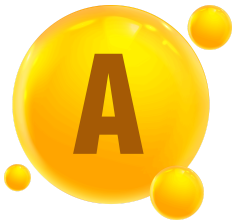
NATIONAL RETINOL DAY~NOVEMBER 7TH

RETINOL

WHAT IS IT?

RETINOL is a form of Vitamin A. It belongs to the Retinoids group and is suitable for the skin.

Some are low strength and can be bought over the counter and others contain high levels and are only prescription based, such as tretinoin.



WHAT DOES IT DO?

ALL THE THINGS. I MEAN, ALL THE THINGS.

“But, when all the things can be done, there is usually a fine line that has to be walked”, When you start using Retinol frequently and at higher doses, this can result in irritation.

The irritation can turn into redness, scaleness, flakiness, etc.

But, this is nothing to fear. If used correctly, AND ONLY AT NIGHT. Retinol has the ability to:

- Improve skin texture
- Reduce fine lines
- Prevent acne
- Reduce the signs of aging
- Brighten Skin
- Increase Collagen Production

- Much more.....

ARE THERE SIDE EFFECTS?

YES. YES.

~Sensitive or easily irritated skin should start small and work their way up. They may feel a burning sensation at the beginning.

~As mentioned earlier, overuse will cause irritation.

~Higher doses of medications such as RETIN-A and ACCUTANE have a long host of side effects that you need to be aware of before starting on either one of the medications.

One of the very important side effects that you need to be aware of is ACCUTANE. Most spa services require clients to be completely off of ACCUTANE for 6-12 months. WAXING on any body part requires 12 months POST ACCUTANE.

Really rare but should mention side effects: Skin discoloration, swelling and eczema flare-ups

WHO SHOULD NOT USE RETINOL?

- Rosacea clients
- Pregnant or Breastfeeding clients
- Clients who are too stubborn to wear SPF

HOW LONG DOES IT TAKE TO WORK?

Depends on the product. If you start with something over the counter, expect a long time. A very long time. This is the lowest percentage out

there, so naturally, it will take the longest time to see results, usually 6+ months.

Professional brands will usually take around 10-12 weeks.

Look for .2%, .5% 1%, etc.

Prescription strength will take a matter of weeks.

WHERE DOES IT FIT INTO YOUR REGIMEN?

Start with a couple of nights per week applied after your serums. Then gradually move to every night.

Please do not forget your SPF the following day. Your skin will become very sensitive to the sun. EVEN ON CLOUDY DAYS.

CONCLUSION

You have heard good and bad stories about Retinol. But, there are good and bad stories out there about every topic imaginable. One thing with skincare, no two faces are identical. Even your face changes throughout the years. Retinol is very beneficial, especially for the aging skin. It is not a quick fix but something to keep in your regimen for the long haul. If you have any sensitivity or want to not worry about the sensitivity of the sun so much, I recommend **CIRCADIA Revita-Cyte Complex**. It's formulated as a Vitamin A alternative lotion to use when retinoids are contraindicated. You can benefit greatly from this version if you are worried about irritation.

Whichever route you choose, don’t forget spf. Don’t ever forget your spf.

Happy National Retinol Day.



www.dkpskinstudio.com
Donna Kay @ dkpESTHETICS

121 OLD WAREHOUSE SQUARE

OXFORD, NC 27565

919-725-9051