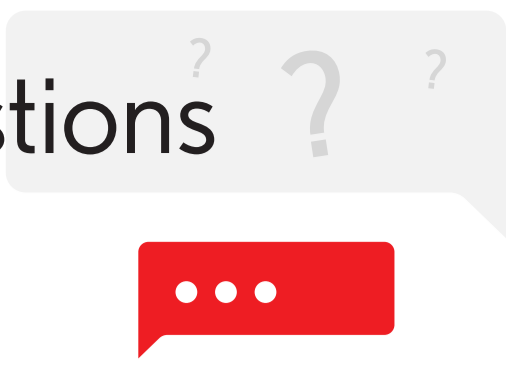


# Top 5 Skincare Questions Answered



Given that everyone's skincare needs are different, it's not surprising that you field countless patient questions every day. So, for Skincare Awareness Month, we curated 5 common questions consumers and patients are asking about skincare today:

## 1 Is there a correct order for my skincare routine?

Everyone's skin is different, and so is the routine that works best for them. The order you apply skincare can make a difference. The general rule of thumb is cleanse, treat, moisturize and protect, with the following tips in mind:



**Check the consistency.** Apply products in order of thin to thick. Start with liquids and move on to lightweight serums. Follow that up with creams, then oils.



**Less is often more.** Be careful of number and type of skincare treatments incorporated into the skincare routine. For example, adapalene and retinol are both a type of retinol. While they might be using adapalene to treat acne and retinol for anti-aging benefits, put them together and you might end up with irritation.



**Finish with sun protection.** You want your sunscreen to stay on for as long as possible, so it should be the last step in your routine, whether you're using three products or 10.



## 2 When should I add retinol to my skincare routine?

Retinol is one of the anti-aging ingredients most recommended by dermatologists. It complements skin's surface renewal process to minimize the look of dark spots, improve skin texture and help resist the look of lines and wrinkles.

As you age, your body's natural production of collagen slows down. Although you may not see the effects until later, this process can begin in your mid-20s and leaves skin with a thinner texture, wrinkles and less elasticity over time. Counteract this decline in the signs of aging by introducing a retinol into your routine in your 20s.

Start introducing a retinol into your routine in your 20s



## 3

### Chemical vs Physical Exfoliators: What's the difference and how do you use them?



**Chemical exfoliation** uses chemicals, such as alpha and beta hydroxy acids, to gently break down the intercellular "glue" that holds dead skin cells together. Once these bonds dissolve, the dead cells fall away allowing newer skin to surface.



**Physical exfoliation** uses a tool, such as a brush or sponge, or a scrub to manually remove dead cells from the skin's topmost layer.

How often you exfoliate depends on your skin type and exfoliation method. Start slow and be careful not to over-exfoliate, as this could lead to redness and irritation.

## 4 What are AHAs, BHAs, and PHAs?

AHAs, BHAs and PHAs are skin acids and three different types of chemical exfoliation.

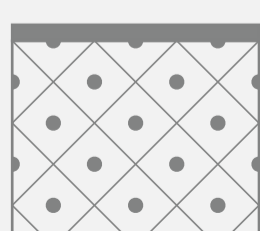
SKIN ACID	EXAMPLES	FUNCTION	SKIN TYPES
<b>AHA</b> Alpha hydroxy acid	Glycolic acid Mandelic acid Citric acid Lactic acid Tartaric acid	<ul style="list-style-type: none"> <li>Water-soluble</li> <li>Dissolves dead skin cells on surface of skin</li> <li>Increases skin's sun sensitivity</li> </ul>	Normal Dry Combination
<b>BHA</b> Beta hydroxy acid	Salicylic acid	<ul style="list-style-type: none"> <li>Fat-soluble</li> <li>Dissolves dead skin cells on surface of skin and penetrates into pores to remove oil</li> </ul>	Oily Combination Acne-prone
<b>PHA</b> Poly hydroxy acid	Gluconolactone Lactobionic acid Maltobionic Acid	<ul style="list-style-type: none"> <li>Water-soluble</li> <li>Dissolves dead skin cells, but larger molecules penetrate skin more slowly</li> <li>Less sun sensitive</li> <li>can have antioxidant effects</li> </ul>	Dry Sensitive

## 5

### What are peptides and what will they do for my skin?

At a basic level, peptides are chains of amino acids. Your body produces them in every cell, and they form the building blocks of essential proteins such as collagen and elastin. However, the body's production of peptides slows down with age.

Most peptides are large molecules that can be challenging to stabilize and deliver in cosmetic topical applications. New innovations have led to the creation of micro-peptides that can be absorbed within the skin's surface, remain intact and can provide targeted benefits.



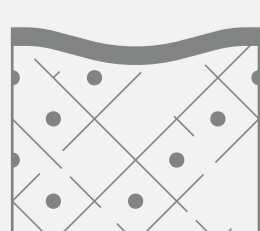
Younger skin has a high density of collagen and elastin.

#### COLLAGEN

Similar to fabric, tightly-woven fibers provide a framework of strength and support.

#### ELASTIN

Allows skin to "snap back" to its original shape after being stretched - like a rubber band.



Older skin has a lack of collagen and elastin, leading to loss of firmness.

#### PEPTIDES

Peptides act as messengers that target the visible effects of elastin- and collagen-depleted skin.