

RETINOL USE

Guidelines

MERAKI SKIN CLINIC



Benefits of Using Retinol

Retinol can offer multiple advantages for your skin, including:

- **Smooths Wrinkles:** reduces the appearance of fine lines and wrinkles.
- **Brightens Skin:** evens out skin tone and reduces dark spots.
- **Improves Texture:** makes the skin feel softer and smoother
- **Control Acne:** helps manage and control breakouts.
- **Minimizes Pores:** reduces the appearance of large pores.

WHEN TO APPLY

Apply retinol at night ****Wear sunscreen in the morning to protect your skin, especially since retinol can make your skin more sensitive to the sun.**

WEEK 1 -4: Starting Out

Begin by using retinol once a week. Monitor your skin's reaction over the course of one month.

AFTER 1 MONTH: Stepping Up

If your skin has adapted well, you may increase usage to twice a week (ie. Monday and Thursday).

AFTER 3-4 MONTHS OF USE: Gradual Increase

If your skin tolerates the retinol well, you can gradually work up to using it 3-4 times per week.

Expected Side Effects

Some redness, irritation, dryness, flaking or peeling, and breakouts are normal reactions when you first start using retinol. If irritation occurs, **STOP USING YOUR RETINOL.**

Continue to moisturize your skin and restart your retinol once your skin is healed.

Please note: If you can only tolerate the retinol once a week, that's fine! The key is to listen to your skin and adjust usage according to what you can handle.

WHAT TO DO IF YOU EXPERIENCE SKIN IRRITATION

Even when following the recommended guidelines, you may experience skin irritations. Here's what you can do:

1. **Pause Your Routine:** If your skin feels tight or uncomfortable, it's time to take a break. Temporarily stop using retinol and any other active ingredients.
2. **Avoid Exfoliation:** Do not try to exfoliate the peeling or irritated skin, as this can worsen the irritation.
3. **Restore Your Skin:** Use hydrating and nourishing products to help restore your skin barrier. (Recommended products include ZO Hydrating Crème or La Roche-Posay Cicaplast Balm.)
4. **Reintroduction:** Once your skin has recovered, cautiously reintroduce retinol to your routine.

WHEN TO EXPECT RESULTS

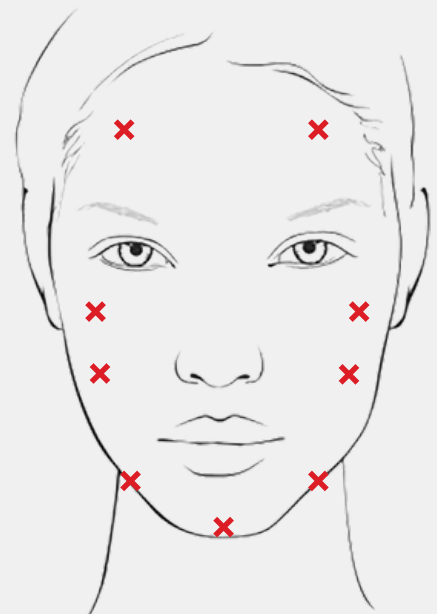
Expect to see improvements in your skin's texture and tone after 2-3 months of consistent use.

WHERE TO APPLY YOUR RETINOL

1 PUMP is enough for the entire face.

Dot your retinol in the marked areas.

Note: Avoid applying near your eyes, corners of the nose, and mouth area.





HOW TO USE YOUR RETINOL

STEP 1: Prepare Your Face

Cleanse your skin with a gentle cleanser.

STEP 2: Apply Eye Cream & Pre-treat (For First-Timers)

Eye Cream: Apply your eye cream as usual.

First-Time Users: If you're new to retinol, apply a thin layer of moisturizer and wait for it to dry (about 5 minutes). This technique, known as "sandwiching," helps to buffer the skin.

STEP 3: Retinol

Amount: 1 pump of retinol for the entire face.

Note: Avoid applying near your eyes, corners of the nose, and mouth area, as these areas are prone to peeling.

STEP 4: Dot the Face

Placement: Dot retinol in 9 specific spots—2 on your forehead, 1 on your chin, 1 on each jawline, and 2 on each cheek (avoid getting too close to the center of your face). Refer to the photo above.

STEP 5: Blend It In

Gently rub in the **retinol**, distributing it evenly across your face.

STEP 6: Seal and Hydrate

Follow with another layer of **moisturizer**. If you have a hyaluronic acid serum, you may apply it before your final layer of moisturizer.