

Skin Cycling

"TikTok" trend & derm recommended

by France Di Paola

“**Skin Cycling**”, a term used by dermatologists and by our AlumierMD Scientific Team, describing a new skincare regimen where actives are applied on alternating nights.

The theory is to exfoliate debris on night 1 and boost collagen and cellular renewal on night 2, continually alternating between the two actives. This process allows the skin to recover in-between and prevent overuse of active ingredients such as AHA's (Alpha Hydroxy Acid) and RETINOL. Most sensitive skins tend to shy away from using these actives, for fear of inflammation and irritation. The action of exfoliating and utilizing Retinol is necessary for **all** skin types and can be better managed by "skin cycling".

News of “skin cycling” trending on TikTok wasn't new to the [AlumierMD Scientific Team](#). The company has for years, produced a “microencapsulated” *Retinol Resurfacing Serum* which lasts in the skin for 48 hours, therefore reducing the application to every other night. Their recommendation is to "skin cycle" on a 2-night rotation with *AHA Renewal Serum*. Both serums are scientifically formulated and blended with hydrating and calming ingredients such as Hyaluronic Acid, Arnica and Allantoin to elevate water and moisture and, soothing Aloe, Green Tea and Niacinamide (vitamin B3) to reduce inflammation. If a skin is well balanced with hydrating and anti-inflammatory ingredients, it will tolerate and negate the irritation typically associated with Retinols and AHA's, leaving the skin feeling refreshed and renewed.

Skin Cycling in a 2 Steps

NIGHT 1

AHA Renewal Serum: A powerful AHA (Alpha Hydroxy Acid) serum which exfoliates the top layer of skin, removing cellular debris; build up of dead skin cells, oils secretions, make-up, excess products and pollution.

Benefits: Helps to aerate skin for better product absorption, unclogs pores, smoother texture, reduces pore size, anti-aging, oxygenation, better blood circulation, brighter complexion, more even skin-tone, removes blackheads, kills bacteria and sweeps away all cellular debris brought to the surface by the Retinol.

Ingredient Science: Lactic Acid, Sodium Hyaluronate, Green Tea, Allantoin

NIGHT 2

Retinol Resurfacing Serum: An essential serum which works in the deeper layer of the skin to boost collagen and stimulate cellular turnover; continuous process of shedding dead skin cells and replacing them with healthier and younger cells, consequently reducing signs of aging.

Benefits: Retinols were first identified for the use of treatment for acne and wrinkles in 1986. Over 40 years of established research show that retinoids are helpful in treating aging skin by increasing firmness, reducing fine lines and wrinkles along with improving skin tone and texture. Retinols have also been shown to reduce acne and pore size appearance. Benefits of retinol can be noticed as early as 6-8 weeks with regular use.

Pro Tip: Always start with a low percentage, i.e., 0.25% or 0.5% since mild redness, peeling and irritation can occur when you begin using retinol products, and gradually increase to a higher percentage over time, i.e., 1.0%. AlumierMD's Retinols contain encapsulated retinol using cutting-edge technology allowing for a gradual time release overnight and soothing and hydrating ingredients like Niacinamide (vitamin B3), Aloe and Sodium Hyaluronate for added comfort.

Ingredient Science: Microencapsulated Retinol (0.25%, 0.5%, 1.0%), MATRIXYL Synthe'6 peptide, Niacinamide, Hyaluronic Acid

Pro Tip: Always wear sunscreen with [SPF 30](#) or greater to prevent premature aging. A freshly exfoliated skin along with the NEW skin revealed by use of retinol is susceptible to UV damage, and therefore is at risk of having the anti-aging actions reversed.