RAJANI MD

RAJANI MD EDUCATIONAL SERIES

THE RETINOL REPORT

How to Get the Benefits of Retinol **Without Making Your Skin Look Older**



STIMULATE. DON'T INFLAME.

Retinol is not the enemy. The mistake is piling unnecessary irritation on top of skin that is already changing with age.

Your face is already changing underneath the skin. In women, estrogen falls around menopause while collagen, hydration and structural support also change. Retinol itself is not "melting" facial fat. The problem is reacting to hollowing, lines or dryness by adding **more strength, more frequency and more actives** - then creating inflammation on top of aging skin.

THE 3 MISTAKES THIS REPORT FIXES

01.

CHASING STRENGTH

Higher percentages or more nights do not automatically mean better results.

02.

STACKING IRRITATION

Retinoids + acids + scrubs + low-pH vitamin C can become too much for one routine.

03.

SKIPPING RECOVERY

Your skin needs moisture, lipids and time to recover - not another active every night.

RETINOID STRENGTH GUIDE

GENERAL RELATIVE POTENCY - GENTLER TO STRONGER

RETINYL PALMITATE | RETINOL | RETINALDEHYDE / RETINAL | TRETINOIN (Rx)

STRONGER IS NOT BETTER.
Consistent use without chronic irritation matters more than chasing strength.

General guide only; formulation and concentration also matter.

RAJANI MD

THE RETINOL REPORT

YOUR RETINOL NIGHT

A simple flow sheet you can screenshot and use tonight.

THE GOAL: CONSISTENCY NOT IRRITATION

01. CLEANSE

Remove makeup, sunscreen and surface debris.

02. DRY SKIN

Especially important if you are irritation-prone.

03. RETINOID

Use a pea-size amount for the face. Follow your prescriber for tretinoin.

04. WAIT ~10 MINUTES

Give the retinoid a simple, uncluttered window.

05. RECOVERY

Use ExoMist and/or ExoPads. If using both: mist, then pad. ExoPads add gentle PHA exfoliation with Korean exosome/EV-style recovery technology.

06. SEAL + SLEEP

Finish with Ultra Moisture or your own soothing moisturizer. Add a few drops of face oil as the final step if needed.



START SLOW

1-2 nights per week is a conservative starting point. Increase only as tolerated. If you get the "windburned" feeling, reduce frequency.

NEXT MORNING

Hydrate as needed and use **broad-spectrum SPF.** UV exposure is one of the biggest drivers of visible photoaging.

RAJANI MD

THE RETINOL REPORT

3 WAYS RETINOL BACKFIRES

The common pattern: more irritation, not necessarily more rejuvenation.

01.

CHASING HIGHER % + MORE NIGHTS

Doubling a percentage does not guarantee double the anti-aging result. It can, however, dramatically increase redness, flaking, burning and dryness.

02.

STACKING TOO MANY IRRITANTS

Strong AHAs/BHAs, scrubs, benzoyl peroxide, peels/procedures, multiple retinoids and strong acidic vitamin C can turn one smart active into an overworked routine.

03.

NO RECOVERY STEP

Retinoid night does not need to be "active-stack night." Moisture, lipids and recovery are part of the treatment strategy.



VITAMIN C FACT

L-ascorbic acid is an excellent vitamin C, but it is commonly formulated in an acidic environment - often below about pH 3.5 - to improve penetration. It is also oxidation-prone and can be unstable.

On already-irritated skin, another low-pH step may sting or add stress.

RAJANIMD APPROACH

Retinol A uses THD ascorbate, a lipid-soluble vitamin C derivative, so vitamin C support is already built into the formula.

SIGNS YOUR SKIN IS TOO INFLAMED

- Persistent redness
- Tightness
- Excess dryness
- "Windburned" feeling
- Burning or stinging
- Flaking
- Moisturizer suddenly stings
- New or increased sensitivity

IF THESE SHOW UP: STOP ADDING. SIMPLIFY. REDUCE FREQUENCY.

Do not use irritation as your scoreboard.

