



SkinMed[®]

Hydration Guide

"We don't believe in only treating symptoms; we always address the underlying triggers and causes for a clinical holistic solution"

Peter Roberts, Managing Director and Head Trainer, SkinMed Ltd

Welcome to SkinMed®

Thank you for buying our clinic-only Skin Water Control Protocol from a SkinMed® Accredited Clinic.

Hydrated skin means healthy skin, and moisture control plays a major role in virtually all skin conditions and problem skins from oiliness to dry irritated skin. We are passionately committed to helping others achieve hydrated, glowing skin. We know the difference it makes to your confidence and overall well-being, so we take our job very seriously.

We supply the majority of industry award winning clinics, as well as partnering with many of the best clinics in the country; combine this with over 20 years' experience and decades of knowledge in dermatology, and it's safe to say you're in good hands.

We constantly improve all SkinMed® protocols, providing 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 use this as a guide to show you how to use your products and maximise your results. 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



Solutions for Skin, Medically Tested

Skin hydration the science

Impaired moisture control is often a key feature of many skin conditions, including acne, rosacea, hypersensitive skin and eczema. It can also exacerbate skin ageing, making water control management vital to maintaining a healthy skin environment, and play a vital role in every treatment protocol.

A healthy, hydrated skin with good internal moisture control shouldn't need moisturisers. Those who suffer from dry or oily skin need to address Trans-Epidermal Water Loss (TEWL); the rate that water escapes from our skin. Water loss is normal, but is excessive in people with dry and oily skin, acne, eczema, psoriasis, and ichthyosis, or aged, UV damaged skin.

The top layer of the skin is the epidermis, and the top layer of the epidermis is the Stratum Corneum (SC). The SC acts as the skin's main barrier, stopping chemicals we come into contact with from getting in, and controlling moisture leaking out. The

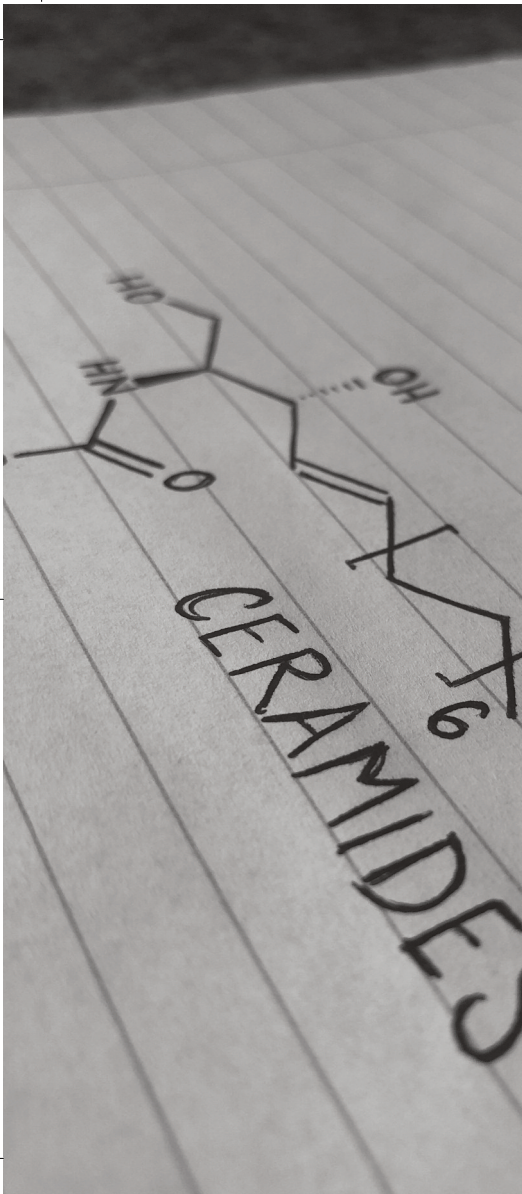
better the skin's barrier function, the less prone you will be to irritation and inflammation, so skin water control is key to managing conditions like Rosacea.

