

DR.LUKE DMSO

PRACTICAL GUIDE FOR REAL LIFE

An everyday skincare companion

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BEFORE USE

How to Use This Guide

This guide is designed to help you confidently incorporate DR.luke's DMSO-based topical products into your everyday body care routines. As you read through the chapters, you will discover practical ways to build a simple, effective routine, understand how to accurately adjust usage to match your comfort level, and identify the application frequencies that work best for your lifestyle.

It is not intended to diagnose, treat, cure, or prevent any medical condition. Individual experiences may vary, and this guide should be viewed as an educational resource rather than medical advice. We encourage thoughtful, mindful use, recognizing that taking a routine-first approach yields the most reliable results.

What This Guide Is — and Is Not

What this guide is:

- An introduction to the DR.luke formulation methodology.
- A transparent overview of establishing a skincare routine with DMSO creams.
- Clear answers to real questions from our community.

What this guide is not:

- A medical manual or an alternative to professional healthcare guidance.
- A promise of specific outcomes or guaranteed overnight transformations.

Why We Created This Guide

Often, the questions don't end at the checkout page. In fact, many begin right after the package arrives. We frequently hear from users asking: "Am I using the right amount?" "Why does it feel different from other creams?" "What does 99.9% actually mean?"

These questions come from thoughtful users who genuinely want to understand what they are integrating into their daily lives. Rather than addressing these questions one by one, we created this single, cohesive guide to empower you to establish a personal, effective routine. At DR.luke, our approach centers on balance, consistency, and a routine-first methodology. We believe knowing how your product works is the first step toward building a routine you can trust.

Introduction — A Practical Guide for Real Life

Most people don't buy a topical product because they love ingredients.

They buy it because they want their day to feel more manageable — getting through work, moving a little easier, sleeping a little better, or simply feeling less distracted by discomfort.

BEFORE USE

After purchase, the questions usually start.

“Am I using the right amount?” “Why does it feel different from other creams?” “What does 99.9% actually mean?” “Can I use it every day?”

These are thoughtful questions — and they deserve clear, calm answers.

That’s why we created this guide.

At DR.luke, we take a formulation-first approach:

not chasing dramatic surface sensations, but building products that are designed to fit naturally into everyday routines — with DMSO playing a purposeful role as a carrier, supported by botanical components chosen for comfort and consistency over time.

This guide is here to help you:

- understand what you’re using (without needing a chemistry background),
- apply it with confidence (simple steps that work in real life),
- and build a routine you can actually stick with.

No hype. No pressure. Just clarity — and a smarter way to use what you already own.

CHAPTER 1 — WHY DR.LUKE CHOSE DMSO

Key Takeaway

DR.luke products are designed for routine-first use: balance, consistency, and controlled delivery rather than intense surface sensations.

What We Know

- DMSO is widely described in topical science as a penetration enhancer / solvent system component used in certain formulations.
- In a finished topical product, DMSO is intentionally combined with supporting ingredients to improve usability and tolerance.

Best Practices

- Start small, observe your skin response, then adjust.
- Keep your routine consistent for a short window before changing multiple variables.

CHAPTER 2 — CLEAN SKIN, SMART ROUTINE

Key Takeaway

Clean skin + small amounts + repeatable timing = the simplest path to a stable routine.

What to Avoid Before Application

- Avoid applying right after using strongly fragranced products, heavy cosmetics, or unknown topical actives on the same area.
- If you layer products, let each layer absorb fully before the next.

Best Practices

- Apply to clean, dry skin.
- Use thin layers rather than one heavy application.
- Let it absorb before dressing.

CHAPTER 3 — WHERE AND HOW TO USE DR.LUKE DMSO CREAMS

Key Takeaway

Application technique matters more than “more product.”

Application Steps

- 1. Clean and dry the area.
- 2. Apply a small amount and massage gently until absorbed.
- 3. Allow absorption before covering with clothing.

Roll-on: When Targeted Application Helps

For smaller or precise areas, a roll-on format can help with controlled, no-mess application and routine consistency.

Best Practices

- Consistency beats intensity: pick a time of day you can repeat.
- Adjust quantity gradually, not abruptly.

CHAPTER 4 — HOW DMSO WORKS WITH BOTANICALS

Key Takeaway

Think “system”: DMSO + botanicals are chosen to support a comfortable, repeatable routine.

How to Think About Synergy

- Botanicals (including herbal and lavender-associated profiles) are often selected for how they fit into a routine—especially evening or wind-down habits.
- The goal is not a single “magic ingredient,” but a balanced formulation experience.

Best Practices

- Choose one routine anchor (after shower / before bed).
- Keep other variables stable when you’re evaluating how a product feels.

CHAPTER 5 — DAILY USE TIPS & BEST PRACTICES

Key Takeaway

The best routine is the one you can actually keep.

Building a Routine

- Pick a consistent time.
- Start with a modest amount.
- Keep notes on comfort, skin feel, and timing.

