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The 19 Very Best Starter Retinols, According to Experts

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Navigating the world of retinol can feel like diving into a complex maze. With labels that look like they're straight out of an advanced course in skin-care science, it's easy to feel overwhelmed before you even begin. But fear not! The answer may lie in embracing a starter retinol. The dermatologists and facial plastic surgeons we spoke with advise starting with lower concentrations, typically between 0.25% to 0.5%, to allow your skin to ease into the process gradually.

Why go low? It's all about building tolerance and minimizing potential irritation. Retinol works by accelerating cell turnover, which can sometimes lead to excessive exfoliation, causing redness, dryness and flaking. Going low is like dipping your toe into the retinol pool, giving your skin the chance to adjust without feeling overwhelmed. If you've been wondering where to start your retinol journey, look no further.

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Beverly Hills, CA Facial plastic surgeon **Kimberly J. Lee, MD**, suggests, "There is a plethora of products, but a good starter retinol product is Saint Jane Sacred Sleep Overnight Repair Cream (\$70)." This luxurious cream combines retinol with nourishing botanicals for overnight skin rejuvenation.



<https://www.newbeauty.com/best-starter-retinols/>