

REVIVE • REFRESH • REINVENT

AUSTRALIA

Prevention

**LOSE 5
KILOS
IN 21 DAYS**

*More energy & a
flatter belly, fast!*

JOIN OUR CHALLENGE

**The best
supplements
for women 40+**

**SALLY
OBERMEDER**

*Her simple secret
to a happier life*

**REV UP YOUR
METABOLISM**

TRENDING NOW:
*8 clean packaged foods
you should be eating*
(p.80)

the
**REAL
FOOD**
issue

THE EASY NEW

**SUGAR
DETOX**

*Crush cravings
& transform
your health*



understanding **Retinol**

Medik8 are the leading experts in Vitamin A technology with clinically proven results!

Medik8's Retinol range utilises a time-release delivery system, gradually releasing active ingredients for overnight skin rejuvenation!



Retinol Eye TR™ for the eye contour

An advanced time-release Vitamin A eye night serum targeting signs of aging near the eye for a bright, vivid, revitalised appearance.



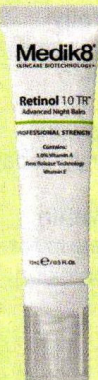
Retinol 3TR™ medium strength

A light, super-fast absorbing medium strength serum - the perfect introduction to Vitamin A.



Retinol 6TR™ high strength

A powerful, light, super-fast absorbing high strength serum, designed for more stubborn skin concerns such as pigmentation, loss of firmness and deep set lines and wrinkles.



Retinol 10TR™ very high strength

A powerful and rich yet super-fast absorbing Vitamin A balm that targets ageing skin with visible signs of photo damage. Designed for skin that has tolerated high strength Retinol treatments or for those used to prescription products.

Retinol Results

- Reduces appearance of lines and wrinkles.
- Skin sagginess, roughness and hyperpigmentation improved.
- Contours appear remodelled, skin density increases, blotchiness decreases.
- Intensely hydrates dehydrated skin.
- Improves skin texture and suppleness.
- Smooths and firms skin.
- Reduces appearance of photo damage.
- Helps brighten and refine skin tone.
- Reduces congestion and clears the skin.
- Face looks velvety smooth for a more youthful appearance.

understanding **Retinol** - some frequently asked questions

How does Retinol work?

Retinol is an active ingredient for sophisticated cosmetic skincare products. One of the mechanisms of retinoids is an increase in the thickness of the skin. Products containing Retinol, a pure form of vitamin A, help to fight and diminish the appearance of fine lines and wrinkles, improve mottled pigmentation, skin texture, skin tone and colour, and increase skin's hydration levels. Retinol exfoliates the skin, improving the skin's appearance.

Should I go for low strength Retinol treatments?

Don't think that starting on a low strength Retinol won't benefit your skin - it will. Research has shown that a concentration of 0.01% Retinol and upwards are very effective for improving the overall appearance of the skin. We recommend starting with a lower strength such as the Medik8 Retinol 3TR when introducing your skin to a Retinol product. This is also a super maintenance alternative if you've received optimal results with the higher strength Retinols and as an alternative if travelling into hotter climates.

When should I increase the strength of my Retinol product?

When dealing with more stubborn concerns like dark spots or pigmentation, loss of firmness, deep set wrinkles and / or stubborn red marks that linger after breakouts it might be time to consider a more moderate strength percentage of Retinol. Medium strength Retinol 6TR is the next stage in your anti-ageing journey. Look at stepping up your treatment regime in the winter months from Retinol 3TR to Retinol 6TR.

Are high strength Retinols for me?

If your skin has tolerated moderate strength Retinol treatments well but you feel the improvements have plateaued and you want to see if you can get even better results then it may be time to consider maximising the

Retinol percentages you're using like our Retinol 10TR. Also if you have been using prescription-based products, Retinol 10TR provides the perfect opportunity to try Medik8.

Will using a Retinol based product make my skin more sun sensitive?

Retinol in itself is sensitive to sunlight which is why it should be applied before bed at night but the reality is a retinoid based product shouldn't make your skin any more vulnerable to UV rays than it would be after exfoliating with a facial scrub.

Will my skin look worse before it gets better?

Retinoids can cause the skin to become more dry, red and in some cases flake and that's why we always recommend introducing Retinol into your skincare routine over a period of five weeks to build up skin tolerance.

How much Retinol do I apply?

For the first two weeks apply a retinoid every third night. If the skin isn't showing signs of irritation, for the next two weeks apply every other night. Not dry, red or flaking after this time it's time to apply it every night.

Always give your skin a 15 minute break after washing your face before applying your Retinol to avoid general irritation. Once it has been absorbed apply your Medik8 moisturiser to prevent general dryness.

Medik8 Recommends:

For the best anti-ageing benefits, Medik8 recommends the combined use of vitamin C (morning) and vitamin A (evening). These 2 molecules act synergistically to yield much faster results!

Medik8[®]
SKINCARE BIOTECHNOLOGY™

Researched by biochemists.
Formulated by pharmacologists.
Dispensed by skincare experts.