



## Guide to Retinol Usage

Adding retinol can to your routine can cause irritation, redness, and flaking. These effects can be minimized by how aggressively you introduce your products. However you choose to adjust to your retinol, the benefits will be well worth it!

### Slow Method

Use one night, skip two nights.	Do this until your skin has adjusted to the retinol.
Increase to every other night.	Do this until your skin has adjusted to the retinol.
Increase to two nights of usage back-to-back, skip one night.	Do this until your skin has adjusted to the retinol.
Increase to nightly use	

### Moderate Method

Use every other night.	Do this until your skin has adjusted to the retinol.
Increase to nightly use	Do this until your skin has adjusted to the retinol.

### All-in Method

Every night  
Expect heavy peeling, redness, and irritation. You've got this!

### Additional Information

Redness and irritation are common when introducing retinol to your regimen. This will subside as your skin adjusts to the product. Retinol may cause an initial purging in which you have more breakouts than normal. This is expected and will go away.

You will need to stop retinol use in some circumstances:

- Stop 1-2 days prior to facial or microneedling
- Stop 1 week prior to VI Peel or facial waxing
- Discontinue use several days prior to prolonged sun exposure

**It is very important to wear a daily sunscreen while retinol is in your routine. Additionally, extra steps should be taken to protect the skin from the sun such as seeking shade, wearing a hat, and reapplying a broad-spectrum sunscreen every 2 hours.**

Unless otherwise directed, retinol is to be applied at night only.

Retinol should not be used during pregnancy or breastfeeding.