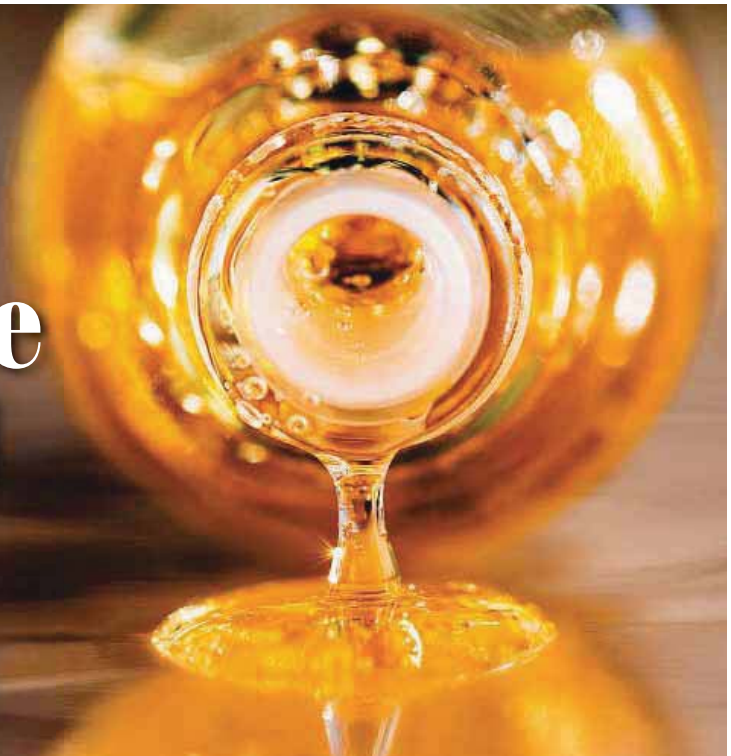


# The beauty powerhouse that could save your skin



BEAUTY NEWS  
with  
Hannah  
Britt

**R**etinol is found in many creams and serums, yet people are often nervous about trying it in case it causes irritation. However, when used correctly, it can transform skin, rejuvenating tone and texture.

Derived from vitamin A, retinoids – of which retinol is the best known – are one of skincare's most potent ingredients.

They smooth the complexion and reduce the appearance of lines and wrinkles.

"The fibroblast cells in our skin produce collagen and elastin, which give it its natural bounce," explains Dr Sophie Shotter at

GetHarley (getharley.com).

"After the age of 25, these skin cells switch off and produce less collagen."

This is where a topical retinoid comes in.

"Retinoids work to increase the number of fibroblast cells in the skin and to boost levels of collagen and hyaluronic acid," says Dr Shotter. "This means plumper skin, fewer lines and wrinkles and more refined-looking pores."

## TYPES OF RETINOID

Dr Angela Tewari, consultant dermatologist (dermatology studios.co.uk), says:

Retinol: the most well-known retinoid, it accelerates cell turnover, boosts collagen production, and evens out skin tone.

Retinal/retinaldehyde: a new kid on the block, this delivers the same results as retinol with less irritation because it reaches the skin in a more stable form.

Plant-based alternatives: these

are natural ingredients, such as bakuchiol, which mimic the effects of retinol.

Granactive retinoid: contains HPR retinoid and retinol, and is thought to be more stable than traditional formulas, meaning products have a longer shelf life.

## THE RETINOL RULES Start slow...

Retinol can irritate skin so incorporate it gradually into your skincare regime.

"I recommend starting with twice a week, then increasing after two weeks to every other night or more," says Dr Shotter.

People with more reactive skin types may find they can only use a retinoid once a week.

## ...and low

Retinol is most commonly found in 0.3, 0.5 and 1 per cent concentrations. Occasionally you will find 2 per cent and above, but



stronger isn't always better – how your skin tolerates it is more important. Start with a lower concentration and build up to minimise side effects and irritation.

