

Vitamin A Serums - Which is best for your skin?

Sensitive, reactive, mature, rosacea skin:

- [Osmosis MD Calm](#)
- [CosMedix Serum 16](#)
- [Aspect Hydrating Mask](#)

We suggest you begin every 2nd or 3rd night, slowly building your skin's strength. It might take 4-6 weeks.

Oily, congested, acne skin:

- [Osmosis MD Correct](#)
- [Osmosis MD Renew](#)
- [Osmosis MD Clarify](#)
- [CosMedix Define](#)
- [Aspect Retinol Brulee](#)
- [Aspect Dr Problem Skin Serum](#)
- [Aspect Dr Exfol A+](#)

For some skin concerns such as acne, although oil based, you may need to begin by using Osmosis MD Calm if the skin feels dry rather than oily.

Younger, normal, combination skin:

- [Aspect Dr Exfol A+](#)

Ageing, pigmented, sun-damaged skin:

- [Osmosis MD Correct](#)
- [Osmosis MD Renew](#) - progress from Correct
- [CosMedix Refine](#)
- [CosMedix Refine Plus](#) - progress from Refine
- [CosMedix Elite X-Cell +](#)
- [Lytera Skin Brightening System](#)
- [Skin Medica Retinol .5% or 1.0%](#)
- [MDRejuvena](#) - high and low strength

It is suggested that Vitamin A is used only as part of your evening skin care regime. However, this excludes the retinaldehyde based Osmosis MD Vitamin A's.

It is essential that appropriate UV protection is worn every day whilst using a Vitamin A serum and for at least a week following the cessation of its use.

We recommend using a nourishing antioxidant serum daily to assist your A serum in the repair of your skin to optimal healthy function.

The use of topical Vitamin A whilst pregnant or breast feeding must first be discussed with your Doctor.

Don't forget, you receive \$15 off your first order!

Still not sure?

Complete the [Online Skin Consultation](#) and Gaye, our registered nurse will happily help you to choose the right treatments and products for your skin type or concern.

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