



FOR YOUR INFORMATION

Vitamin A Peel

Skin ages in two ways, either intrinsic which is changes that are a result of internal cellular factors, genetic programming, and disease or extrinsic which is the result of chronic exposure to the sun, neglect, lifestyle, pollution, and smoking.

Sun damage is cumulative over the years. Early exposure will become evident in later years. The number one sign of photo aging is wrinkling. Some experts say 90% of our lines are due to sun exposure. Other side effects of photo aging are mottled pigmentation, dryness, sallowness, rough texture, enlarged pores and loss of elasticity.

There is much you the individual can do to slow down the aging process simply by how you treat your skin!

There is considerable research on the topical ingredient retinoic acid, one member of a family of over 2000 compounds called retinoids. Retinoids reeducate damaged cells and help cells mature normally. When retinoids are applied to the skin, it helps increase the amount of intracellular material that assists in preventing cells from clumping up and speeds up cell production. Retinoids also encourage the exfoliation of cells in a smooth orderly fashion and new cells are normally healthy.

Retinol, a derivative of Vitamin A, is unquestionably effective in treating sun induced wrinkles and pigmentation associated with aging skin. The rapid cell turnover that occurs with retinol results in a smoother, silkier skin. Other benefits of retinol are the overall improvement of circulation that increases oxygen supply to the skin. This aids in strengthening blood vessels, not to mention the healthy glow clients report.

The Vitamin A Peel is a safe easy “no burn no down time” peel that supports the regeneration of skin and the reversal of aging. There may be mild to excessive flaking that will occur a few days after application. It is recommended that 3-4 sessions be completed 1-2 weeks apart for optimum results. Some experts agree that several Retinol Peels can be equivalent to a years use of Retin A!

Avoid sun and heat exposure during sessions and wear an SPF 30+ daily. Nightly use of **Regenerating Cream** or other *Epidermal Growth Factor* formula is recommended.