Nine key molecules called Ceramides, combined with Fatty Acids and Cholesterol in an exact ratio, are very important to controlling both cellular and skin water loss; a deficiency in any of these or the wrong ratio will cause the skin to become dry and cracked. In others, this causes an increased production of oil and skin cells, causing thickened, oily skin that can lead to acne.

Urea is an active part of our natural moisturising factor (NMF), which boosts the level of moisture in our skin's surface by binding water molecules. It helps maintain a healthy moisture balance to keep skin soft, supple and youthful, providing rapid relief to dry skin. Dry skin can see a reduction in Urea levels by as much as 50% and those with Eczema up to 80%.

Solutions for Skin, Medically Tested





Applying ointments and emollients that coat the skin's surface to block water escaping may give temporary relief, but only provides a short-term fix, and won't improve the skin's ability to create and hold water like urea does.

Hyaluronic Acid is a long chain sugar which combines with water to form a jelly, providing a reservoir of moisture for optimal skin cell health, and also helps dissipate heat, UV and other potentially damaging energy.

The flow of nutrients and oxygen to cells and the removal of waste products and carbon dioxide, plus the flow of chemical signals which provide communication between cells, are all improved by Hyaluronic Acid.

Our Hyaluronic Acid levels peak at puberty and then decline over time; it forms a jelly which reduces the level of collagen binding so when we smile or

frown, the skin stays fluid, plump, dynamic and wrinkle free. Hyaluronic Acid depletes year on year, which leads to a less dynamic more rigid structure as more collagen fibres bind, causing lines. It also becomes harder for molecules to flow around the skin resulting in a dry, dull, less healthy skin.

Dry skin is complex and difficult to treat, because you must address both oil dryness and dehydration; both conditions present similar symptoms at a cellular level, but have different treatment requirements.

SkinMed® products improve Hyaluronic Acid levels by boosting the skin's production, supplement Urea levels in the barrier and also optimising Ceramide, Cholesterol and Fatty Acid ratios in the SC.

Discover our all-encompassing protocol to hydrate skin at all levels to slow TEWL and restore a healthy hydrated skin environment.

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TripleLock®

The Complete Hydration Solution

Months of research and decades of skin experience has led to the creation of a new, all-encompassing treatment for long-term skin moisture control. TripleLock® on Hydration is based on changing skin water dynamics, optimising dermal moisture and managing epidermal TEWL. Over the next few pages, we describe the complete SkinMed® protocol of delivering bespoke TripleLock® packages tailored to your individual requirements; ask your skin consultant to build yours.

IDRA	Change Skin Water Dynamics Tebiskin® IDRA boosts skin hydration rapidly and deeply, causing a flood of moisture to skin cells, removing excess thickened, irregular skin and keratin, supported by soothing ingredients to control irritation. IDRA utilises Urea to alleviate dry rough thickened skin, useful for a myriad of skin conditions and all degrees of dry skin. Urea draws water into the skin for super hydration, combined with Malic Acid to soften, smooth and reduce thickened skin. Methyl Sulfonyl Methane (MSM) rapidly reduces a number of inflammatory pathways involved in skin irritation.
Cera-Boost	Epidermal TEWL Management Tebiskin® Cera-Boost Face (and Body) Cream normalises epidermal water loss offering improved management of irritated dry skin conditions including eczema, psoriasis and hypersensitive skins, and is beneficial in all cases of skin dehydration. Oily skin often occurs as a result of the skin trying to compensate for a lack of moisture, and Cera-Boost has shown excellent results here also. Cera-Boost is the only product to provide the balanced blend of all 9 key ceramides, in the perfect ratio with cholesterol and fatty acids, in order to improve and restore the barrier function. Cera-Boost also contains calming and soothing molecules.
Hyal Gluage	Dermal Moisture Optimisation Tebiskin® Hyal uses the patented ingredient Carnosine Hyaluronate which boosts skin processes for making Hyaluronic Acid, the super sugar that absorbs and holds water and forms the reservoir of moisture for skin cells to utilise to remain healthy and function optimally. This also plumps the skin, slows collagen binding and reduces elastin loss. This is supported by the use of Tebiskin® Gluage serum, which boosts Glucuronic Acid and Acetylglucosamine, the two ingredients the skin needs to manufacture Hyaluronic Acid. Hyal and Gluage together are the best topical way we know to increase Hyaluronic Acid levels.

