

NEWBEAUTY[®]

FALL 2016

WANT TO
LOOK
YOUNGER?
MAKE
SURE YOU
USE THIS
INGREDIENT.

It's more than solidified itself as the "gold standard" anti-aging ingredient, but now retinol is having a big-time resurgence—this time finding its way into new product formulations that make it easier than ever to get your daily dose.

Retinol

>> *THE ANSWER YOU NEED TO*
STOP
AGING

ingredient.

It Works

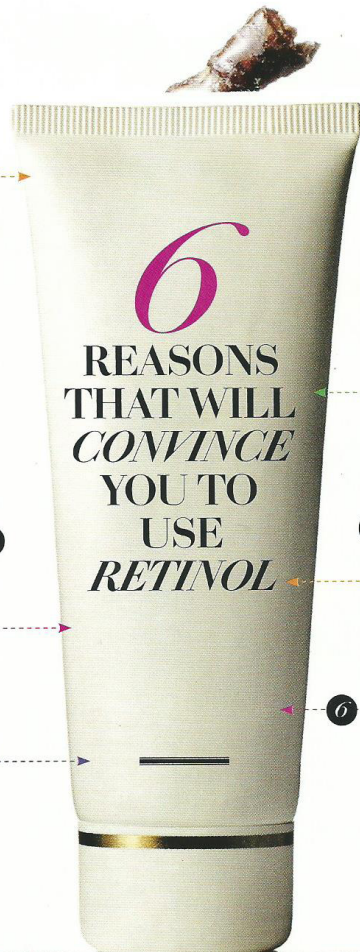
According to Miami dermatologist Leslie Baumann, MD, retinol, hydroxy acids and vitamin C are the only ingredients that have been proven to improve wrinkles. And, of the three, retinol works the best. "Retinol also prevents wrinkles and acne, evens skin pigmentation and exfoliates skin to impart a radiant complexion. Retinol is the only ingredient FDA-approved to treat wrinkles, which means it has been proven to work."

It Communicates With Your Genes

So much has been said regarding how retinol works to improve your skin, but Dr. Baumann says it's pretty simple to understand: "Retinol up-regulates the genes that make collagen, hyaluronic acid and elastin and turns on the fibroblasts (the skin cells that make collagen). It down-regulates the genes that make collagenase (the enzyme that breaks down collagen), and it does so immediately."

It's Easy to Add to Your Routine

Adding retinol into your anti-aging arsenal doesn't necessarily mean you have to ditch a routine you already have down pat. Dr. Baumann's tip if you want to start slow: Apply a pea-size amount over moisturizer every third night for the first two weeks. Then increase to every other night for two weeks, and then every night. If your skin can't tolerate retinol on its own, you can cut it with a good moisturizer.



It Won't Make You Red—If You Do It Right

Redness, itching and flaking are the primary side effects of retinol, but they can be avoided. "The latest technological advances have made retinol more user-friendly for consumers and their skin, as it is now more readily available over the counter," says Dr. Feng. "An aesthetician or board-certified plastic surgeon or dermatologist can evaluate your skin and provide the appropriate treatment, but skin sensitivity no longer precludes anyone from using any type of retinol."

There Are Many Options

"Several generations of products have evolved for the prescription-level products," says Dr. Anson. "Plus, consumers are more sophisticated today regarding topical products. In the past, people were reluctant to use retinoids, expecting to trade flakiness and redness for results. They understand now that these are concentration dependent, are NOT required for effect and shouldn't happen." Isnard agrees. "I think people are still hesitant to use it because of 'side effects.' We need to reassure them about all of the technological progress that has been achieved in the past decade."

Your Skin Will Look Better Than Ever

Dr. Shamban says this is the one skin-care ingredient you can almost bet will make your skin look better. "I can't express how many good things it does for your skin—you want more of it!"



The Debate DAYTIME RETINOL: IS IT SAFE?

It used to be that retinol was only a nighttime ingredient, but now there are products that claim to be safe for daytime use, too. But, not all experts agree...



DON'T X

"I don't care what they say! Retinol breaks down in sunlight, so it's only a nighttime product," Santa Monica, CA, dermatologist Ava Shamban, MD, stresses. Plus, because retinol is photosensitive, Pepper Pike, OH, plastic surgeon Lu-Jean Feng, MD, says you absolutely must practice safe-sun protocols whenever you use it.



DO ✓

"We used to think that retinoids made skin more sensitive to the sun," Las Vegas plastic surgeon Goesel Anson, MD, says. "Rather, the formulation was unstable in light, sun and air. This is less of a concern today." Richland, WA, dermatologist Sidney B. Smith, MD says he is also OK with daytime retinol—if it's worn with at least an SPF 30 sunscreen.

