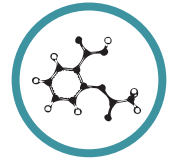


# scientifically speaking

Dermalogica® Research and Development News



## Retinol- The Cure-All For Your Eyes

by Dr. Claudia Aguirre

Worried about fine lines? Wrinkles? Uneven tone? Furrow no more. Dermalogica® Age Reversal Eye Complex is the smart solution to reverse multiple signs of aging in the delicate eye area. What makes this product so unique? It contains retinol, the most effective substance for the management of aging and UV-damaged skin.

### What makes a wrinkle?

Skin aging is associated with a variety of signs, such as wrinkles, uneven pigmentation, rough skin, and loss of elasticity. In the aging process, there are certain structural and cellular changes that lead to the tell-tale signs of aging. Dermal thinning, primarily due to UV-induced collagen degradation by matrix metalloproteinases (ie. collagenase) combined with epidermal thinning, triggered by a decrease in cell turnover rate, result in wrinkles, fine lines and thin, lackluster skin. The good news is that many of these changes are brought about by our lifestyle and environment- and are avoidable.

### What is Retinol?

Retinol is a form of Vitamin A. Vitamin A exerts its beneficial effects on the skin via its active derivative, retinoic acid. Skin cells have the equipment to convert retinol and other forms of Vitamin A into retinoic acid, the powerhouse alleviating photodamaged skin. The effects of retinoic acid are very well documented in the scientific literature. However, this ingredient is only available by prescription and may produce unwanted side effects such as dehydration, irritation and itching. Retinol has been shown to have the same effects as prescription-strength retinoic acid, without the irritation. Working in the dermis and epidermis, retinol stimulates keratinocyte proliferation and epidermal thickness,

visibly improving the appearance of fine lines, wrinkles and pigmentation without any adverse skin reactions. A recent study showed all these effects at a low and tolerable concentration of 0.1%, which we have implemented into our formulation. Therefore, we get all the benefits of this great vitamin without the irritation- a key balance for the delicate eye area.

### How should I use Age Reversal Eye Complex?

We suggest starting alternate nights to build up your skin's tolerance to retinol. A healthy skin is smooth, with a dense collagen and elastin network. It is also rich in retinoid receptors to handle vitamin A. Photodamaged skin is depleted of vitamin A, as UV radiation destroys retinoid receptors. Therefore, we can increase retinoic acid and retinoic acid receptors in the skin by applying Vitamin A topically. Over time, the number of receptors increases, allowing retinol to exert its effects without irritation.

Ease into healthy, clear skin without going under the knife with Age Reversal Eye Complex powered by retinol. If your skin isn't irritated, ramp up to nightly and always use sun protection. Remember, retinol can be degraded with UV exposure which is why we recommend using this at night. Avoid layering with other products and always consult a doctor if pregnant or breastfeeding.

### Reference:

Bellemere G. et al. Antiaging action of Retinol: From molecular to clinical. *Skin Pharmacol Physiol* 2009; 22:200-209.