



SkinMed[®]

Acne Guide

Welcome to SkinMed®

Thank you for buying our clinic-only professional acne products from a SkinMed® Accredited clinic.

We are proud and passionately committed to helping others achieve clear skin; we know the difference it makes to your confidence and overall wellbeing. We know the misery it causes across all age groups, so we take our job **very seriously**.

Over recent years, we have been the suppliers to the majority of industry award winning clinics, as well as providing training for, and partnering with, many of the best clinics, nurses and doctors in the country; combine this with over 14 years' experience and decades of knowledge in dermatology and it's safe to say you're in good hands. These products are medically licensed and can be privately prescribed or sold by a medical aesthetic clinic.

We constantly improve all of our protocols, providing fast, long term results which many can only dream of.

I don't believe in supplying products and just leaving you to get on with it, so here is a guide with further information on the products and how to use them. We will always be committed to supplying the best skin treatments, aftercare and customer service possible.

Kindest regards,

Peter Roberts
Managing Director, Head Trainer, SkinMed® Ltd



Our Roots

Peter Roberts has over 38 years' experience in skin, biochemistry and microbiology. This led to an approach by General Topics – an Italian dermatological research company focused entirely on innovation, with the involvement of top dermatologists across Europe.

This collaboration led to the creation of clinically proven and unique skin solutions for a wide range of dermatological conditions.

With truly unique patented ingredients, combined with the prestigious list of globally renowned dermatologists involved in the research, we were excited to begin further rigorous testing and conduct clinical trials with Professor Tony Chu, former Head of Dermatology at Hammersmith Hospital.

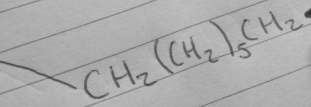
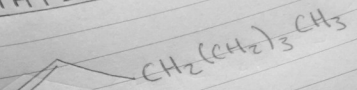
We were astounded by the results. The trials involved British sufferers who had been referred to hospital, due to a lack of improvement with a prescribed regime.

An astounding 84% of these difficult-to-treat patients found the products worked faster than antibiotics in reducing oil, bacterial infections and inflammation. The trials were conclusive and proved SkinMed®'s Complete Acne Protocol to be more effective than the number one UK prescribed product without any associated side effects.

We continue to strive for perfection even today with our unremitting research, leading to the creation of revolutionary new treatments year on year.



THYL LINOLEATE



TRIETHYL

Acne the science

Treating inflammation, bacteria and spots - Medically licensed

SkinMed®s Acne Protocol is medically licensed for the treatment of acne. It combines the power of EnerPeel® SA with our unique, all-encompassing topical acne solutions, enabling you to target all visible symptoms and underlying causes of acne for long-term relief.

Hormonal sensitisation of the skin causes it to lose oils and fats (lipids), which leach out of the skin and are lost along with dead skin cells. This causes the skin's water loss to increase dramatically. The skin needs to slow this water loss, and so skin cell production rate accelerates and (waxy) keratin deposition inside cells increases.

More oil is also pumped onto the surface of the skin. Although these three things slow down the excessive water loss, the thickened skin and excess oil production

combined with more dead skin cells narrows and closes the hair follicle openings.

Bacteria on the skin which feed on oil secretions lose their food source and so migrate under these blockages to find the trapped oil. In a low-oxygen environment they multiply, feeding on the oil which produces inflammatory by-products, resulting in the classic acne spot.

Clinical trials prove that SkinMed®s Acne Protocol is amazing in its ability to control spots, oil and inflammation, but in order to control acne we must restore normal skin thickness without increasing skin water loss – remember no blockage, no spot.

Our protocols are built bespoke to you - ask your consultant to create yours.

EnerPeel® Salicylic Acid

The Cornerstone of your Acne Protocol

EnerPeel® SA utilises 30% salicylic acid and is suspended in a patented EnerPeel® carrier solution. This allows us to incorporate the Tebiskin® OSK's active ingredients in the carrier, which protects these ingredients from the blockage busting salicylic acid, enabling us to send a high strength, antibacterial and anti-inflammatory dose of OSK ingredients into the infected hair follicle. No other peel can do this

Clinical studies were based at 5 university hospitals on patients whose resistant acne was

defined as 'unresolved' - even after using prescription medication for 12 months.

