

[Title] Elevate Your Beauty Sleep with Retinol 1% Refining Night Cream

[Subtitle] [Retinol 1% Refining Night Cream](#) transforms your skin while you sleep. Retinol and AHAs act as two powerful ingredients for your skin. Balancing holistic and conventional ingredients, this night cream creates the perfect balance of yin and yang for your skin.

You may be asking, why retinol? What is it about this ingredient that makes it the golden elixir of youth in skin care?

Your skin is made up of collagen and elastin. These skin tissues are produced abundantly when you are young, and they are what gives your skin elasticity and suppleness. By ages 25-30, natural [collagen production decreases](#), which is when aging progresses.

This is where retinol saves the day. Retinol increases and encourages collagen production in the skin by promoting faster skin cell turnover, which reduces and slows down aging.

You can have the fountain of youth in [a bottle](#).

What does Retinol do for your skin?

Retinol was originally used to treat acne. It was also discovered to reduce fine lines and wrinkles, improve uneven skin tone, and increase collagen production. This makes retinol a timeless ingredient to add to your skin care regimen, and even a small amount goes a long way so it's safe to invest in a [high-quality retinol cream](#).

Retinoid Vs Retinol

Is there a difference between Retinoid and Retinol?

Absolutely. Let's break it down.

Retinoids are a family of active compounds derived from Vitamin A. Retinoids have higher concentrations of Vitamin A which could be too strong for everyday skincare. So, we derive ingredients like retinol from retinoids as a gentler solution. Retinol and Retinyl Palmitate are two retinoids we use in our [night cream](#).

Vitamin A is a vital nutrient for your skin's health and youthfulness, as it promotes faster healing. A concentrated form of this nutrient in retinol makes it a powerhouse ingredient to add to your skin care routine.

Give me some sugar

At some point or another, you have probably indulged on a spa night with a decadent sugar scrub, whether for your face or your body. It is plainly labeled as a “sugar scrub”. This was probably not the first nor the last time you have used sugar as an ingredient for skin care. You may not have even known what you were looking at.

Some sugars you could find hiding in plain sight are Glycolic Acid, which is obtained from sugarcane, and Malic and Tartaric Acids from sugar maple. On ingredient lists, you may also see these labeled as Alpha Hydroxy Acids (AHAs).

These sweet acids penetrate the skin deeply, exfoliating dead skin cells and creating a bright and smooth complexion. Think of them as a more sophisticated version of that luxurious sugar scrub.

Why Retinol and AHAs work well together

The two key ingredients in our [night cream](#) are Retinol and AHAs. They act as a dynamic duo for your skin. While the AHAs exfoliate and penetrate deeply into the skin by removing what’s dead, retinol promotes growth and rebirth of new skin cells.

They juxtapose each other beautifully in creating the perfect balance of removing the old and promoting the new.

Retinol Reigns

Make your beauty sleep count and wake up looking younger than springtime. Discover [Retinol 1% Refining Night Cream](#) for yourself or as a gift for someone you love.

[Meta description for Google Search Engine]

Retinol for renewal and AHAs for exfoliation. Sara Elizabeth Skincare Retinol One Percent Refining Night Cream transforms your skin while you sleep.