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## Applying Retin-A for Cosmetic purposes

Retin-A, originally formulated to treat acne, is also considered by many experts to be the best remedy for signs of aging skin and reduction in wrinkles. Retin-A increases blood flow and stimulates skin cells called fibroblasts to produce new collagen, which thickens the skin. This translates into fewer wrinkles, smoother skin, lessened discolorations, reduction of sun damage and tighter pores. Retin-A is most commonly used on the face but may also be used on the chest and hands where signs of sun damage are most visible.

### STEP 1

Wash your face with a gentle cleanser. Office Recommendations: La Roche Posay Toleraine Foaming cleanser or Cerave Foaming Cleanser

### STEP 2

Wait 15 to 20 minutes after washing your face to allow your skin's pH to return to normal.

### STEP 3

Squeeze a dab of Retin-A on your index finger. Antiaging-systems.com states that the 0.05% cream is designed for reducing wrinkles and fine lines, though you can start with the gentler 0.025% strength cream and increase the percentage of active ingredient slowly.

### STEP 4

Gently apply the cream on your face by dabbing and gently rubbing to cover your complexion. For applying on your eyes, dab and pat to cover the under eye area. Do not apply to your sensitive eyelids.

### STEP 5

Wash your hands after you finish applying the Retin-A cream.

### STEP 6

Wait 10 minutes before applying moisturizer unless your skin is getting red and flaky then you can use moisturizer immediately after or before your application of Retin-A. Office recommendations: La Roche Posay Toleraine Soothing Protective Moisturizer or 100% Argan oil.

### STEP 7

Repeat the application process every other night in the beginning and adjust your frequency depending on your skins tolerance or needs.

### TIPS:

*It is very important to use sunscreen during the day. Retin-A can make skin more sensitive to sun damage. Never apply it at the same time you also have products on your skin that contain glycolic acid or benzoyl peroxide.*