





DAO SKIN GUIDE 101

0







THIS GUIDE IS A SCIENCE-BACKED REFERENCE
DESIGNED TO HELP YOU BETTER
UNDERSTAND YOUR SKIN'S NEEDS,
INGREDIENT INTERACTIONS, AND COMMON
TREATMENT PATHS. IT IS GROUNDED IN
DERMATOLOGICAL RESEARCH AND PEERREVIEWED STUDIES, OFFERING A
COMPREHENSIVE OVERVIEW OF EFFECTIVE
SKINCARE ROUTINES, ACTIVES, AND LIFESTYLE
HABITS THAT SUPPORT SKIN HEALTH.





HOWEVER, **SKINCARE IS NEVER ONE- SIZE-FITS-ALL.**

YOUR SKIN IS UNIQUE—AND SO
SHOULD YOUR TREATMENT PLAN BE.
WHILE THIS GUIDE OFFERS EVIDENCEBASED RECOMMENDATIONS, WE
HIGHLY ENCOURAGE YOU TO CONSULT
WITH OUR DERMATOLOGY EXPERTS AT
DAO CLINIC TO PERSONALIZE YOUR
SKINCARF JOURNEY.



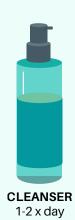


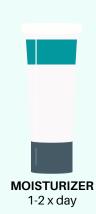
DISCLAIMER!

THIS GUIDE IS COMPILED USING CURRENT RESEARCH AND DERMATOLOGICAL LITERATURE. IT IS INTENDED FOR EDUCATIONAL PURPOSES ONLY AND DOES NOT REPLACE PERSONALIZED MEDICAL ADVICE. FOR TAILORED TREATMENT PLANS, DIAGNOSIS, AND CLINICAL CARE, PLEASE CONSULT WITH A DAO-CERTIFIED DERMATOLOGIST.

HOW OFTEN TO USE SKINCARE PRODUCTS









1-3 x week





HOW MUCH PRODUCT SHOULD YOU USE Sunscreen (Face + Neck) Moisturizer Retinoid-Eye Cream-Cleanser Face Mask-Serum



HOW TO START RETINOIDS























WHEN TO WEAR SUNSCREEN











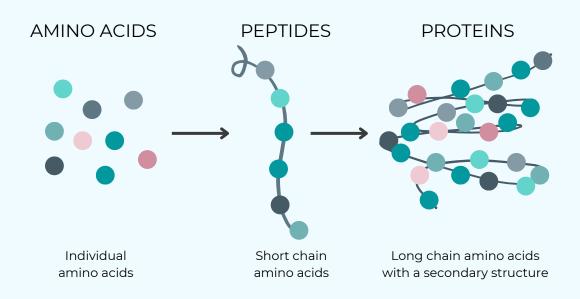




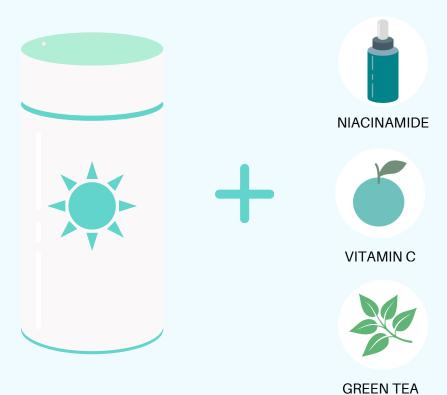




AMINO ACIDS, PEPTIDES, PROTEINS

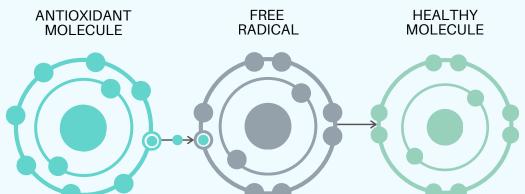


BEST PROTECTION-BOOSTING ANTIOXIDANTS





WHAT ARE ANTIOXIDANTS?



Antioxidant molecules have spare electrons that they donate to free radicals in order to stabilise them, without becoming unstable themselves. This prevents the free radical from 'stealing' an electron from a healthy molecule and, as a consequence, damaging cells and DNA.







