

# What are *Retnoids*?

Most people familiar with skincare recognize retinol and its benefits for anti-aging, reducing pigmentation, and treating acne. However, a less known but equally important product in the skincare world is retinoid. Let's explore the finer details and differences between retinol and retinoid.



Firstly, it's important to note that retinoids are not new. They have been approved by the FDA since 1971 and have been used in skincare products for decades. Retinoids are effective for a variety of skin concerns, including anti-aging, acne, and hyperpigmentation. We will delve into these benefits and more later in this article.



## What Are Retinoids?

The term retinoid refers to a group of compounds that are derived from the vitamin A molecule. This means that they possess structural or functional similarities to vitamin A.

There are six main types of retinoids:

- Tretinoin
- Adapalene
- Tazarotene
- Alitretinoin
- Bexarotene
- Retinol

In general, retinoids are stronger than retinol. They hold a higher concentration of the product and the molecular structure of Vitamin A. In this form allows it to turn over skin cells at a faster rate than retinol.

Therefore, by using retinoids will give a faster, more effective result.

It is used to address main skin concerns:

- Uneven skin tone
- Hyperpigmentation
- Ageing skin
- Fine Lines
- Wrinkles
- Mild or severe acne
- Acne scars
- Skin rejuvenation
- Skin texture

## How to use Retinoids

Retinoids come in various forms, including serums and creams. Usually, a serum is applied topically after cleansing and the cream layered over the serum, morning and night for a period of up to three months.

The skin will go through an exfoliation process, often making the skin feel a little dry, but this means that the skin cells will renew faster, fixing any skin concerns and giving a dewy result.

## Do retinoids thin the skin?

As the skin peels when first using retinoids, people believe the skin gets thin, but is the opposite. As retinoids stimulate collagen production, therefore it actually helps to thicken the skin.

## Are retinoids good for young skin?

Retinoids are great for treating acne and is perfect for younger skin.

## Can I use retinoids as my skin is sensitive?

If your skin is very sensitive, start to use retinoids once or twice a week. It can be layered over the top of your moisturiser. Gradually build up to using daily over a few weeks.

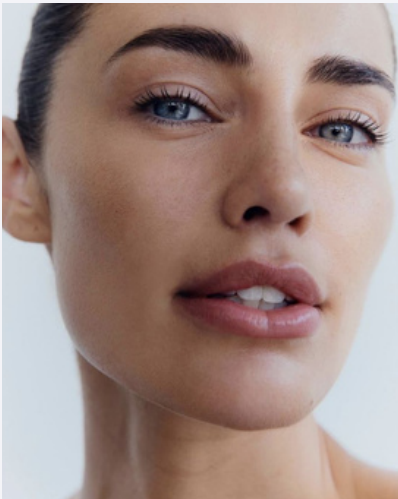
It's best to start off cautiously with once or twice a week application. It's often recommended that you either layer it on top of your moisturizer or mix together with your moisturizer.

## Will retinoids make me more sensitive to the sun?

Retinoids can actually be used in the morning. Why? As they break down in the sun, making it unstable and less effective. Retinoids do not increase the risk of sunburn. However, it is important to use sun protection.







## How fast will I see results?

Whilst you will begin to go through an exfoliation process, it will take up to three months of continuous use of retinoid for full results to be seen.

## My skin is peeling or red, do I stop using retinoids?

With retinoids, the side effects include tightness, peeling, dryness and redness when first using it.

This will get better around two to four weeks. So keep persevering as the results are worth it.

## Can I use Retinoids around the eye area?

Most people think that the eye area is too sensitive for retinoid use. This is where the wrinkles can benefit the most from using retinoids. If you find you are sensitive, use an eye cream, followed by retinoid.

Retinoids have proven themselves to be indispensable in the skincare world. Their effectiveness in promoting cell turnover and stimulating collagen production will ensure healthier, more radiant skin. By incorporating retinoids into your skincare routine, you can achieve and maintain a youthful, vibrant complexion. Juliette Armand products are not tested on animals, are dermatologically tested and allergen free. Using a blend of active ingredients created by their own Chemists, with ingredients sourced from nature. No nasty chemicals and using our own patented active ingredients. The perfect blend to pack a punch when it comes to amazing results for your skin.

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