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STAY CONNECTED



Personalized Skin Care

A person's skin can tell a lot about the individual's general health and wellness. The skin is the largest organ of the body and protects the body against microorganisms, chemicals, and ultraviolet (UV) radiation. Contact with these harmful elements can cause photo-aging, immune dysfunction, and inflammation which may, in turn, affect an individual's overall health.



It is important to protect the skin and to be aware of ways to care for and avoid common skin issues. Our compounding pharmacist can partner with you and your dermatologist to help you develop a customized skin care routine.

Here are some ways you can easily care for your skin.

- Protect skin from the sun - Protecting the skin from the sun's UV rays all year round is key to maintaining healthy skin. Keep covered, seek shade, wear a hat, and use broad-spectrum sunscreen.
- Stay rested – Getting the proper amount of sleep each night allows the body to repair itself. The body needs to perform its daily maintenance while it rests.
- Drink water – Keeping hydrated allows the body to flush out the toxins encountered each day.
- Consume fresh fruits – Like water, fruit's natural juices help hydrate the body and provides additional vitamins.
- Eat healthily – Eating a variety of healthy foods helps the body receive the necessary nutrients to repair and maintain healthy skin and body.
- Take nutritional supplements – When you are not getting the nutrients your body needs from your diet, you may want to consider high-quality nutritional supplements. Some important nutrients for your skin include:
 - Omega-3 Fatty Acids
 - Vitamin D₃
 - Vitamin A
 - Vitamin C
 - Vitamin E
 - Zinc
 - Selenium

Our pharmacist can determine helpful supplement options based on diet and specific concerns.

<https://pubmed.ncbi.nlm.nih.gov/29587342/>

<https://pubmed.ncbi.nlm.nih.gov/26861407/>

Sometimes a dermatologist will determine that specific skin problems require a prescription. Our compounding pharmacist can offer a variety of formulations to treat the problem. Each person is unique, so we can work with you and your dermatologist to select a preferred delivery method, remove problem-causing excipients, modify the dose, and even provide a unique blend of active ingredients. We can help with the following skin conditions:

- Acne
- Rosacea
- Warts
- Psoriasis

- Eczema
- Scars
- Sunburns
- Wrinkles
- Blisters
- Vitiligo
- Diaper rash
- Nail fungus

Our compounding pharmacist can be a key part of a healthy skin care routine or a trusted problem-solver for a troublesome skin condition. Contact us today to see how we can help!

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Visit our website for the latest information about COVID-19 Testing and Vaccinations at ClearSpring Pharmacy.

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Have you been laid-off or furloughed due to COVID-19?

If you are having trouble paying for your cash compounded prescriptions at this time, please speak to one of our professional staff members to find out how we can help you. We do not want you to discontinue or alter your medication regimen due to financial hardship. **We can help!**

Be sure to follow [@ClearspringPharmacy](#) on Instagram to keep up with the latest happenings at the pharmacy and important health information!



Download our App

ClearSpring mobileRx app allows you to refill prescriptions on your mobile device at your convenience. You can refill multiple prescriptions on a mobile device by entering your prescription numbers, scanning the barcode on the prescription bottles or using your Patient Profile.

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Two-Way Text Communication

At ClearSpring Pharmacy, we now offer two-way text communication where we can communicate conveniently about your prescription, refill status, insurance, etc. Ask your pharmacist for details.



Littleton

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Shop our Littleton
Location



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Shop our Cherry
Creek Location



ClearSpring Pharmacy's Littleton location is a PCAB® Accredited Compounding Pharmacy. [Learn more about PCAB® Accreditation.](#)



We care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.

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