

# KLERADERM

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beauty

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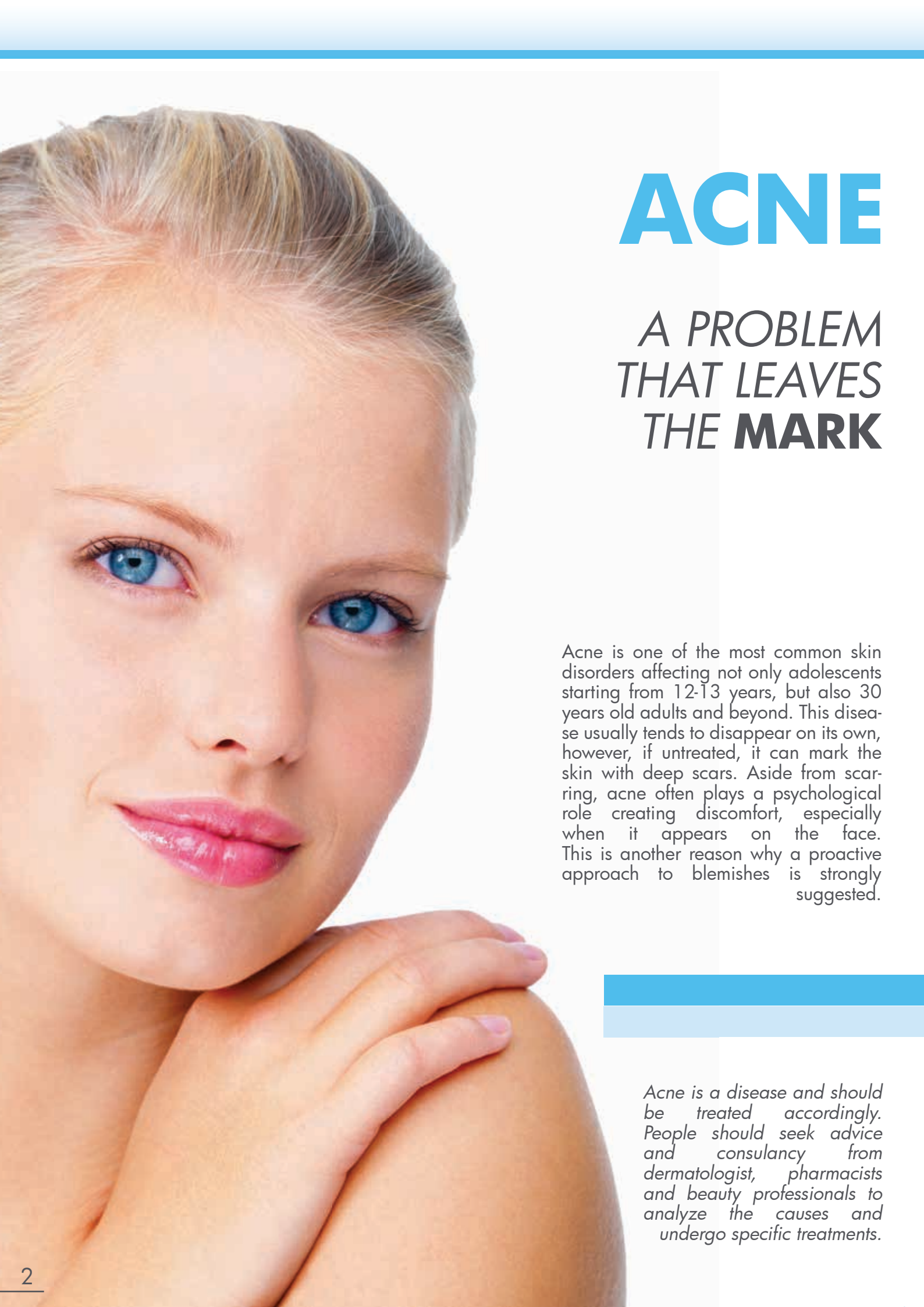
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# ACNE

a problem that leaves **THE MARK**



# ACNE

## A PROBLEM THAT LEAVES THE **MARK**

Acne is one of the most common skin disorders affecting not only adolescents starting from 12-13 years, but also 30 years old adults and beyond. This disease usually tends to disappear on its own, however, if untreated, it can mark the skin with deep scars. Aside from scarring, acne often plays a psychological role creating discomfort, especially when it appears on the face. This is another reason why a proactive approach to blemishes is strongly suggested.

