

Marie Veronique

VITAMIN A + C :

THE TWO MICRONUTRIENTS EVERYONE NEEDS TO MAINTAIN HEALTHY SKIN WITH TOPICAL + INTERNAL SUPPORT

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Vitamin A + C : Training Overview

1. **BRIEF INTRODUCTION:** Advanced Esthetician Training Revised Format for 2022 / 2023
2. **MULTI-RETINOL NIGHT EMULSION:**
Brief Introduction – *more to come!*
3. **VITAMIN A + C / Overview**
4. **VITAMIN A**
Why use Retinoids?
Natural vs. Synthetic
Bio-retinols + Alternatives to Retinol
MV Retinols: Benefits + Highlights
5. **VITAMIN C**
Why Topical Vit. C is Essential for Healthy Skin
Formulation + Stability
MV Vitamin C Serums: Benefits + Highlights
Determining the Right Vitamin C Serum for Customers / Clients
6. **INTERNAL SUPPORT:** Acupuncturist and MV Skin Health Collaborator Justine Wenger
7. **CASE STUDY**
8. **Q + A**

ADVANCED ESTHETICIAN TRAINING
Revised Format for 2022 / 2023

Introducing: Multi-Retinol Night Emulsion!

A quick snapshot on
why we made this...
more to come in December!



VITAMIN A + C / Overview

VITAMIN A – Internal

VITAMIN A

- Necessary for a healthy immune system and proper cell growth
- Fat-soluble

VITAMIN A BENEFITS

- Healthy Skin Aging
- Healthy Immune Function
- Vision / Eye Health

VITAMIN A FOOD SOURCES

A well-balanced diet gives most of us enough Vitamin A —although it's important to note that the beta-carotene (or pro-vitamin A) that you get from orange-colored root vegetables and dark leafy greens is utilized less efficiently than the retinyl esters, the "animal" Vitamin A you get from grass-fed cream, butter, liver or cod liver oil.

ABSORPTION NOTE

Typically recommend dietary sources versus supplementing, however for strict vegetarian diets may consider supplementation*.

VITAMIN C – Internal

VITAMIN C

- Water-soluble vitamin that benefits numerous biological functions — skin function in particular
- Antioxidant that addresses inflammation, improves iron absorption, histamine balancing, connective tissue repair and boosts collagen (healthy aging).
- Inadequate Vitamin C is known to contribute to the development of the common problem of hyperkeratosis pilaris, as the follicles become damaged when collagen formation is impaired.

VITAMIN C BENEFITS

- Immune Function
- Healthy Skin / Healthy Aging
- Tissue Repair + Injury Recovery
- Detoxification (Boosts Glutathione Levels)

VITAMIN C FOOD SOURCES

Bell peppers, dark leafy greens, broccoli, brussel sprouts, kohlrabi, kiwi, citrus fruits, berries. Fresh herbs (ex: cilantro, chives, thyme, basil, parsley).

PREPARATION NOTE: Vitamin C is sensitive to heat. Lightly cooked or raw (if possible) is ideal.

VITAMIN A: Why use RETINOIDS?

VITAMIN A: Natural vs. Synthetic

VITAMIN A from PLANTS	⊗	Carrot Seed Oil, Sea Buckthorn Oil and Rosehip Seed Oil are high in carotenoids, especially beta-carotene. Does not convert to retinoic acid.
RETINOL ESTERS	↓	Retinyl Acetate, Retinyl Linoleate, Retinyl Propionate, Retinyl Palmitate, Retinyl Sunflowerseedate. Must be hydrolyzed once and oxidized twice. Most gentle - some converted to retinoic acid.
RETINOIC ACID ESTERS		Granactive Retinoid / Hydroxypinacolone Retinoate (HPR) Note: able to skip conversion to retinol / retinaldehyde and go to convert to retinoic acid
RETINOL		Encapsulated Trans Retinol. Retinol is put inside of an encapsulate, like a liposome or oil, to protect it from light/ air exposure. Oxidized twice and converted to retinoic acid in 2 steps making it the most approachable usable type without irritation.
RETINALDEHYDE (RETINAL)	↓	Needs to be oxidized once and converts to retinoic acid in one step to deliver similar benefits to retinoic acid (OTC)
RETINOIC ACID	★	Rx: Tretinoin / Retin-A, Atralin, etc.

VITAMIN A: Bio-Retinols + Alternatives to Retinol

MARIE VERONIQUE Retinols: Benefits + Highlights

MV RETINOLS: Benefits + Highlights



VITAMIN C: Why Topical Vitamin C is Essential for Healthy Skin

VITAMIN C: Formulation + Stability

MV VITAMIN C SERUMS:

Benefits + Highlights



Determining the Right VITAMIN C
Serum for Customers / Clients

INTERNAL SUPPORT: Discussion
with Acupuncturist Justine Wenger,
MV Skin Health Collaborator

Case Study

Case Study: Client Overview

FEMALE MID-40s, BASED IN NORTHERN CA

- **Primary Skin Concern:** Ongoing, stubborn PD symptoms around nose and mouth with history of sensitive skin
- **Skin Overall:** Dry, dull, sensitive and reactive. Lots of redness, inflamed, especially puffy in AM. Rough texture and fine lines.
- **Topical Approach:** Implemented a gradual PD regimen, discussed how to intro actives with sensitive skin concerns (specifically Vitamin C + Retinol)
- **Internal Factors:** Post-Menopausal, low thyroid, history of moderate antibiotic use and chronic yeast infections, diagnosed Chronic Fatigue Syndrome in 20's
- **Internal Approach:** focused on gut health and balanced histamine response, boosting/fortifying overall nutrition and dietary changes (loved spicy food but it triggered skin, needed to boost hydration, more variety and more dietary fiber). Lifestyle factors discussed - nervous system support, loved infrared sauna / hot yoga (but skin symptoms worsened after)

$$Q + A$$

Q + A / Common Questions

When should I start Vitamin C and retinol? Can you use them during pregnancy?

I have read that you shouldn't combine Vitamin C Serums with Niacinamide. Is that true?

Is there a limit of either Vitamin A or Vitamin C that the skin can absorb and use? It seems the trend in skincare products is to have higher percentages of active ingredients, but at what point is that beneficial vs. just marketing?

Do you recommend people start off slower on new retinol (MRNE) than the gentle one (GRNS)?