

Functions of Vitamin A

- Normalises cell differentiation which generates skin health (Everyone)
- Stimulates cell turnover that acts as a natural exfoliator (Oily, dull, dry, acne)
- Compacts stratum corneum which protects the skin against environmental attack (Mature, photo damaged, scarring, broken capillaries)
- Thickens epidermis and restores the dermal papillae to plump and volumise (Everyone)
- Stimulates blood circulation that detoxes and brings fresh nutrients (Acne, smokers, dull sallow skin)
- Normalises sebaceous glands to balances oil production (oily, dry, acne)
- Stimulates fibroblasts to produce collagen compact elastin (Photo damaged, sensitive, scaring, broken capillaries)
- Increases secretion of glycosaminoglycan's to lock in moisture to the dermis (Dry dehydrated, eczema, psoriasis, acne)
- Protects and potentiates Langerhans cells that protect the skin's immunity (Acne, eczema, psoriasis, rosacea)
- Normalises melanin production that helps reduce pigmentation (Photo damage, pigmentation)