

7 Reasons to why you should be using Retinol

1. You have no idea what Retinol is.

Retinol is actually one of the forms of Vitamin A. When converted to retinoic acid, it is essential for skin health, teeth remineralisation and bone growth. Retinoids can unclog pores, boost collagen to reduce fine lines, and speed cell turnover to gradually smoothen the skin – sometimes as fast as within a month! Retinoid was first used about a few decades ago after approval by FDA. Dermatologists soon noticed that patients on retinoid treatment experienced clears but also brighter skin with less wrinkles.

2. You prefer not to visit a dermatologist.

It is true that prescription formulas give the most impressive results. Notwithstanding, products such as our W+ Rejuvenating Night Cream and W+ Flawless Face Serum, contain retinyl palmitate which helps to improve lines and discolouration. Retinyl palmitate is considered a gentler ingredient compared to retinol, and very few warnings of irritation exists. Count on about 12 weeks before seeing results. Patience is key.



3. You are afraid of your skin's sensitivity to sunlight.

While retinol is sensitive to sunlight, and it is best to apply retinyl palmitate just before going to bed, a retinoid should not make your skin any more vulnerable to UV rays that it would be after buffing away dead skin with a face scrub. Of course, apply sunscreen as you always should, and if you are looking for a good one, do consider our W+ Protective Day Cream with SPF 50++.

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4. You forget the rest of the other steps.

Make sure that the rest of your skincare routine is soothing and gentle. Use a gentle cleanser, and a hydrating toner (such as our W+ Tightening Toner, which contains Azeloglicinia®, Salicylic Acid Complex, Aloe Vera Extract and Hyaluronic Acid that clears and control sebum while hydrating the skin), a day cream with SPF 50++ during the day, and add on a face serum in the evening and a night cream before going to bed.





5. You worry that your skin will initially look worse before it gets better.

While retinoids might cause dryness or redness, you can help by easing in. Try applying it every other night to allow your skin to adjust to the effects of the retinoid. It is exactly why Wellaholic uses retinyl palmitate instead of retinol, as retinyl palmitate is relatively gentler and does the same effects and retinol (i.e. breaking down into retinoic acid) but without the irritation.

6. You believe you cannot afford it.

We did a quick scout of retinol-based creams in the market and found these:

- a. Youth Corridor by Dr Gerald Imber (50ml) at \$854
- b. Perricone MD OVM Serum (30ml) at \$217
- c. NaturaBisse Intense Retinol Fluid (30ml) at \$147
- d. Redermic R Anti-Ageing Dermatological Corrector Intensive at (30ml) \$79.90

- e. SkinCeuticals Retinol 1.0 (30ml) at \$99
- f. W+ Flawless Face Serum (30ml) at \$79
- g. W+ Rejuvenating Night Cream (50ml) at \$79

Hence you will realise that while there is a wide range of retinoids in the market, they all work the same, i.e. they require retinoids to break down to retinoic acid to do the work. At Wellaholic, we believe in a two-step treatment. Step 1 is the application of the face serum. Face Serums leave out occlusive, or airtight, moisturising ingredients that keep water from evaporating. Serums are made of very small molecules, so the skin absorbs them quickly and deeply. As most of the fluid is eliminated, what you are left with is a high concentration of active ingredients. However, this leaves the face dry and in need of hydration. This is also why we have recommended Step 2, which is the application of a Night Cream before going to bed.

The night cream also contains retinyl palmitate as well as moisturising ingredients so as to keep your face moist and hydrated throughout the night while letting the retinoid do its magic.

7. You are not maximising your IPL or Elight treatments.

Retinoids actually work very well with IPL and Elight treatments. While Elight treatments help boost the skins' collagen beneath the skin's surface, retinoids will help the exfoliating process, working in tandem with the Elight treatment for a more radiant skin with less lines and spots. A 2006 study (<https://www.ncbi.nlm.nih.gov/pubmed/17177749>) investigated the combined use of IPL and a retinyl-based cream and discovered an improvement in skin smoothness and the skin ultrasounds confirmed an increase in the deposition of collagen. During an 8-month follow-up, 67% responded having the same or improved results.

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