

The One Anti-Aging Product You Should Stop Buying From The Drugstore, According To A Dermatologist

Drugstore beauty offerings have come a long way. Thanks to lab innovations in the last decade, you can actually find some effective products in the range of \$50 and under at your local pharmacy or Target aisle. Plus, drugstores in 2018 have cachet, so quality brands actually *want* to be sold there. It's a win-win for the store and the consumer. And don't get us wrong—we're not complaining.

But anti-aging products are a whole other beast. Yes, there have been a ton of advancements made by labs in recent years that have allowed them to stabilize effective ingredients such as folic acid and vitamin C, but you still need to be a very discerning customer—especially at the bargain stores. Not all anti-aging skincare products are made equal, and so we sat down with some of the industry's leading dermatologists to parse out which products you absolutely *shouldn't* buy at the drugstore. Whether they are unsafe, unstable or just a rip-off, they don't belong in your cart (or on your face!). Find out which are on experts no-no lists:

The one ingredient you're probably seeing everywhere is retinol—but it turns out that the drugstore version is too low concentration to be effective, [Dr. Paul Jarrod Frank](#) tells us. **"I don't recommend buying retinols at the drugstore.** Those sold in drug store products are very low concentrations." Yikes!

Instead, "Look for Retinyl Palmitate (vitamin A) which is formed by retinol and palmitic acid. This combination is an antioxidant and good for the skin as well as cell turnover. Retinyl Palmitate is usually higher in concentration because the skin first has to convert it to retinol then retinoic acid in order for the skin to use it therefore this form is usually a higher concentration. The ingredient should be high up on the listing of ingredients which are usually found in more expensive cosmeceutical products."

There have also been incredible advancements in beauty tools for anti-aging, such as the new MDNA Beauty Roller, Dr. Frank points out.

"The Beauty Roller is the first battery-free device of its kind to harness Ultra-Infrared Energy. Powered by the renewable energy of carbon, it helps visibly improve the skin's firmness and contour for a glowing, lifted look." Shop now:



MDNA SKIN The Beauty Roller (\$200)

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