Patients were prescribed 4 EnerPeel® SA peels, 2 weeks apart in conjunction with the anti-acne topical regimen. This achieved an 84% resolution rate of their acne.

This medical protocol kills 96% of acne bacteria, including all antibiotic resistant acne bacteria, quickly and effectively.

To get more information on EnerPeel® SA, speak to your skin consultant.



A preferred choice by Professor Tony Chu
President of the Acne and Rosacea Association UK charity

The TripleLock® Approach

TripleLock® is based on 3 ranges of products; Tebiskin® OSK for bacteria, spot and oil control, clinical strength Vitamin A with the Tebiskin® Reticap to normalise skin thickness, and Tebiskin® CeraBoost to boost ceramides, which restores control of skin water loss.

OSK	Skin bacteria seek out the sebum (oil) trapped in the blocked follicle and colonise the hair follicle duct. Here, in a low oxygen environment, the bacteria feed and multiply. This causes inflamed spots and can lead to scarring. The OSK range contains a patented trio of ingredients which reduces inflammation and spots, rapidly killing spot-causing bacteria faster than antibiotics, and normalising oil production.
Reticap	Skin responds to excessive water loss by increasing skin cell production and becoming thicker to try and slow water loss. This thickening causes the closure and blockage of hair follicle ducts, which stops sebum (oil) flow onto the surface of the skin; a food source for skin bacteria. Reticap contains an encapsulated retinol, which normalises skin cell production and reduces excess keratin skin thickening, reducing skin build-up and opening 'pores'. No blockage means no spots.
Cera-Boost	As a result of hormonal sensitisation, the level of natural oils and lipids in the skin reduce, causing an unhealthy increase in skin water loss. Cera-Boost contains all nine key ceramides combined with fatty acids and cholesterol in the correct ratio. This restores skin moisture control combating the hormonal loss of lipids, creating a healthy, balanced skin environment

TripleLock® on Acne

Tebiskin® OSK Clean Cleanse

Start by rinsing your face with warm water, then gently massage a small amount of the Tebiskin® OSK Clean into your skin. Leave on for approximately 30 seconds to 1 minute before rinsing off to allow the ingredients to penetrate deep into the skin, properly cleansing and preparing for the following products.

Alternatively, for those with sensitive skin who do not want an exfoliating cleanser, the Sooth Clean may be recommended instead



Tebiskin® OSK Lotion Target

Using the special self-sterilising applicator, apply sufficient product to all areas prone to acne so skin is visibly damp but not running.

This product contains all three key spot busting and oil controlling active ingredients, that kill all acne bacteria, including antibiotic resistant strains, without causing antibiotic resistance. It also reduces inflammation, and includes an active ingredient to restrict post-acne pigmentation marks



The All-Encompassing Acne Solution

Tebiskin® OSK Cream Treat

This next step is important to replenish and boost your skin's moisture control.

Once the Tebiskin® OSK Lotion has fully absorbed into your skin, apply a small amount of OSK Cream to your hands and rub between your fingertips – gently massaging the cream into your face. Tebiskin® OSK contains slightly lower levels of the OSK Lotion's active ingredients and can also be used on its own for mild acne or as part of a maintenance regimen.



Tebiskin® UV-OSK Protect

The Tebiskin® UV-OSK contains the same ingredients as the OSK Cream and OSK Lotion, but without salicylic acid.

The UV-OSK contains a high strength SPF 30 to protect the skin from damaging UVA and UVB sun rays, which can exacerbate acne symptoms. Use this only in the morning after the Tebiskin® OSK Lotion, in replacement of the Tebiskin® OSK Cream - especially when spending significant time outdoors (80%+ of the sun's rays can penetrate through clouds!).



Tebiskin® Reticap Optimise

Tebiskin® Reticap contains a high concentration of pure, microencapsulated retinol. The microencapsulation allows the retinol to be delivered deep into the skin for maximum impact, without causing the surface irritation seen with most other retinols.

Its active ingredients improve skin cell development and function, normalising skin cell production and reducing excess keratin skin thickening, to reduce skin build up and open pores.



Tebiskin® CeraBoost Restore

Utilising the OSK range combined with Tebiskin® Reticap to normalise oil production and skin thickness also increases water loss.

