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### **Retinol: An impactful ingredient in the beauty industry**

Retinol is one of the ingredients used in the beauty industry especially when one does their skin care routine. Retinol is Vitamin A that treats and prevents acne from forming but also affects the skin from aging quickly (Retinol, 2022). Vitamin A helps eyesights, especially in dim light areas, it plays a role in pregnancy, and for newly mothers who provide milk to their new born babies by nursing (Manetti, 2023). There are many reasons as to why skin ages. Genetics, stress, hormones, and metabolic processes are the factors that affect the skin texture, appearances, and function (Mukherjee et al., 2006). Retinol also helps with scar appearances, hyperpigmentations, and sun damages. Retinol cancels out any radicals in the middle layer of one's skin which help the elastin. The ingredients are within products such as lotions, creams, gels, ointments, and serums. One can access these products over the counter. Retinol boosts and regenerate skin cells which can help with clogged pores, exfoliate, and boost collagen (Retinol, 2022). This can help prevent visible fine lines and wrinkles that may appear. Retinol makes one's skin look youthful, rejuvenated and full.

To apply the retinol, one must apply the product on top of their skin. However, there are different directions in using the product. It is important to apply the product on the neck as well because if one focuses on the face, down the line one face will look youthful while the neck will look wrinkled and tight (Valenti & Noble, 2024). The appearance would not look appealing because one neglects the neck. Before use, one must try a patch test to make sure the product is

compatible with their skin. If the product is compatible then one must gather a pea size of the products and spread the product on the skin thinly & avoid one's mouth, eyes, nose. Some individuals may face some side effects such as redness, irritation, and skin peeling. (Cherney, 2023). Exposing one's skin to the retinol product of the face. can cause dryness, irritation, and wrinkles. If one is pregnant, they should not use retinol during the time being. Retinol should be used every other night and patiently one should use it every night if the product works out for one's skin (Cherney, 2023). It is recommended to go to a dermatologist to see which type of product fits for one's skin because each product works for different types of skin and if one does not consult with a dermatologist and picks a retinol product randomly, the product may not work for their face. It is In addition, many have different types of concerns but it is recommended to start using retinol during one's mid 20s or in their early 30s.

Retinol became popular and used in the beauty industry and the market because women wanted to look younger, especially older women and retinol can slow down one's skin. An interview showed that older women would go under the knife to look youthful and beautiful (Childs, 2022). Looking youthful and beautiful enables those to get a better job and favorable offers. Some older men seek younger women and some men are attracted to those who are the same age. A study shows that youthful men go for women of the same age while men will take the opportunity to go for younger women than their age if the opportunity is available (Norton, 2017). This kind of fit the stereotype of older men going for younger women and that is why some women want to look younger if they do not have a significant other. Women who are older are competing with youthful women. Retinol keeps acne under control and helps the appearance of the skin which can decrease the visibility of wrinkles. One does not need to go to the doctor and ask for a prescription of retinol (Webster, 2023). Retinol is easily accessible for others by

going to the pharmacy and asking over the counter if they have retinol available. Many seek clear skin, smooth skin texture, and even skin tone. Retinal dates back in ancient times but in a form of Vitamin A. Vitamin A is an element that was known for about 3500 years to cure disease and in ancient Egypt had figured to have night blindness (Wolf, 1996). While ancient Greeks called the night blindness as, nyktalopia. While they have good eyesight during the day, they have blindness during the dark (Wolf, 1996). The night blindness was caused by lacking Vitamin A and can affect two parts of the eye which are the epithelial and the retina. Egyptians used ox and lamb liver as one of their medical practices to treat blindness (Wolf, 1996). The medieval, ancient Egyptian, and ancient Greek figured out how to treat and cure night blindness and it was by the use of livestock's liver (The history of Retinol, 2023). In the early 1900s retinoids were found in the embryo of the egg yolk and were used to treat dermatoses. Frederick Gowland Hopkins found Vitamin A in milk in 1912. Later on in the early 1940s there was a study of retinoic acid that can be used on acne (The history of Retinol, 2023). Near the end of the 1950s, dermatologists helped treat patients who severely breakout. In the early 1980s, study found that skin aging can be improved by the use of retinoic acid (The history of Retinol, 2023). During World War I, retinol was founded and researched where retinol increases xerosis and follicular hyperkeratosis (Mukherjee et al., 2006). However many found the cons and the after effects of the use of retinoic acid which caused irritations and boost sensitivity to the skin. Retinol was introduced as the milder version while retinoids are quite stronger but may not be suitable to those who have sensitive skin. Compared to retinol, retinoic acid is available when the doctor or dermatologists. prescribed to their patients and the product can only be used to improve ache appearances while Retinol is used to manage acne, fine lines, hyperpigmentation, skin texture, and wrinkles.

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