
Retinal Beginner *Safety Checklist* —

— 2026 Edition —

A gentle, step-by-step guide
for sensitive & melanin-rich skin



Pearlypetal

Morning Retinal Support Routine

Gentle cleanse



Hydrating toner



Barrier serum
(*niacinamide / hyaluronic acid*)



Moisturizer



Broad-spectrum SPF 30+



Lip SPF



Consistency protects your progress — Pearlypetal



Evening Retinal Routine

Oil cleanse



Water-based cleanse



Dry skin completely (wait 10 minutes)



Apply retinal serum (pea-size)



Moisturizer (buffer layer)



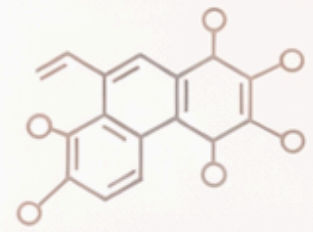
Facial oil (optional)








Use retinal 2-3 nights
weekly at first.



Retinal Strength



PROGRESSION GUIDE

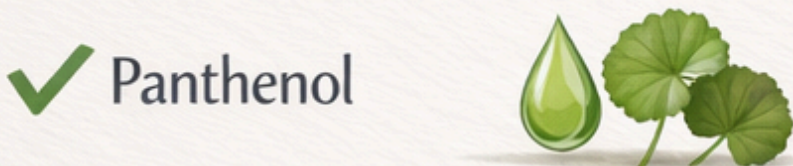
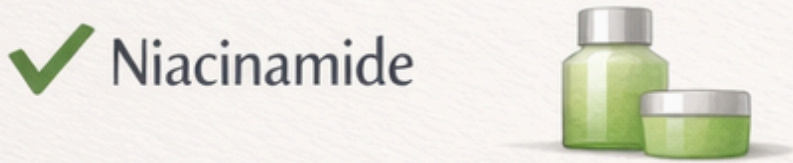
Stage	Retinal Strength	Usage Frequency
Week 1–2	0.01%	2x per week 
Week 3–4	0.03%	3x per week 
Week 5–6	0.05%	Alternate nights 
Week 7–8	0.1%	As tolerated 
Advanced	0.2%	Experienced users only 

Always adjust based on skin comfort.

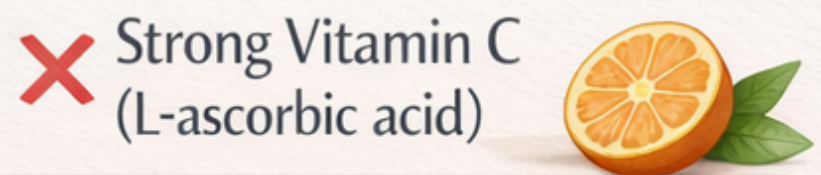
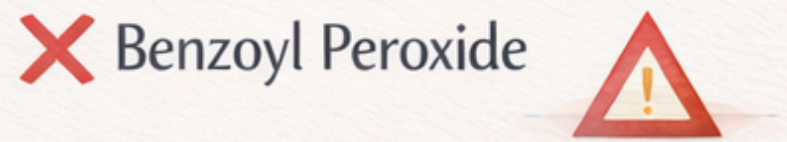
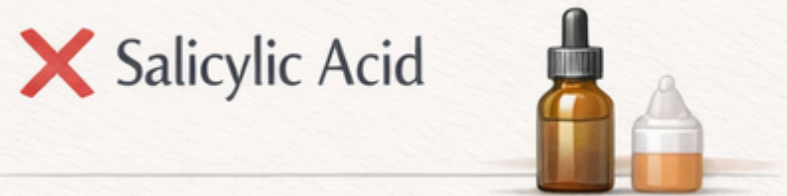
Retinal

Ingredient Pairing Guide

SAFE TO USE WITH:



AVOID IN SAME ROUTINE:



How to Patch Test Retinal Safely



1. Apply small amount behind ear or inner arm



2. Wait 24 hours



3. Check for redness or burning



4. Repeat for 3 nights



5. Proceed to face if no reaction



Discontinue if swelling or itching occurs.

Daily SPF


COMPLIANCE TRACKER

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9	<input type="checkbox"/> 10
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<input type="checkbox"/> 21	<input type="checkbox"/> 22	<input type="checkbox"/> 23	<input type="checkbox"/> 24	<input type="checkbox"/> 25

No SPF = No results.

Pearlypetal

SKIN LONGEVITY CARE



You don't need harsh
skin treatments to see results.

*Gentle consistency
builds lasting beauty.*

Pearlypetal