12. The kit of claim 6, wherein said retinol solution has a purity of at least about 98%.

13. A method for skin exfoliation, the method comprising:

a. cleansing skin to be exfoliated;

b. applying an acidic solution to the skin; and

c. applying a retinol solution to the skin; wherein said retinol solution contains a concentration of about at least 3%, at least 4%, at least 5%, at least 6%, at least 7%, at least 8%, at least 9%, at least 10%, or more of retinol, wherein said retinol solution is prepared from a substantially pure source, and wherein said retinol solution is applied to the skin after the acidic solution is applied to the skin.

14. The method of claim 13, wherein (a) comprises applying an alcohol solution to the skin.

15. The method of claim 14, wherein said alcohol solution comprises an isopropyl alcohol solution.

16. The method of claim 13, wherein said retinol solution is applied to the skin after the acidic solution is applied to the skin and wherein said solution does not contain a surfactant or a stabilizer.

17. The method of claim 13, wherein said acidic solution comprises a combination of lactic acid, salicylic acid, and resorcinol.

18. The method of claim 17, wherein the acidic solution further comprises Isoceteth-20, Panthenol, or a combination thereof.

19. The method of claim 13, wherein said method improves overall photodamage, appearance of fine lines and wrinkles, skin tone unevenness, or a combination thereof.

20. The method of claim 19, wherein said improvement is at least 1.5 fold or at least 2-fold compared to untreated skin.

13. A method for skin exfoliation, the method comprising:

a. cleansing skin to be exfoliated;

b. applying an acidic solution to the skin; and

c. applying a retinol solution to the skin; wherein said retinol solution contains a concentration of about at least 3%, at least 4%, at least 5%, at least 6%, at least 7%, at least 8%, at least 9%, at least 10%, or more of retinol, wherein said retinol solution is prepared from a substantially pure source, and wherein said retinol solution is applied to the skin after the acidic solution is applied to the skin.

14. The method of claim 13, wherein (a) comprises applying an alcohol solution to the skin.

15. The method of claim 14, wherein said alcohol solution comprises an isopropyl alcohol solution.

16. The method of claim 13, wherein said retinol solution is applied to the skin after the acidic solution is applied to the skin and wherein said solution does not contain a surfactant or a stabilizer.

17. The method of claim 13, wherein said acidic solution comprises a combination of lactic acid, salicylic acid, and resorcinol.

18. The method of claim 17, wherein the acidic solution further comprises Isoceteth-20, Panthenol, or a combination thereof.

19. The method of claim 13, wherein said method improves overall photodamage, appearance of fine lines and wrinkles, skin tone unevenness, or a combination thereof.

20. The method of claim 19, wherein said improvement is at least 1.5 fold or at least 2-fold compared to untreated skin.