



## **SIDE EFFECTS TO TOPICAL VITAMIN A AND HOW TO MANAGE THEM**

*Before reading this, the most important thing to remember is that perseverance is the name of the game. Persevere with the product to obtain the results. Ironically those who have reactions often end up with the best results!*

There are no known allergies to vitamin A, but some people may be hypersensitive to it. It is possible that the reason for their sensitivity is that their skins have been depleted of proper levels of vitamin A for a long period and their metabolic processes have "wound down". They have deficient retinoid receptors, which means, that only a little more vitamin A on the skin will seem to be an important excess. Retinoid receptors are developed by exposure to Vitamin A. Until the metabolic processes have been activated, the skin will be bamboozled into "believing" that it is being overdosed with vitamin A. Fortunately only a small section of the population is sensitive to vitamin A

There are some people who have a deficiency of the enzymes used in metabolism of vitamin A and this is probably hereditary and seems to occur in people with very pale skins, red hair and light blue or green eyes.

Some people may be able to develop a more efficient metabolism in which case they can slowly increase the strength of vitamin A. Others cannot adapt to high levels and they should be maintained on with Debut or Mild Creams, or they should use Anti-oxidant Gel.

Please remember that because of the protective nature of the antioxidants, the vitamin A that is in the skin will be better preserved and better utilised. Occasionally, a new client will experience slight reaction when they first start on the Original Creams.

These reactions are perfectly normal and could be caused by 1 of 3 things:

- 1 Some clients take time to adapt to the introduction of vitamin A. The reaction they might have is transient flaking of the horny layer (top layer) of skin due to rapid exfoliation, which is characterised by pink skin, slight flaking and in worst-case small reddish pimples that are usually itchy. Then dead skin cells can mix with sebum and can cause an obstruction, which leads to an acne type of eruption. This reaction disappears once the skin acclimatises to vitamin A. The reaction usually lasts between 2 and 6 weeks.
- 2 The creams may sometimes have a transitory drying effect as the skin adapts to the application of vitamin A. This reaction should disappear in about 2-3 months after the skin has adjusted.
- 3 If a client has previously used a preserved product on their skin they could experience a slight reaction. Preservatives sensitise the skin. That is why the Environ Original range has been formulated without the addition of any preservatives.

There will be some people who require special formulations for dry skin like the Super Moisturiser Cream, or Claytech Masque, until their skin returns to normal.

***PERSEVERE WITH THE PRODUCT TO OBTAIN THE RESULTS!***



#### **WHAT TO DO IF YOU EXPERIENCE A REACTION**

If you experience a retinoid reaction this often means you are using relatively too much vitamin A too soon. However, if you continue, the reaction eventually clears. To reduce your reaction:

Slow down usage of vitamin A. Do so by using your products less i.e. reduce your application to twice a week and slowly increase your tolerance over a period of a couple of weeks until you can apply products daily with no reaction.

OR

Drop to a lower dosage cream. For example if using ***Rich Day Cream*** swap to ***Mild Day Cream***.

Any reaction will clear as soon as you stop using the creams containing Vitamin A. Your skin will never be permanently damaged.

Most users not will experience any problems other than mild reactions, however, it is important to be aware of them and know what to do if you are experiencing them.

***If you are concerned about a reaction, unsure or just have questions, please contact our skincare professionals for guidance and further information.***