→ The Real Deal on *Retinol*

Retinoids, retinol, vitamin A, over-the-counter, prescription and percentages: Many terms circulate around this one ingredient and it can get rather confusing. “Retinol is the purest form of vitamin A, and an antioxidant derivative of it,” Isnard says. So how do you know which type is right for you?

→ **It Really Depends On Your Skin Type...Plus Your Concerns, Skin Tolerance and How Quickly You Would Like to See Results**

“Prescription retinoids can have a drying effect on the skin because they can be a bit stronger than an OTC product, but they are optimal

for reversing signs of aging and acne,” Dr. Feng says. “I also take into consideration the lifestyle of the patient. Patients who are not committed to sun protection and safety are not ideal candidates to use retinol.” Dr. Smith adds that he recommends an OTC retinol or a prescription retinoid to almost all

of his aesthetically conscious patients. “They are just an essential part of a healthy skin-care routine.”

→ **But All the “Retinoids” Will Help**

Dr. Anson says what she considers the “retinoids”—vitamin A derivatives including retinoic acid, retinol, retinaldehydes, retinyl esters—are all important topical agents for photoaging. “Retinoic acid (Retin-A) and Renova require a prescription,” she explains. “However, retinol is absolutely effective for photoaging, does not require a prescription, penetrates skin well and may actually be less irritating than other types.”

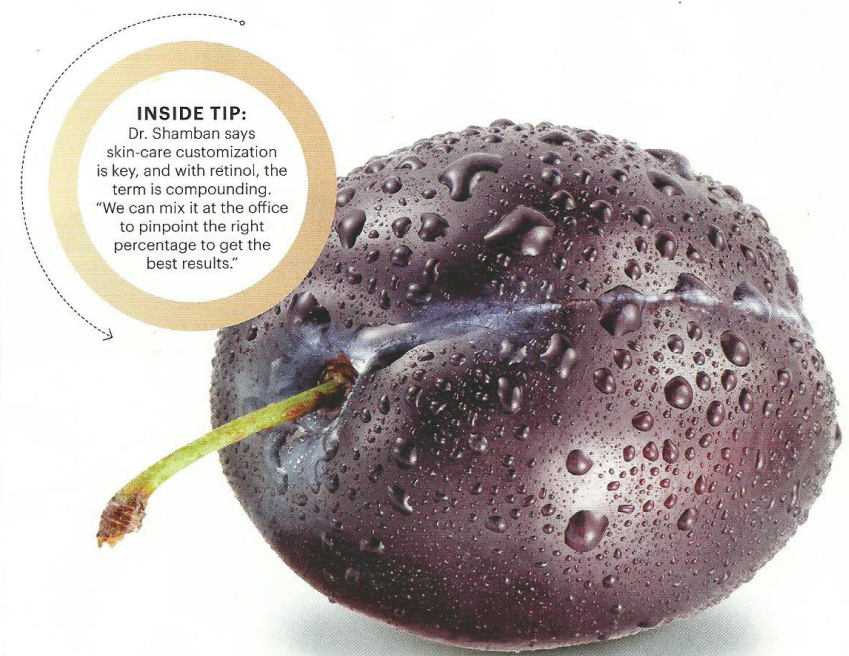
→ **And Even a Tiny Bit Can Give You Results**

This is one of those ingredients that has a lot of percentages, but don’t let the numbers confuse you. “Whether you use OTC or Rx, all percentages will improve your skin, but higher percentages produce faster results,” Dr. Baumann explains. “For example,

with a higher percentage, you can see results in six months, but a lower percentage can take up to 12 months. I prefer starting patients on 0.25 percent (it isn’t the lowest, but it’s on the lower end of retinol), and then increasing them to 0.5 percent and then 1 percent, which is the highest I’ve seen.” Dr. Feng has patients start with 0.025 percent tretinoin and then go up from there. “This low dose enables me to evaluate the patient’s skin tolerance to the retinoid and then develop a customized treatment plan for them to optimize their results.”

→ **Or Just Go With This Simple Rule**

According to Dr. Shamban, oily, sun-damaged skin should use a higher-strength retinol; sensitive skin should use a lower-strength in combination with a moisturizer. Dr. Anson adds, “Not everyone can tolerate higher concentrations, and that’s fine. My advice: Stay below the concentration that results in dryness/flakiness/redness.”



INSIDE TIP:

Dr. Shamban says skin-care customization is key, and with retinol, the term is compounding. “We can mix it at the office to pinpoint the right percentage to get the best results.”