



What Skin Care Ingredients Can I Use Retinol With?

The role of vitamin C in skin care is just as crucial as retinol. As one of the best antioxidant ingredients, it has long been praised for its brightening and collagen-boosting effects. "Vitamin C provides a synergistic effect by decreasing pigment production, stimulating fibroblasts to improve collagen production as well as overall brightening the skin," explains San Diego-based board-certified facial plastic surgeon [Amir Karam](#).

In fact, according to Dr. Karam, you might want to stop using retinol for a few days to a week before using chemical peels like AHAs and BHAs. "You wouldn't want to use them in conjunction with retinol because it would make the skin incredibly irritated and painful. It would make it harder to heal from the chemical peel," he explains further.

It's always best to speak with your dermatologist before combining ingredients as products from different brands typically have varying formulas and dosages. As such, mixing and matching may not always give you the best results and produce the benefits you expect, says Dr. Karam.