by-step fashion. [Reintroduce one product per week](#).

It may take several days for your skin to react. If no reaction happens after a week, you're free to reintroduce a second product. The following week you can introduce a third, and so on. If you do react during that week, then you'll know it was the newly re-introduced product that caused the reaction. After all, that's the only thing that changed in your regimen. Stop using the product.