Solutions for Skin, Medically Tested

Stage one **Change skin water dynamics**

SkinMed® Integrated TripleLock®
Protocols

Tebiskin® IDRA

Surface Layer

Tebiskin® IDRA offers a deep and rapid boost to skin hydration, creating a flood of moisture for living skin cells. It removes excess thickened, irregular skin and keratin, supported by super soothing ingredients to control irritation and itchiness.

IDRA utilises Urea to alleviate dry rough thickened skin as seen in various skin conditions, such as dermatitis, psoriasis, ichthyosis, eczema, keratoderma, keratosis, corns, calluses, as well as being useful for treating all degrees of dry skin.

Urea draws water into the skin for super hydration, and has been combined with Malic Acid to soften, smooth and reduce thickened skin.

Tebiskin® IDRA also contains Methyl Sulfonyl Methane (MSM), a natural chemical that rapidly reduces a number of inflammatory pathways involved in skin irritation.



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Stage two Epidermal TEWL Management

SkinMed® Integrated TripleLock®
Protocols

Tebiskin® Cera-Boost Epidermal Layer

As we know, Lipids are a critical component in maintaining the structural shape and moisture-retaining functionality of the skin, therefore, supplementing Lipids to allow the creation of new skin cells with a high Lipid density is essential for any regimen for poor moisture control.

Tebiskin® Cera-Boost Face (and Body) Cream normalises epidermal water loss offering improved management of irritated dry skin conditions including eczema, psoriasis and hypersensitive skins, and is beneficial in all cases of skin dehydration.

Oily skin often occurs as a result of the skin trying to compensate for a lack of moisture, with Cera-Boost showing excellent results here also.

Cera-Boost is the only product to provide the balanced blend of all 9 key ceramides, in the perfect ratio with cholesterol and fatty acids in order to improve and restore the barrier function, and also contains calming and soothing molecules.

Cera-Boost also has the addition benefit of fine lines and wrinkles becoming visibly reduced.



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Stage three Dermal TEWL Management

Tebiskin® Hyal & Gluage Dermal Layer

Hyaluronic Acid (HA) has a wide range of functions due to its ability to bind large amounts of moisture in the skin, providing a reservoir of water for skin cell health.

When Hyaluronic Acid levels drop and water availability is compromised, skin cells become more vulnerable to damage by waste product build-up and free radicals.

Tebiskin® Hyal is an innovative cream that controls the level and quality of the skin's Hyaluronic Acid; the anti-oxidant action slows down the breakdown of

Hyaluronic Acid, while also increasing its rate of production. This combines an intense moisturising action with a positive anti-ageing effect to maintain a smooth, healthy skin environment, while combatting dehydration and loss of elasticity.

This is boosted further by the use of Tebiskin® Gluage Serum, which supplies a huge boost in Hyaluronic Acid's two base structural units, Glucuronic Acid and Acetylglucosamine, to further increase the production of Hyaluronic Acid.

SkinMed® Integrated TripleLock®
Protocols



Solutions for Skin, Medically Tested



Understanding Your SkinMed® Protocol

The TripleLock® on Hydration Protocol is designed to address poor moisture control at every level of the skin, however, depending on the nature of your individual skin needs, some will only need one stage, whereas others will need all three. Instead your practitioner is more likely to design your protocol around one or two particular stages of the TripleLock® Protocol, creating a tailored treatment to allow you to achieve the best results for your skin.



