



The Best Retinol Creams Available Without a Prescription for Glowing and Healthy Skin

You can tell how strong the retinol is based on the percentage. "In over-the-counter retinol creams, common percentages of retinol are 0.25 percent, 0.3 percent, 0.5 percent, or 1 percent," says Engelman. "If you are an experienced retinol user, you may be able to use a higher percentage of retinol. If you have very dry or sensitive skin, or are a first-time retinol user, you may want to start out with a low percentage of retinol and increase as the skin adjusts." It's also a good idea to patch-test any new retinol cream to see how your skin reacts, she recommends. Essentially, everyone can reap the benefits of this gold-standard ingredient, says [Howard Sobel](#), MD, dermatologist and founder of Sobel Skin. Here, the best retinol creams you can buy over the counter.

Neutrogena Rapid Wrinkle Repair Retinol Face Moisturizer

"Along with a low dose of retinol, it also contains hydrating and calming [hyaluronic acid](#) and protective SPF," says Sobel.

Differin Acne Treatment Gel

"Differin was previously available only through prescription, but the 0.1 percent concentration is now available over the counter," says Sobel. "This works primarily to address acne and acne scars but also helps restore the skin's tone and texture."

RoC Retinol Correxion Under Eye Cream

"It gently reduces the appearance of fine lines, crow's-feet wrinkles, and dark circles," says Sobel. "It's made with a milder strength of retinol and contains hyaluronic acid to help bind essential moisture in your skin to re-plump wrinkles."

Avene Retinal 0.1 Intensive Cream

"This contains retinaldehyde, a gentle form of retinol, which is great for more sensitive skin types and those who are just getting acclimated with retinoids," says Sobel.