

You are probably still making these retinol mistakes, say skincare experts

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Photo: Manasi 7

Retinol is hailed by skincare aficionados as one of the most effective ingredients on the planet, but using it correctly is no mean feat. We enlisted the advice of a dermatologist and aesthetic doctor to help us navigate this *Cinderella*-product



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Ask any dermatologist for the skincare ingredient that delivers nearly ever time and they will inevitably namecheck retinol.

What is retinol? Put simply, it is a form of vitamin A that was popularised in the '80s. Since then, retinol has been scientifically proven in multiple studies to bring fresh cells to the skin's surface faster and ramp up collagen production – all of which, means it banishes wrinkles and hyperpigmentation while imparting a baby-faced glow.

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But there is a catch; Its exfoliating properties are retinol's biggest pro and biggest con. In the process of speeding up the production of new cells it causes the top layer of skin to shed, and in doing so, it reveals brighter, more youthful skin – but only when you've pushed through a period of dryness, redness, flaking and irritation.

So it's crucial to avoid these common mistakes in order to mitigate retinol's gnarlier side effects and reap the benefits of an ingredient that is hailed as the ultimate insurance policy against ageing.