Layer 1: Surface

Tebiskin® IDRA delivers a flood of moisture to the surface layers of the skin, causing rapid hydration while softening and removing excess thickened skin and keratin.

Results may appear in as little as 48 hours, but to maintain your results, your practitioner may recommend you switch to Cera-Boost after a couple of weeks.



Layer 2: Epidermis

As we know, Ceramides account for 40-50% of the Lipids in the Epidermal layer of the skin, controlling moisture levels and improving the structure of the skin.

Tebiskin® Cera-Boost works from within to allow and encourage the creation of new skin cells with high Lipid density and restore the barrier function of the skin.



Layer 3: Dermis

Tebiskin® Hyal and Gluage work deep in the skin, providing a supply of Hyaluronic Acid, and it's two base structural units, to encourage hydration and elasticity.

This product combination is best suited to target dehydration that contributes to the signs of ageing, for a plump, smooth, healthy skin environment.



Vitamin C and Hydration

With SkinVital® C, E, Ferulic + Vitamin B Complex

Vitamin C, or L-Ascorbic Acid, is a powerful anti-oxidant, proven to be an effective strategy in fighting oxidative damage caused by free radicals, to increase hydration, plump the skin and improve elasticity. Your skin consultant will help you decide which Vitamin C Booster Serum will work best for you.



Tebiskin® GLY-C

Containing 10% Vitamin C, 5% Glycolic and 5% Lactic Acid, this serum combines the benefits of Vitamin C with powerful exfoliation, excellent for reducing excess thickened skin and delivering a smoother, silkier, even skin tone.



Tebiskin® SOD-C

SOD-C also contains 10% Vitamin C, as well as Superoxide Dismutase and Zinc. It is non-exfoliating, and therefore great for mopping up UV initiated free radicals with minimal skin irritation, counteracting free radical destruction and preventing further damage.



SkinVital® C, E, Ferulic

This super vitamin complex incorporates 20% Vitamin C to mop up free radicals, with additional Vitamins B3, B5, and E, as well as Ferulic and Hyaluronic Acid, taking advantage of each unique anti-oxidant delivery method to deliver the ingredients deep into the skin.

Enhance your results

SkinMed® Integrated TripleLock®
Protocols

CHEMOEXFOLIATION ENERPEEL®

EnerPeel® MA utilises 40% Mandelic Acid suspended in a new, patented carrier solution which restrains, rather than buffers, the acid before it is absorbed into the skin, allowing its activity to be enhanced. It therefore releases the acid's protons at a higher skin water content, allowing them to accelerate through the skin, separating cells in a 'cleaner', quicker way.

A course of EnerPeel® MA treatments will exfoliate dry, dehydrated skin at the surface, allowing new, fresh skin cells with a higher water level to the

surface of the skin. It also stimulates an increase in fibroblast activity, leading to a boost in the production of Hyaluronic Acid, plumping the skin and binding large amounts of water, providing a reservoir of moisture to combat dehydration.

EnerPeel® MA achieves all this while inducing less surface trauma, and faster surface recovery with erythema reducing rapidly. In short, enhanced remodelling stimulation.



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Derma FNS

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

Dermal needling is often combined with a sequence of EnerPeel® Mandelic Acid peels to stimulate new collagen and elastin fibres to strengthen and renew damaged skin, and promote a healthy skin environment.

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What else do we treat?

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

We understand that everyone's skin is unique, and your skin solution should be no different. To be able to provide our products and treatments to you, a clinic has to become SkinMed® Accredited. To achieve this each clinic must attend training sessions and undergo assessments and accreditation. Once this is complete and we are satisfied with their level of knowledge, practitioners are able to deliver and tailor each protocol to your skin's needs – you can be absolutely certain you're in good hands.

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. We love helping people – spread the SkinMed® word! Speak to your skin consultant for more information on our other protocol booklets.



Clear skin awaits...





SkinMed Contact

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