*Acne is a disease and should be treated accordingly. People should seek advice and consultancy from dermatologist, pharmacists and beauty professionals to analyze the causes and undergo specific treatments.*

## acne

### IDENTIKIT

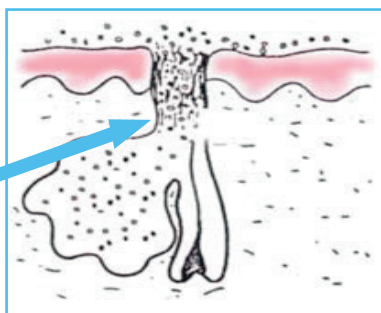
*Shiny face, large pores, blackheads and pimples: this is how oily, impure skin typically appears.*

Acne is a skin disorder involving pilo-sebaceous unit. This unit is formed by the hair follicle and its associated sebaceous gland secreting sebum, an oily/greasy matter to lubricate and protect the skin, with the channel that carries the sebum on the skin surface. Whenever sebum, dead cells and bacteria fill and clog up the pilosebaceous duct, the first lesion of acne appears as closed comedon or whitehead.

Due to subsequent inflammatory processes and bacterial contamination, many other typical signs can occur, sometimes painfully: blackhead or open comedon, small solid reddish reliefs or papules, cysts and nodules with pus named pustules or pimples.

Severity, duration and treatment of skin lesions influence the occurrence or absence of scars, dark spots, other imperfections and lasting consequences.

**This is the reason why not overlook acne.**



Exemple of skin with acnic lesion and bacterial aggression

## ACNE the causes

### GENETICS:

Oily skin can be inherited, but it is not directly related to acne appearance. However excess sebum can clog pores inducing blackhead and pimples.

### HORMONES:

Androgens, such as testosterone, are closely active on sebaceous glands and regulate their secretions. These hormones, mainly male, appear during sexual development within adolescence period. Some sebaceous glands are much more sensitive to hormones stimulation due to genetic reasons. Menstruation, pregnancy and other fluctuations in hormones like period of high stress usually increase androgens production and acne appearance.

### FOOD & HYGIENE:

Excessive intake of oily food, fats, sugars and dairy products, alcohol seem to accentuate acne. Good hygiene is also extremely important if you want to keep the dirt and grime out of your pores and you want your skin stay free and clear of acne. Good quality of cosmetics and skincare is strategic as well.

### BACTERIA:

*Propionibacterium acnes* is among the microorganisms largely commensal and part of the skin flora mainly linked to pimples and inflammation. This bacterium produces lipases that break sebum triglycerides into free fatty acids, comedogenic and irritating substances. It also induces chemotactic factors with recall of polymorphonuclear leukocytes and inflammation development.

### INTESTINE:

Constipation can aggravate acne because of the failure to eliminate the toxins. So that, they accumulate in several parts of the body and those of the skin intake the effectiveness of the skin barrier. Many times, in mild cases of acne, the correction of intestinal disorders has allowed significant improvement.

### PSYCHOSOMATIC FACTORS:

A psychological approach to skin diseases has always created a lot of interest. Even the most traditionalist dermatologists admit that the psychosomatic component is very important such as the link between emotions and changes in skin coloration until real disorders.

### STRESS:

Stressful situations, intense changes or period of concern or examinations, tend to increase the production of hormones and thereby acne. Moreover acne features, mostly in young people, create social discomfort and lack of self-esteem and are a source of stress themselves causing a vicious cycle: acne - stress - hormones increase - acne.



# THE SIGNS:

## DO NOT OVERLOOK

Face is the area where acne occurs most and its localization is very common even on shoulders, chest and back.



### PHASE ONE: *comedonal acne*

Very common in maturing teens, it is characterized by blackheads, clogged hair follicles that are open to the air and black due to their oxidation. Blackheads are real " tap " of cells, grime and sebum which occlude the release of sebum by a sebaceous gland resulting in underlying swelling area and puffiness in surface. This phase starts with the overproduction of sebum by the gland influenced by hormones. Skin becomes thick, compact, greasy and the complexion looks yellowish. It needs oxygen, to be drained from the stagnant toxins and rebalanced.

**The goal of treatment is to regulate sebum secretion.**

### PHASE TWO: *inflammatory acne*

Skin is full of whiteheads, papules and pustules, determined by colonies of bacteria infecting clogged pores and ducts of sebaceous glands resulting in reddened, inflamed lesions.

