

Dr. Dima COSMINOLOGY R_x MEDICAL SKINCARE

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Dima Ali M.D.
4 days ago • 4 min

The Right Way To Wash Your Face (And What You're Doing Wrong!)

Something as simple as washing your face may seem like a no brainer. The truth is, a huge number of people are doing it wrong. Over...

Dima Ali M.D.
Sep 28 • 7 min

When to Give Your Old Skincare and Cosmetics the Boot!

Knowing the lifespan of your cosmetics & skincare will protect your skin from harmful mold and bacteria.

Dima Ali M.D.
Sep 2 • 2 min

8 Tips and Tricks For Navigating Your Acne While Using Makeup

Believe it or not, I used to suffer from horribl acne. Not to give away my age but this was before the days of Retin A. Accutane and las





Dima Ali M.D. Jun 11 • 2 min

Benefits of Medical Grade Skincare

Good skincare regime is the foundation of great looking skin. Daily use of a medical grade skincare line will protect healthy skin from...

Dima Ali M.D. Apr 23 • 2 min

Nigella Sativa The Seed of Blessings

Nigella Sativa is a plant that grows wild in the Middle East and North Africa. It is the source of every potent black seed that has medi...

Dima Ali M.D. Feb 26 • 7 min

Skincare Misconceptions



Dima Ali M.D. Jul 22 • 2 min

Dr. Dima's Cosminology - Cosmically Healthy Skin

Cosminology was created by Dr. Dima Ali, M.D. and inspired by her personal sensitivity to harsh, over the counter and prescription...

Dima Ali M.D. May 27 • 2 min

2020 DermaDeal Skin Stimulus Act

Cosminology is proud to announce that we have donated over 3900 products to frontline health care workers at 6 local hospitals! Our world...



Dima Ali M.D. Aug 20 • 2 min

Fault Line Defender - Your Favorite Anti-Oxidant Cream

Written by Beauty Expert Meg's Makeup: Fault Line Defender Twilight Anti-Oxidant cream is rich and luxurious and I can't wait to put it o

Dima Ali M.D. Apr 20 • 2 min

ASK DR.DIMA: Mineral Foundations and Makeups

Q: I've heard mineral makeup is better and more natural for my skin but I think I'm allergic to it. I've tried several drugstore brands a...

Dima Ali M.D. Mar 10 • 2 min

Don't wash away your FACE

Have you ever washed your hands and they really dry? How about your face? Many facial cleansers contain sodium lauryl sulfate and

1 care professionals and consumers alike
bombarded daily with a myriad of
rmation about skin care, skin science and...

Dima Ali M.D.
Jan 16 · 4 min

Orange Oil Supplements – Neither Miracle Nor Myth

the yellow jacket toxin, a drop of cobra
om straight from the fang, a spoonful of
ly crushed fish cartilage, bullfrog skin ex...

Dima Ali M.D.
Feb 12 · 2 min

Prevention is the Key to Treating Dry Skin

The main cause of dry skin (Xerosis) is
exposure to factors that strip away essential,
protective lipids from our skin. There are also...

Dima Ali M.D.
Jan 24 · 3 min

Dr. Dima’s Skin & Beauty Myths...Busted!

Myth : I paid a lot of money for a wrinkle cre
that has collagen and elastin in it to get rid o
my wrinkles. This is called succumbing...

Dima Ali M.D.
Jan 7 · 2 min

Protecting Your Skin From The Sun

Let’s talk about sunscreen, seems like summer
time is the only time department stores have
sunscreen out and ready for the masses to bu...

Dima Ali M.D.
Dec 31, 2019 · 2 min

6 Skincare Resolutions for the New Year

With the holidays behind us it’s time to gear
for the New Year – the one time of year whe
we put pen to paper to outline all our reso...

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