

# A More Youthful You

by Lauren Cirulli

What is the number one question I get as an aesthetician?

How can I get firmer more youthful skin? While there are many products on the market that claim to do just that, one stands out in the pack.

Retinol, otherwise known as the fountain of youth. Retinoids are a derivative of vitamin A and when applied topically are shown to boost collagen to reduce fine lines, speed cell turnover to even out discoloration and smooth the skin, as well as unclog pores. Retinols do not work overnight and do come with a few side effects, but the end result is well worth the time and minor irritation.

Retinols typically take around 6-8 weeks to see any significant changes and expect to see some minor skin irritation and peeling. These side effects are usually seen in the 2nd and 3rd weeks of use. One way to help prevent these side effects is to limit use to 2-3 times a week and gradually increase usage over time.

There are many products on the market and choosing the one right for you will help reduce side effects and see the best results. Speak with your skin care expert when choosing the right product for your skin, they will help you find the best product and strength for your skin. These experts will be able to go over what you should expect, best use practices and answer your questions.