

# Osmosis Vitamin A Serums



## Relieve Calm Correct Renew Clarify

Level 1

Level 2

Level 3

Level 4

Blemish

**Retinaldehyde** is a natural form of vitamin A derived from beta carotene which is converted and used to boost our immune system and provide healthy skin cells. Equivalent in strength to prescription Retin A, Retinaldehyde is less irritating and non-inflammatory. Osmosis is the only skincare line to formulate a stabilized liposomal delivered form of Retinaldehyde, so it can reach beyond the surface to deliver results! This is why it is important to introduce the **Vitamin A Serum** slowly, increasing the amount and frequency as your skin adjusts.

### Recommended use:

#### **Week 1**

During the first **week** of initial use, we recommend you apply **1 pump, 1x per day** of your prescribed **Treatment A Serum** (Correct, Renew, Relieve, Calm or Clarify).

#### **Week 2**

Option 1: If your skin is responding well and is not feeling dry you may now increase the **Vitamin A serum** application to **1 pump 2x per day** both AM+PM.

Option 2: **BUT** if you are experiencing any irritation, reduce the application to every other day until your skin feels comfortable, then start – **1 pump, 1x per day**, again slowly increasing for next 2 weeks.

#### **After 2 weeks**

Assuming you chose Option 1 and your skin is responding well you may now increase the dose to - AM **2 pumps**, PM **1 pump**. Over time, aim at increasing to **2 pumps 2x per day**. *There is no rush*, listen to your skin and only give it what it needs.

If you are experiencing signs of overuse, (dryness, redness, irritated spots or bumps) reduce frequency or quantity of your **A Serum** (Relieve, Calm, Correct, Renew or Clarify) until the feeling of dryness or irritation subsides. Then start again slowly, per above.

The reason for any dryness is your skins cellular turnover has increased, which is great as this is exactly what we are looking to achieve, however the lipids in your skin which give your skin moisture have not caught up to this increased cellular turnover. This adjustment takes time; everyone's skin adjusts at different rates.

Allow your skin this time to rebalance; the results will be well worth the wait.

Before you increase to a higher level serum, make sure your skin is comfortable with the serum you are currently using at 2 pumps twice per day.

#### **Note:**

- Always massage your serums in well with 4-5 sprays of an **Activating Mist** to ensure complete penetration and fast results.
- **These directions only apply to the Vitamin A Serums listed above. Other Osmosis serums we recommend you apply twice daily as directed by your Doctor or Esthetician.**