

# RETINIZATION TRACKER

**EIGHT WEEKS TO TRAIN YOUR SKIN.  
EIGHT WEEKS TO AMAZING.**

As a first-time user of pure retinol,\* Mary Kay's gentle retinization process is recommended for you. Follow the guidelines shown at right to maximize results while maximizing comfort.

**MARY KAY  
CLINICAL  
SOLUTIONS™  
RETINOL 0.5**



**MARY KAY  
CLINICAL  
SOLUTIONS™  
CALM + RESTORE  
FACIAL MILK**

To learn more about retinol's compatibility with other ingredients and Mary Kay® products and to find out if retinol is right for you, please contact your

**MARY KAY INDEPENDENT BEAUTY CONSULTANT  
OR VISIT [MARYKAY.COM/CLINICALSOLUTIONS](http://MARYKAY.COM/CLINICALSOLUTIONS).**

SUN MON TUE WED THU FRI SAT

**WEEKS 1 + 2** ☽

1x PER WEEK ON THE SAME NIGHT, DILUTED WITH CALM + RESTORE FACIAL MILK

	SUN	MON	TUE	WED	THU	FRI	SAT	NOTES:
1								
2								

SUN MON TUE WED THU FRI SAT

**WEEKS 3 + 4** ☽

1x PER WEEK ON THE SAME NIGHT, FOLLOWED BY CALM + RESTORE FACIAL MILK

	SUN	MON	TUE	WED	THU	FRI	SAT	NOTES:
3								
4								

SUN MON TUE WED THU FRI SAT

**WEEKS 5 + 6** ☽

2x PER WEEK, FOLLOWED BY CALM + RESTORE FACIAL MILK, AS NEEDED

	SUN	MON	TUE	WED	THU	FRI	SAT	NOTES:
5								
6								

SUN MON TUE WED THU FRI SAT

**WEEKS 7 + 8** ☽

3x – 5x PER WEEK, FOLLOWED BY CALM + RESTORE FACIAL MILK, AS NEEDED

	SUN	MON	TUE	WED	THU	FRI	SAT	NOTES:
7								
8								

\*TimeWise Repair® products do not contain pure retinol. TimeWise Repair® products contain an encapsulated, controlled-release retinol that's not designed to retinize your skin. If TimeWise Repair® products are your only source for retinol, Mary Kay recommends following the retinization process to help skin adjust to the potency of the high-concentration retinol found in Mary Kay Clinical Solutions™ Retinol 0.5.

## ○ **FIRST-TIME USERS\***

When using a high-concentration retinol product, it's important to gradually establish skin tolerance before advancing to more frequent usage. Mary Kay has designed an eight-week retinization protocol to help minimize potential discomfort from dryness, flakiness and temporary redness that can occur when you first start using pure, high-concentration retinol.\* Full details are outlined at right. Two-week interval tracking calendars shown on the front of this Retinization Tracker help ensure you're maximizing results while maximizing comfort.

## ○ **RETINOL COMPATIBILITY**

During the retinization period, Mary Kay recommends avoiding physical and chemical exfoliators, such as *TimeWise*® Microdermabrasion Refine and *TimeWise Repair*® *Revealing Radiance*® Facial Peel, as well as high concentrations of vitamin C (ascorbic acid), including *TimeWise Replenishing Serum C+E*™. When skin is retinized, you may reintroduce exfoliating products on alternate evenings from retinol 0.5, as tolerated by your skin.

## ○ **POST-RETINIZATION PROTOCOL OR FOR EXISTING HIGH-CONCENTRATION RETINOL USERS**

In the evening, apply a pea-sized amount (one pump) of retinol 0.5 to clean, dry skin, dotting product on forehead, cheeks, nose and chin. Gently smooth onto entire face in an upward, outward motion, avoiding the eye area. If you have previously been using a high-concentration retinol product, but this is your first time using retinol 0.5, apply every other evening for the first two weeks. Then gradually increase frequency to every evening, as tolerated. For optimal results, allow for full absorption by waiting 5–10 minutes before applying other skin care products.

## ○ **WEEKS 1 + 2**

● **1x PER WEEK, DILUTED WITH CALM + RESTORE FACIAL MILK**

**DIRECTIONS:** In the evening, cleanse and dry skin. Apply eye cream and wait approximately 5–10 minutes. Mix a pea-sized amount (one pump) of retinol 0.5 with one pump of calm + restore facial milk. Apply mixture to forehead, cheeks, nose and chin in an upward, outward motion, avoiding the eye area. Allow for full absorption before applying other skin care products. Calm + restore facial milk can be worn alone or under your moisturizer. Use morning and evening, and throughout the day as needed to soothe irritated skin. If applying on top of makeup, simply dab lightly. Use sunscreen during the day.

## ○ **WEEKS 3 – 8**

● **WEEKS 3 + 4:**

**1x PER WEEK, FOLLOWED BY CALM + RESTORE FACIAL MILK**

● **WEEKS 5 + 6:**

**2x PER WEEK, FOLLOWED BY CALM + RESTORE FACIAL MILK, AS NEEDED**

● **WEEKS 7 + 8:**

**3x – 5x PER WEEK, FOLLOWED BY CALM + RESTORE FACIAL MILK, AS NEEDED**

**DIRECTIONS:** In the evening, cleanse and dry skin. Apply eye cream and wait approximately 5–10 minutes. Apply a pea-sized amount (one pump) of retinol 0.5, dotting product on forehead, cheeks, nose and chin. Gently smooth onto entire face in an upward, outward motion, avoiding the eye area. Follow with calm + restore facial milk, which can be worn alone or under your moisturizer. Use morning and evening, and throughout the day as needed to soothe irritated skin. If applying on top of makeup, simply dab lightly. Use sunscreen during the day.

## ○ **WEEKS 9+**

Continued benefits come with continued usage. Usage frequency of retinol 0.5 is based on skin tolerance. Once skin is retinized, product may be used as often as every evening, if desired.

MARY KAY

During the retinization process, Mary Kay recommends avoiding physical and chemical exfoliation products, acne products and products with high concentrations of vitamin C since they may contribute to temporary dryness or irritation. For more information on usage and for Mary Kay recommendations, visit [marykay.com/clinicalsolutions](http://marykay.com/clinicalsolutions). Do not use *Mary Kay Clinical Solutions*™ Retinol 0.5 if you are pregnant, lactating or planning to become pregnant.

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