### **Night time**

Retinol does make your skin more sun sensitive, so dermatologists recommend using it at night and wearing SPF every day.

### **Patience is key**

“It can't work miracles, however, you will see an improvement in skin texture within a few weeks,” says Dr Tewari. “The skin will look brighter as dry skin is removed and the epidermis plumps up.”

### **It's not just for the face**

While most people apply a retinoid to their face, it can be used anywhere from the neck and décolletage to the hands. There are many great eye creams on the market too.



**TOP PICKS**

■ CeraVe Resurfacing Retinol Serum, £18.99, Superdrug, is a super gentle formula, with a small dose of retinol, suitable for even the most sensitive skin.



■ Skin Rocks Retinoid 1 Vitamin A Face Serum, £65, skinrocks.com, is a beginner-strength formula created by skincare guru Caroline Hiron. Perfect for first-timers.

■ The Inkey List Retinol Eye Cream, £12.99, lookfantastic.com, is a beauty bargain which is designed to treat lines around the eye area.



■ Farmacy 1% Vitamin A Retinol Serum, £55, Space NK, contains retinaldehyde and encapsulated retinol. It's a product that's ideal for someone whose skin is accustomed to retinol and is taking the next step.



■ La Roche-Posay Retinol B3 Serum, £45, laroche-posay.co.uk, has been formulated with reactive skin in mind, containing low-dose retinol and soothing vitamin B3.



■ Indie Lee Retinol Alternative Cream, £67, indielee.uk, is a natural

alternative that harnesses the skin-rejuvenating properties of the paracress plant.

■ Dr Sam's Flawless Nightly Eye Serum, £37, drsambunting.com, contains 2 per cent retinoid, making it a potent product.



■ Follow Hannah on Instagram @hannahrbritt

**BRILLIANT ON A BUDGET**

*Our pick of the best new beauty for £10 or less*

Statement nails are a huge beauty trend for spring, and the precision-tipped **Ardell Play Pen Art Pen - Having Fun Yet?, £6, asos.com**, means you can have a go at creating pretty designs at home.



We're huge fans of micellar water, and this **Garnier Sensitive Micellar Gentle Peeling Water All-in-1, £7.99, Boots**, contains 1 per cent PHA and glycolic acid, which lightly exfoliates and refines skin texture while cleansing the skin of dirt and make-up.



A hard-working make-up base, **Elf Power Grip Primer + 4% Niacinamide £10, Superdrug**, contains niacinamide, which soothes, hydrates and maintains healthy skin. The result? Make-up that lasts, no matter what the day throws at it.



ASK THE EXPERT

**Q** Should I wear SPF on my hands while getting a gel manicure?

**A** "I would recommend wearing SPF or UV protectant gloves when getting a gel manicure," says dermatologist Dr Alexis Granite, spokeswoman for CeraVe.

"Both the UV and LED lamps used to harden gel polish emit UVA radiation. UVA radiation is known to contribute to the development of skin cancer and is linked to signs of skin ageing such as skin thinning, fine lines and wrinkles and pigmentation.

"While the UVA radiation emitted by these lamps is significantly less than by regular tanning beds, it is still worth playing it safe and adding an extra layer of protection, especially if you have gel manicures regularly."

TRIED & TESTED

**It Cosmetics CC+ Nude Glow, £33, cultbeauty.co.uk**

The original CC Cream from It Cosmetics is one of my all-time favourite foundations, providing flawless, long-lasting and full coverage with every use. It's the one I recommend for weddings because its skin-perfecting formula simply does not budge.

But its thickness isn't for everyone. And the brand has taken note.

CC+ Nude Glow provides light to medium coverage, and contains an impressive amount of skincare to boot, including soothing and perfecting niacinamide, brightening green tea extract and hydrating hyaluronic acid.

My first impressions were that, when applied, it barely looks like you're wearing make-up at all.

The lightweight formula glides on and blends effortlessly.

Available in 22 shades, it evens skin tone and reduces redness, but allows your natural complexion to shine through. It stays put all day too.