**The goal of treatments is to normalize pH and prevent bacterial attack.**

### TERZA FASE: *nodular acne*

Acne nodules are large, hard painful bumps under the surface of the skin which can require intensive dermatological treatment due to the severe inflammation. These lesions spread on the skin during severe acne breakouts and commonly leave permanent scars. Common in adulthood, in individuals who smoke and drink alcohol or are approaching menopause. Sometimes it can be confused or appear with "rosacea" because of red bumps and pustules, nodules and red blotches with dilation of superficial blood vessels.

**The goal of treatment is to purify skin and protect blood vessel to reduce inflammation.**

# PURIFYING ACTIVES

- **Tea Tree Oil:** essential oil cold extracted from the leaves of *Melaleuca alternifolia*. This product has aroused great interest because of its antibacterial and antifungal qualities combined with the advantage of being without toxicity and highly tolerated by the skin.

- **Azeloglicina:** Azelaic Acid derivative with antifungal and antibacterial properties against *Propionibacterium acnes* due to its inhibition of 5 - alfa reductase enzyme involved in hormones production linked to acne appearance.

- **Burdock:** is a plant, family Composite, whose root extract has anti-seborrhea and purifying properties.

- **Helichrysum:** wild plant

typical of the Mediterranean region. Flowering tops contain Caffeic Acid, Helicrisine, flavonoids and inorganic elements such as silicon, magnesium and potassium. It is used in cosmetics to treat oily (with acne and pimples) or irritated (due to excessive sun exposure) skin.

- **Lemon Essential Oil:** obtained from the peel of the fruit, it has stimulant, antiseptic, healing, clarifying and purifying properties.

- **Hamamelis:** shrub native to North America with very fragrant yellow to orange-red flowers that bloom in the middle of winter. The leaves are naturally rich in tannin with whitening, refreshing and mildly astringent properties.

- **Vitamin F:** - mixture of Linolenic, Linoleic and Arachidonic essential fatty acids to protect skin and regulate cellular nutrition.

- **Lavender:** oil extracted from the flowering tops of Lavender with stimulant, healing, diuretic and antiseptic properties.

- **Propolis:** resinous material from plants collected and reworked by bees. In addition to resin and balms, propolis is made by essential oils, beeswax, pollen, flavonoids, minerals and vitamins of B group. Powerful natural antibiotic due to antimicrobial and antifungal activities. It has strong healing and anti-inflammatory properties, it reduces irritations ideal to treat active acne.

## ACNE ROSACEA

Rosacea is a chronic skin disease characterized by facial erythema (redness), telangiectasia and sometimes pimples similar to acne. The peak age of onset is between 30 and 50. It typically begins as redness across the cheeks, nose and forehead, but can also less commonly affect neck and chest. Additional symptoms are dilation of superficial blood vessels on the face), small bumps and pustules, red gritty eyes and burning sensation. It can be easily confused or coexist with acne and/or seborrhoeic dermatitis. Left untreated it worsens over time. It is also named "couperose".



# TRUE & FALSE ABOUT ACNE

*Myths to dispel*

*With regard to acne, widespread disease among young people, there is a long series of clichés and preconceived basically wrong ideas essential to dispel before starting any treatment.*

- ✓ To squeeze blackpoints as soon as they appear.

"Do it yourself" can lead to serious complications and permanent scars. In addition, touching and squeezing blackheads trigger a rebound effect that increases bacteria attack resulting in the appearance of new comedons. Strongly recommended professional cleansing who opens pores by vapor or ozone and deeply clean ensuring a safe environment and products to avoid contaminations and marks on the skin. Once a week a scrub, smoothing microspheres-based which help to remove imperfections, dead cells, sebum, dirt and oxygenate the skin is also helpful.

**FALSE**

- ✓ Nothing is possible against scars and dark spots.

Glycolic Acid treatments are effective against acne scars and blemishes. Twice a day, cleansing gel for face and body are ideal to use as normal soap, with deep exfoliating and renovation action. They soften the stratum corneum, reduce its thickness and prepare the skin to receive subsequent actives. Tighten pores and gives the skin a fresh and smooth look.

**FALSE**

- ✓ Chocolate makes me getting pimples.

No food is responsible for acne, it can rather aggravate their appearance. Correct daily food intake is always advisable to prevent excess sebum, overweight and hormonal imbalances involved in acne appearance: limiting junk food, oily and fried, sausage, dairy and sweet products, alcohol.

**FALSE**

- ✓ Girls with acne should not wear make-up.

