

# MARY KAY

## THE SCIENCE BEHIND THE RESULTS

MARY KAY CLINICAL SOLUTIONS™ RETINOL 0.5 SET

### WHAT IS RETINOL?

Many dermatologists consider topical retinol to be the gold-standard ingredient for both preventing and reversing the visible signs of aging. Our bodies naturally produce vitamin A from the foods we eat, and it's considered critical for healthy cell development.

### HOW DOES IT WORK?

Topical application of retinol can help improve skin's appearance through two main actions:

1. Retinol supports natural collagen and elastin production. Beginning in your early 20s, your skin produces 1% less collagen every year.
  - What is collagen? Collagen is a protein, also known as “skin’s building block,” which diminishes with age. Replenishing this protein is critical to achieve younger-looking skin.
2. Retinol stimulates surface skin cell renewal, so skin appears more as it did when you were younger.
  - Increases cellular turnover, helping to contribute to a more even skin tone.
  - Helps push dead skin cells to the surface.
  - Accelerating skin cell turnover may contribute to improvements in skin tone evenness and radiance.

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## WHY DO I NEED **MARY KAY CLINICAL SOLUTIONS™**

### **CALM + RESTORE FACIAL MILK?**

Not everyone experiences discomfort when they apply pure, high-concentration retinol for the first time, but some people do. *Mary Kay Clinical Solutions™* Calm + Restore Facial Milk helps soothe irritated skin.

- If you're new to high-concentration retinol, it may take a few weeks for skin to adjust. This temporary transition period can include skin redness, increased dryness or flaking and itchiness or mild tingling after application.

### **MARY KAY'S GENTLE RETINIZATION PROCESS SETS US APART.**

Mary Kay worked with dermatologists to create a gentle retinization process that helps skin adapt to consistent retinol use.

The application frequency of *Mary Kay Clinical Solutions™* Retinol 0.5 is increased gradually over an eight-week period. Including application of *Mary Kay Clinical Solutions™* Calm + Restore Facial Milk during retinization gives your skin ingredients demonstrated to nourish and soothe skin.

- This facial milk contains natural plant oils (coconut, jojoba seed, sunflower and olive).
- Glycerin and sugarcane squalane are included in the formula to help prevent water loss. This is an essential benefit during the retinization period when skin is prone to increased dryness.

**YOU STILL NEED YOUR DAILY MOISTURIZER.** But including Calm + Restore Facial Milk in your skin care routine during the retinization period helps users of every age, ethnicity and skin type experience the benefits of retinol.

During the retinization process, Mary Kay recommends avoiding physical and chemical exfoliation products, acne products and products with high concentrations of vitamin C since they may contribute to temporary dryness or irritation. Do not use *Mary Kay Clinical Solutions™* Retinol 0.5 if you are pregnant, lactating or planning to become pregnant. **For more information, contact your Mary Kay Independent Beauty Consultant or visit [marykay.ca](http://marykay.ca).**

# A NEW REALM OF ELEVATED SKIN CARE PERFORMANCE



**MARY KAY CLINICAL SOLUTIONS™ RETINOL 0.5  
AND MARY KAY CLINICAL SOLUTIONS™  
CALM + RESTORE FACIAL MILK**