Tracking Your Experience (7 Days)

For 7 days, track:

- time of application
- amount used (small/medium)
- skin feel (dryness/comfort)
- practical outcomes (sleep/comfort while moving)

Best Practices

- Change one variable at a time (amount OR timing OR area).
- If irritation occurs, pause and reassess frequency/amount.

CHAPTER 6 — QUESTIONS THAT MATTER

Understanding the Formula

Q1: What does “99.9% DMSO” actually mean? What is the final concentration in the cream?

“99.9% DMSO” refers to the purity of the DMSO ingredient, not the overall percentage of the finished cream. Finished topical formulas blend DMSO with supporting ingredients to balance usability, skin feel, and routine consistency. We prioritize controlled delivery and a routine-first experience rather than maximizing concentration for its own sake.

Q2: Is the DMSO cream vegan and gluten-free?

The creams are gluten-free. “Vegan” can depend on supply-chain processing and shared facilities; we avoid over-claiming certification unless verified end-to-end. We aim for accurate, transparent labeling so you can decide confidently.

Q3: Does the formula really contain Frankincense? Which ingredient represents it?

Yes, the formula includes frankincense-derived botanical components listed under standardized ingredient naming. Botanical blends are used as supporting components within a system, not as single “hero claims.” We formulate for overall balance—how it feels, how it fits routine use, and consistency over time.

Q4: Why does the cream have a cooling or menthol-like scent if menthol isn’t listed?

The “cooling” impression can come from the natural aromatic profile of botanical components, without menthol being present. Sensory impressions can be mint-adjacent due to plant-derived aromatics; menthol would be listed if included. We keep ingredient disclosure clear so you can match products to your preferences.

Using the Product with Confidence

Q5: What makes this DMSO cream different from traditional pain creams?

Many traditional products emphasize strong heating/cooling/numbing

sensations; our approach is different. Strong sensations can feel immediate but aren't the only path to a useful routine. We design for delivery, balance, and repeatability—so it fits daily body care more naturally.

Q6: How should I apply the DMSO cream?

Apply to clean, dry skin, start small, and massage until absorbed. Context: Thin layers support comfort and easier routine tuning. “Less, then adjust” is the fastest way to find your personal routine.

Q7: When do users typically notice a difference in how the product feels?

It varies—some notice sensory changes sooner, others describe a more gradual experience with consistency. Routine-first products often show their value through repeatable use rather than dramatic “zing.” Use consistently for a short period, observe, then adjust one variable at a time.

Q8: What ingredients are included besides DMSO?

The formula includes a blend of botanical oils and plant-derived components designed to support the carrier system and overall feel. Formulas perform as systems; a single ingredient doesn't tell the full story. We focus on how the formula behaves on skin—comfort, consistency, routine fit.

Q9: Is this cream suitable for regular use?

Yes—it's designed with routine use in mind. Individual experiences vary; your best guide is your own skin response over time. Prioritize tolerance and consistency; adjust frequency/amount as needed.

Final Thoughts & Next Steps

You now have the basics: what DMSO is in our system, how to apply it, and how to think about routine-first use.

Your simplest next step:

- Pick one consistent time of day (after shower or before bed).

- Apply a small amount to clean, dry skin.
- Keep that routine steady for a short window before changing anything.

If you prefer targeted, no-mess application, many users choose a roll-on format to make consistency easier—especially for smaller areas or quick touch-ups.

Explore routine guidance, ingredient transparency, and product options at:

<https://drlukehealthcare.com/>

APPENDIX

Appendix A — Glossary

- DMSO (Dimethyl Sulfoxide) — A widely used solvent that is commonly described as a penetration enhancer in some topical formulations.
- Penetration enhancer — A class of compounds used to increase transport of certain substances into/through the stratum corneum.
- Stratum corneum (SC) — The outermost layer of skin and the primary barrier to topical delivery.
- Carrier / delivery system — A formulation approach describing how ingredients are transported and experienced on skin.
- Routine-first use — An approach emphasizing consistency and tolerability over strong immediate sensations.
- Absorption / permeation (topical context) — Terms describing movement of substances into/through skin layers.
- Botanical components — Plant-derived ingredients used for sensory profile and supportive formulation behavior.
- Sensory profile — How a product feels/smells during and after application (cooling, fresh, aromatic, etc.).
- Layering — Applying more than one product on the same area; timing and compatibility matter.
- Thin-layer application — Using smaller amounts spread evenly to support comfort and routine tuning.
- Patch area — A small test area used to observe skin response before broader use.
- Consistency window — A short time period of stable use before making changes, so you can interpret feedback reliably.

Appendix B — References (Verified)

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Appendix C — Additional Resources

- DR.luke Official Website — <https://drlukehealthcare.com/>
- U.S. FDA label (PENNSAID; DMSO listed as inactive ingredient) — https://www.accessdata.fda.gov/drugsatfda_docs/label/2009/020947lbl.pdf