High quality of make-up, not oily and not dry out formulations for sensitive skin make the difference. Make up can heal acne and it helps to camouflage imperfections reassuring girls during therapies. An accurate and deep cleansing every morning and evening with proper products is very important.

**FALSE**

# DAILY care

## In 10 steps:

**1) Daily cleansing and care.** Ideal daily hygiene ritual consists in using regulating cleanser milk, purifying lotions and astringent toner to normalize pH. Twice a day, morning and evening, perfectly remove make-up and apply creams to regulate skin overnight and regain a smooth, even skin texture in the morning.

**2) Never squeeze pimples and black points.** Professional treatment against blackpoints and pimples are recommended to contain expansion of infection and purify irritation.

**3) Wash face with warm water.** The heat, such as saunas and fumigations, helps rid the skin of the excess sebum.

**4) Beware of the sun.** The sun improves acne because it dries the skin inducing sebaceous glands produce more sebum. Choose the proper sun protection and no oily texture according to skin type.

**5) Choose the proper cosmetic.** No-greasy emulsions, intensive purifying or serums that normalize excessive sebum secretion by promoting the elimination of impurities are important to preserve clean and hydrated skin, prevent cracking and the onset of premature signs of aging.

**6) Choose the proper make-up.** Formulations have to not excessively oil nor dry out the skin and obstruct the pores.

**7) Purifying mask once a week.**

**8) Avoid junk food.** Fried and oily food, sugars and dairy products, irregular meals are all enemies of the skin. Water, fresh fruit and vegetables, proteins derived from fish and lean meats and vitamins A, C and E that nourish and strengthen the skin are precious allies.

**9) Beware of long hair and fringes covering.** Rubbing and dirty hairs can irritate skin and facilitate bacterial infections.

**10) Avoid smoking.** It has been shown a close relationship between acne and cigarettes (even because the smoke, chokes and irritates the skin).



## MASK TO LEAVE ON

**Ventilated Green** clay is the ideal treatment for impure and seborrhoeic skin thanks to the natural absorbing and cleansing power. It helps to decongest, activate blood circulation and healing process. To obtain a highly effective mask mix 3 parts of clay powder with 1 part of purifying **Tea Tree Oil** solution until a homogeneous mixture to lay on the face for about 20 minutes. The clay acts on cysts favoring their dissolution. Once a week upkeep is recommended with **Purifying Astringent Mask**, based on **Tea Tree Oil** and **Burdock** to favor the removal of impurities, the balance of sebaceous secretions and return an even look, smooth and soft skin texture. Once a week **Smoothing Cream Mask** is also helpful to remove thickness, dead skin cells and smooth the surface of the face. Jojoba oil wrapped beads provide gentle exfoliation while hydrating and attenuating red complexion.



# NORMALIZING treatments

Purify and restore balance to control imperfections

Since the **initial phase** is recommended to seek specialized professionals to clean the face and remove impurities and attenuate imperfections. Cleanser gels and specific fluids control over production of sebum at the local level and exfoliate skin removing cells "cap".

## focused formulations

**Pure line** by KLERADERM is made to contrast imperfections of shiny, oily, impure skin. With gentle and deep cleansers, soothing and balancing agents it protects and purifies the skin, regulates sebum production until optimum level, soothes and calms redness and gives a pleasant, healthy and radiant look while reducing shiny complexion, especially in the T-zone (forehead, nose and chin).

Because of several factors involved in acne, multi-side treatment is requested





## BACTERIAL PROTECTION

**Step 2:** *Propionibacterium acnes* is one of the main causes of acne.

**Purifying Serum** is ideal for fighting and prevention. Light texture, non-oily, it plays an astringent and normalizing action on sebaceous glands without obstructing pores.

Azeloglycine, Burdock, Propolis and Rosemary enrich the formula enhancing antibacterial, healing and lightening effect. Directly dab on the blackhead.

**Purifying Liquid**, pH 5.5 astringent aqueous solution, suitable to counteract irritations for an immediate comfort.

**Step 1:** Accurate cleansing is the first step. **Rose Pale Cleansing Milk** provides a gentle hygiene, removes make-up traces, atmospheric impurities and excess sebum, while respecting the skin's moisture mantle. Ideal in the presence of acne blackheads,

and dehydrated skin. **Burdock Lotion, enriched with Tea Tree Oil** is indicated for seborrhea and active acne to regulate pH. absorb excess sebum restoring physiological balance of the skin. In both cases, insist on the T-Zone (chin, nose, forehead).