RAJANI MD

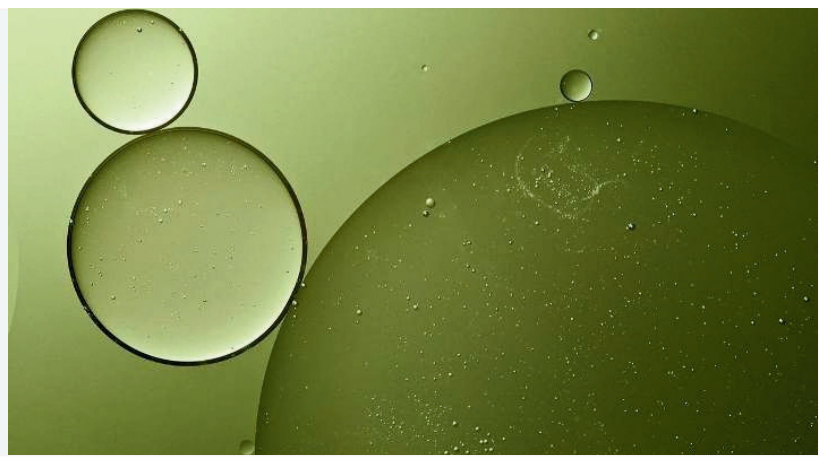
THE RETINOL REPORT

THE INEXPENSIVE RECOVERY STEP

Face oils can be simple, affordable and useful as the final seal.

#1: AVOCADO OIL

The oil I chose inside Retinol A. Rich, emollient and naturally high in fatty acids; a strong pick when skin feels dry or overworked.



OTHER GOOD OPTIONS

SUNFLOWER

Linoleic-rich, lightweight barrier-support option.

JOJOBA

Wax-ester-like feel; balanced and elegant on skin.

GRAPESEED

Lightweight and easy to layer.

SWEET ALMOND

Comforting emollient option for dry-feeling skin.

BUY SMART

- Cold-pressed
- Preferably organic
- Fragrance-free
- Simple ingredient list

HOW TO USE

After moisturizer, press 2-3 drops over the skin as the final step when you need extra comfort. If acne-prone or very sensitive, patch test first.



LEVEL UP:
ULTRA MOISTURE

Want the oil concept in a finished cream designed around active skincare? Ultra Moisture combines:

- Grapeseed
- Organic Jojoba
- Evening Primrose
- Sunflower
- Neem
- Rosemary
- Vitamin E

RAJANI MD

THE RETINOL REPORT

DR. RAJANI'S NEXT-LEVEL SYSTEM

A complete retinol + recovery approach - without chasing irritation.

RETINOL A SERUM

WHY I FORMULATED IT DIFFERENTLY

3 FORMS OF VITAMIN A

Retinaldehyde + Retinol + Retinyl Palmitate

RECOVERY-MINDED LIPIDS

Avocado Oil + Squalane + Vitamin E

THD VITAMIN C

Lipid-soluble vitamin C derivative built into the formula

THE PHILOSOPHY

A complete formula - not just a bigger percentage

RECOVERY LAYER

EXOMIST

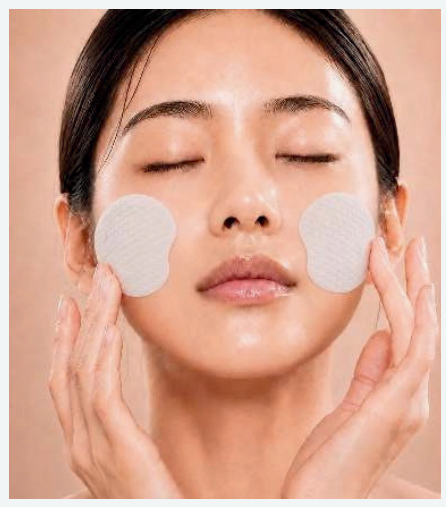
Light Korean-style hydration/recovery step.

EXOPADS

Gentle PHA + exosome/EV technology for light exfoliation without turning the night into an aggressive peel.









THE SIMPLE SEQUENCE

CLEANSE ▶ RETINOL ▶ WAIT ▶ MIST / PAD ▶ ULTRA MOISTURE ▶ SLEEP