

# The truth about retinol

## Dive into what the ingredient is, how it works, and its myths we've busted.

### *Section: Ingredient stories*

What is retinol?

The CEO of the beauty boardroom, this Vitamin A derivative is a real workaholic. Essential for cell division, retinol's role is to motivate your skin's amazing ability to renew itself.

How does retinol work?

Rejuvenation booster

By boosting the turnover of cells which slows as we get older, retinol supports many of the things we ask of our skin. Better cell renewal means less breakouts, fewer wrinkles and dark spots and a smooth, even skin texture.

“Retinol is not for dry skin”

Yes and no

Retinol boosts elasticity and connective tissue – all good news for dry skin. It can however cause redness and peeling at first, as skin gets used to the new faster rate of renewal. This is called ‘retinisation’ and will pass.

“I’ll have to stay out of the sun”

Hello sunshine

Yes, retinoids break down in sunlight, which is why they are packaged in opaque bottles and better worn at night. But that doesn't mean they make skin too sun sensitive. As always, a trusted SPF30 or beyond is a beauty booster you can't be complacent about.

“Don't apply retinol to the under eye”

You can and should

Retinol's power to put skin renewal on fast forward is perfect for the under eye area. If you experience irritation, try the ‘retinol sandwich’ trick. Dab on a layer of eye cream, then retinol, then a final layer of cream.

How to integrate retinol into your routine

Easy does it

Start by using retinol just two nights a week. As your skin adjusts, you can move up to thrice weekly or even every other night. Don't use retinol on the same day as exfoliants.