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## NORMALIZE

**Step 3:** Helichrysum is a strong normalizing active, powerful anti-bacterial and anti-inflammatory, which activates the lymphatic system to help tissue regeneration and wound healing process. **Regulating Cream by Kleraderm** is ideal to normalize excess sebum and maintain the hydro-lipidic film. Formula is enriched with Tea Tree Oil, Propolis and Vitamin F perfect for intensive night care leaving a fresh and bright look at awakening.

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**Step 4:** Skin looks oily and the color tends to yellow due to stagnant toxins. Skin needs to be mattified, especially in the T-zone, the most problematic one, and to be drained and oxygenated to regain a healthy and radiant look.

**Acid Cream pH4 by Kleraderm**, pH 4 light normalizing emulsion, **balances the skin** and provides visible and long lasting elimination of blemishes. Ideal as a base for make-up, it limits excess oil facilitating

its duration. **Aromatic Waters** distilled by flowers of **Chamomile** and **Hamamelis** are advised for delicate, clear prone to redness skin: they provide a soothing action, gentle astringent and refreshing feeling to directly spray on your face. Ideal for summer and to fix make-up.

# acne

## VS adults and stress



*Adult acne affects 15 % of women and 3% of men. The origin is in the hormones. Here you have how to free from it*

**Solve this problem in adulthood is more difficult than in teen age**

### **Adult acne: causes and solutions**

Skin is very delicate and easily dehydrates showing redness and irritations. In less severe cases it is possible to choose local dermocosmetics

with retinoid but seeking for professional advice should be better in order to find the most targeted treatment.

**A**cne is usually considered a teenage disease, but up to 15 % of women and 3% of men have this problem even in adulthood.

The lesions are similar to those of adolescence (papules, pustules, nodules and cysts that can leave more or less visible scars) but concentrated in more restricted areas, especially chin and jaw. It doesn't matter if you experienced it in puberty, the late-onset acne, as doctors call it, can occur even in those never affected when young.

### **A matter of hormones**

Acne in adulthood may be related to stress, pollution and any factor that does not allow the skin to breathe but the main cause is a change in hormone levels.

In fact, acne appears in adolescents due to the increase in hormones and later disappears after sexual development.

In adulthood hormones can rise again, especially in women since their natural complex hormonal balance. For example during pregnancy and menstruations with male hormones (androgens) fluctuation.

Even under stressful conditions androgens are the causes of acne. Some medicines (corticosteroids, androgens, anticonvulsants and products based on iodine, bromine or lithium) can also lead to pimples on the upper part of the body like arms.

**Cleanse while respecting the hydro-lipid film.** Purifying or exfoliating milks are recommended detergents. Neogenesis is the line for aged skin and offers a milk cleanser with **Salicylic Acid** that gently exfoliates removing dead cells and impurities while restoring the proper hydration level. After cleansing, always pad on **Tonic astringent lotion with Hamamelis or Aromatic Waters (hama melis or Rosemary).** **STOP the imperfections.** Directly dab Purifying Liquid on the blackhead to prevent bacterial attacks and support healing.

**Exfoliate and Renew.** To promote the removal of imperfections and marks of acne, the turnover stimulation of cells is necessary using gel or cream cleansers, alpha - hydroxy acid based. For thick, dull and marked skin Kleraderm offers **Ophélie Triple Action Cream** with exfoliating Glycolic Acid and Salicylic Acid to remove dead skin cells and promote the regeneration process. Carnosine, Arginine and Vitamins play a powerful antioxidant and anti-glycation action against AGEs. It attenuates skin imperfections and dark spots in the nighttime and restores a smooth and bright look in the morning. The skin regains its natural firmness and vitality.



## NOT ONLY STRESS

### Anxiety and emotions

Many people ascribe this disease to psychophysical stress and anxiety. It can afflict dry or normal skin not only those who show oily and blemished skin, generally prone to irritations. Affected areas are always the same: forehead, chin, neck and facial contours. Environmental factors contribute to worsen the situation such as pollution and bad habits, especially smoking is a cause of acne areas irritation. Pay close attention to food, eat plenty of fruits and vegetables and consume alcohol in moderation.



# KLERADERM®

## FED UP with acne?

**PURISSIMA** is the answer, a complete line to fight impure skin's features: imperfections, enlarged pores, shiny look. **Skin texture appears transformed, blemishes look disappeared.**