This is because the skin is still hormonally deficient in lipids, therefore you must also restore a healthy skin environment for complete resolution. CeraBoost contains a balanced blend of all nine key ceramide groups, combined with fatty acids and cholesterol, which restores the skin's barrier function and the control of water loss.



Tebiskin® OSK Chest & Back

Tebiskin® OSK Chest and Back is specially formulated for chest and back acne.

It uses the same unique patented combination of ingredients found in the Tebiskin® OSK products, but formulated into one easy-to-use and self-absorbing spray solution, that also works upside down.

Simply spray onto the affected areas and it will quickly soak into your skin leaving no residue.

Use the Tebiskin® OSK Chest & Back twice daily depending on current symptoms.

In chronic or resistant cases; combine the Tebiskin® OSK Chest and Back with the EnerPeel® SA Chest and Back peel.

Many women with a acne-prone décolletage find this completely resolves symptoms.

For more information speak to your skin consultant.



Acne TripleLock® Protocol

Here we describe a possible protocol, made complete with EnerPeel® SA clinical treatments. Yours might look a little different - everyone's skin is unique, so why get the same treatment? We offer bespoke TripleLock® packages, tailored to your individual requirements, ask your skin consultant to build yours.

Weeks 1 - 8

Treatments

Week 1 - EnerPeel® SA | Week 3 - EnerPeel® SA
Week 5 - EnerPeel® SA | Week 7 - EnerPeel® SA

Topicals

Day

Tebiskin® OSK-Clean
Tebiskin® OSK/OSK Lotion
Tebiskin® UV OSK

Night

Tebiskin® OSK-Clean
Tebiskin® OSK/OSK Lotion
Tebiskin® Reticap
Tebiskin® Cera-Boost

Expect

Calm and reduce existing spots, with fewer new ones appearing every day. Skin is properly hydrated, with oil production and skin thickening normalised, creating a healthy, balanced skin environment.

Week 8 - 12

Treatments

Further Clinical Treatments if required

Topicals

Reduce use of the Tebiskin® OSK Products based on clinical improvements, and continue with Tebiskin® Reticap and Cera-Boost as needed.

Expect

Spot appearance and inflamed new spots should be decreasing, and moisture control and skin thickness should be normalising, reducing congestion and blockages

Week 12 Onwards

Treatments

Further Clinical Treatments if required

Topicals

Continue using your maintenance regime. Your practitioner may also recommend taking a short break from using the Tebiskin® Reticap

Expect

Pausing Reticap usage allows skin cells that have been sustained and boosted by Reticap to be replaced by new skin cells. Then the Reticap can be restarted

Treating Acne Scarring

Using the Derma FNS Pen

Dermal needling with our unique Derma FNS® Pen delivers thousands of micro-channels into the skin without introducing additional energy, and so creates much fewer post treatment complications than other treatments that do have these side effects. These tiny holes help encourage a greater rate of absorption of products, providing more effective results.

We have the only known pen where the motor both inserts and retracts the needles, so the needles are fully clear of the skin before reinsertion reducing catching and irritation. Other pens rely on a spring mechanism which cannot keep up with the

motor, so the needles cannot fully retract from the skin before being pushed back in again.

Most clients find their redness is reduced within minutes or a few hours, whereas other pens can leave clients with unnecessary redness for up to four days.

Dermal needling is combined with a sequence of EnerPeel® treatments to stimulate new collagen and elastin fibres to strengthen and renew damaged skin, reducing the appearance of acne scars and creating a healthy skin environment.



The Results Speak for Themselves

All these patients shown below were treated using our complete, bespoke Acne Protocol, the Derma FNS® Pen, or a combination of the two, enabling them to achieve outstanding results. Speak to your practitioner about building your unique protocol to deliver results like this, so that you too can join the 84% of sufferers to find resolution from their acne in as little as eight weeks.



What else do we treat?

SkinMed® offer a number of different protocols for many different skin conditions, including rosacea, pigmentation, anti-ageing and dehydration, and all have been clinically tested with amazing results.

If you have any other skin complaints that need addressing, or if you know somebody else that could benefit from our products and treatments, please feel free to refer them. Speak to your skin consultant for more information on our other protocol booklets.





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