



WHAT IS A RETINOID RESPONSE?

Vitamin A is the gold standard cosmeceutical and one that we refer to as the regulator of the skin. It restores balance where needed and normalises cellular processes.

In some individuals, it is possible to notice a slight response upon commencing use of the product as the regulatory process takes place. This may be evident in a mild increase in oil flow or for some a slight decrease in oil production and subsequent feeling of dryness. Some individuals may also experience mild sensitivity or increased skin cell exfoliation while their skin adjusts to the higher levels of active ingredients.

Vitamin A will also allow any follicular plugs to be drawn out of the skin and therefore some individuals may notice this as a small number of transient blemishes. This is not the case for all clients who commence using retinoids and for the majority, their skin health just improves without any signs of the regulatory process that is taking place.

It is important for the few people who do notice a slight fluctuation in oil flow or hydration levels to remember that this is not a reaction, but rather a positive response from the skin and evidence that it is being brought to life and regulated from within. This phase is short lasting, usually resolving within the first cellular turnover (28 days) and the amazing skin health and visible results will soon follow.

In order to assist the skin to acclimatise gently to the potent new retinoid ingredient, we recommend that Acceler-A be used after Vitamin B and prior to your Synergie Skin moisturiser in the evening regimen.

If a client does experience a response, reassure them that this is a very positive sign and that their skin is going to have both visible and biological improvements in the near future and to not be discouraged. In order to assist their skin to adjust we recommend that Acceler-A be used after Vitamin B and prior to your Synergie Skin moisturiser every third evening and switching to Ultimate A on the other two nights.

If well tolerated for one cellular turnover (28 days) the frequency of Acceler-A may be increased to every second night.

If well tolerated for a further 28 days, the frequency of Acceler-A may be increased to nightly use.

Not all clients will need to progress using Acceler-A. Some may be perfectly suited to Ultimate A and they will still receive the amazing benefits that high our strength retinol delivers. However, for those who are suited to Acceler-A, the aforementioned approach is the ideal way to acclimatise the skin gently.

For more information about Vitamin A, follow the link provided to a great blog written by Terri, our Cosmetic Chemist and founder of Synergie Skin: <https://synergieskin.com/terris-blog/seed-vitamin-a/>