

# Parade

## Intimidated By Retinol? These 10 Retinol Creams Are a Great Way to Ease Yourself In

**R**etinol, sometimes referred to collectively as retinoids (the group name for everything in the retinol family) are powerful enough to fade hyper-pigmentation, soften wrinkles and give your skin some of that “youthful glow” back. Depending on the formulation, retinol formulations might even prevent future wrinkles. Since retinols have a reputation for being strong, some people are scared to actually start using them, or don’t know how to begin choosing the **best retinol creams** for their skin.

But with Google searches for retinol at an all-time high, we have a hunch that people are looking to improve the quality of their skin—so we asked Austin-based dermatologist [Dr. Adam Mamelak](#) for a primer on all these ingredients starting with “r” (retinol, retinoids and retinoic acid) which all serve the same purpose.

According to Dr. Mamelak, in its most basic form, “retinol is a form of vitamin A and has been used to treat [acne](#), but it has also been shown to help decrease wrinkles and fine lines.” More than that, retinol allows the skin “to repair any damage already inflicted.” And since it’s all powered by vitamin A, retinol “helps turn over the skin, exfoliating it naturally, and also helps stimulate collagen production in the deeper layers.”

As you begin your search for the right retinol for your skin, consider starting with one of these 10 options.

## The dermatologist favorite retinol



*(Senegence)*

**Senegence Advanced SenePlex+® Renewal Serum** with Retinol contains incredibly gentle ingredients, including meadowfoam seed oil, aloe vera and hyaluronic acid, so your skin isn't dry or irritated like with typical retinoids. Use two pumps at night for best results. (\$75.00, [seneweb.senegence.com](http://seneweb.senegence.com))