

01 OVER-THE-COUNTER

THE LOWEST LEVEL OF RETINOL

WHAT THE AESTHETICIAN SAYS

"Retinol is the pioneer in retinoid usage. The combined formula of retinoid and the magnesium, zinc and copper complex identifies the factors that age the skin and addresses them immediately," says Sarah Burns-Eggenberger, author of *Guide to Product Selection* and acting president of The Advanced Aesthetic Education Association.



RELAX WRINKLES

A combination of retinol and hyaluronic acid work together to smooth the skin's surface, especially wrinkle-prone areas like the mouth, cheeks and forehead. \$20. rocskincare.com

WHAT THE AESTHETICIAN SAYS

"For individuals who don't take time for professional treatments, this at-home mask allows the skin to absorb safe and skin-friendly amounts of retinol and antioxidants, providing that 'ya glow' immediately," says Boca Raton, FL, aesthetician Cheryl Stawnowsky.



FIGHT FINE LINES

These retinol-containing masks target lines and wrinkles and leave the skin looking more radiant after just one use, according to the company. \$42. sephora.com

WHAT THE AESTHETICIAN SAYS

"The key ingredients of retinol, vitamin C, antioxidants and anti-inflammatories address the primary concerns of aging like fine lines, loss of elasticity and tone," says Burns-Eggenberger.



TARGET PREMATURE AGING

This dual-action serum addresses firmness and prevents wrinkles from forming with a complex of retinol, wheat and soy proteins that restores suppleness to the skin. Extracts of chamomile, calendula and bisabolol act as anti-inflammatory agents to reduce irritation that's common with retinol. \$185. laprairie.com

WHAT THE AESTHETICIAN SAYS

"Sensitive skin can tolerate time-released retinol better. The rosewater base makes this even more soothing," says Burns-Eggenberger.



SAFE FOR SENSITIVE SKIN

Although all retinols should be applied only at nighttime, this nourishing cream can be used on both the face and neck to regenerate damaged skin. Pure retinol is delivered to the deep layers of the skin, which is then released over time to minimize lines, boost collagen and reduce sun damage while soothing the skin. \$95. chantecaille.com

WHAT THE AESTHETICIAN SAYS

"This is a great multitasking product. Retinol helps increase cell turnover, while glycolic acid lifts away lacinated cells," says Burns-Eggenberger.



LIGHTEN BROWN SPOTS

Boasting 5-percent retinol, this spot-removing daytime treatment evens out discoloration and protects against UV damage. \$195. icskintherapie.com

WHAT THE AESTHETICIAN SAYS

"The mix of retinol and vitamin C helps with recovery and repair overnight, while dimethicone gives this product a soft, velvety feel and promotes hydration," says Stawnowsky.



ENRICHED WITH VITAMINS

Packed with a blend of 44 ingredients like antioxidants, vitamins, essential fatty acids and peptides, this retinol-based serum fights sun-induced textural changes for skin that's more even in tone and soft to the touch. \$45. cosmedermic.com

CHANTECAILLE RETINOL INTENSE

FORMULATION Cream

STRENGTH less than 1%

IC'S SKIN THERAPIE FACIAL

DAY THERAPIE SPF 20

FORMULATION Cream

STRENGTH .5%



COSMEDERMIC MEGADOSE PM

FORMULATION Serum

STRENGTH 1%



OVER-THE-COUNTER FORMULAS SLOWLY CONVERT RETINOL INTO RETINOIC ACID, THE ACTIVE INGREDIENT FOUND IN PRESCRIPTION VERSIONS. MOST RETINOLS ARE AVAILABLE AS A SERUM (WHICH IS THE BEST WAY FOR THE SKIN TO RECEIVE THE INGREDIENT) AND ARE PURCHASED THROUGH A RETAIL OUTLET.

- ① *Who it's for*
All skin types and those who want to defy the first signs of aging
- ② *Who it's not for*
Those with serious acne and sun damage may benefit from something stronger
- ③ *When to use*
At night