Your skin is not a flaw to fix

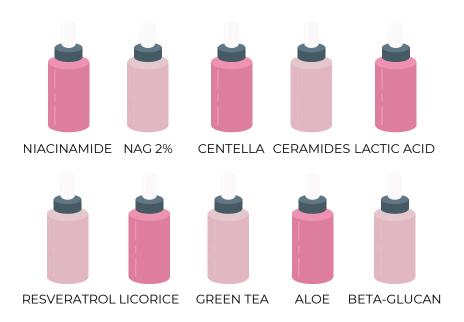
it's a story to understand.







BEST INGREDIENTS FOR DRY BUT ACNE-PRONE SKIN



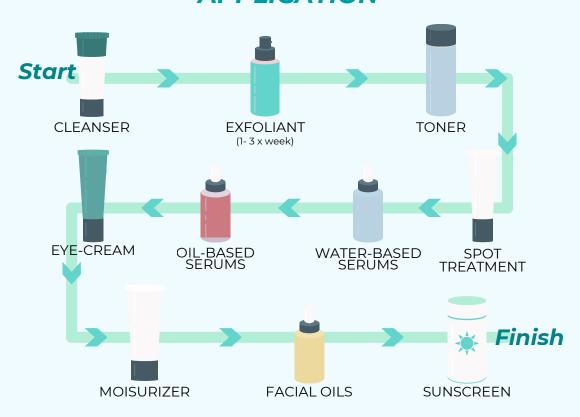


SKINCARE INGREDIENTS WITH THE BIGGEST RETURN ON INVESTMENT



^{*}Retinoids are also antioxidants but have additional anti-aging benefits.

SKINCARE ORDER OF APPLICATION





BIGGEST SKINCARE MISTAKES



NOT USING SUNSCREEN EVERYDAY



USING FACEWIPES INSTEAD OF CLEANSING



USING CLEANSERS THAT ARE TOO HARSH FOR YOUR SKIN



NEW PRODUCTS



NOT MOISTURIZING OILY SKIN



OVEREXFOLIATING







PICKING AND SQUEEZING SPOTS



DAO-IFIED STATS

80% OF PATIENTS IMPROVE THEIR SKIN AFTER JUST 4 WEEKS OF CONSISTENCY



TAKING CARE OF YOUR SKIN WITHOUT PRODUCTS



WASH YOUR PILLOW CASES













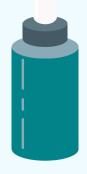






BEST INGREDIENTS FOR BOTH AGING + ACNE









RETINOIDS

NIACINAMIDE

GLYCOLIC ACID

SUNSCREEN

- Regulates Oil
- Boosts Collagen Production
- Antioxidant
- Increases cellular turnover + renewal
- Increases HA content of skin
- Fades pigmentation
- Antibacterial

- Regulates Oil
- Boosts Collagen Production
- Antioxidant
- Increases production of ceramides
- Fades pigmentation
- Reduces inflammation
- Antibacterial

- Boosts Collagen Production
- Fades pigmentation
- Can act as a humectant
- Increases cellular turnover
- Improves skin texture
- Low pH prevents growth of bacteria

- Prevents the breakdown of collagen and elastin
- Prevents the over-stimulation of oil glands.
- Prevents uneven skin tone and dark marks
- Helps prevent skin cancers.



BEST SKINCARE INGREDIENTS FOR **COMBINATION SKIN**









NIACINAMIDE

MANDELIC ACID

NAG

GRFFN TFA

- Controls Oil **Hydrates** Inflammation Bacteria
- Dehydration
- Controls Oil Hydrates
- Inflammation
- Bacteria Dehvdration
- x Oil
- Dead Skin Cells Inflammation Bacteria
- Dehydration

- ✓ Oil
- ★ Dead Skin Cells

 Continuous Skin Cell Inflammation
- Bacteria **x** Dehydration

- **BEST FOR:**
- Dry, Acne-Prone Skin
- **BEST FOR:**
- Combination, Acne-Prone Skin
- **BEST FOR:**
- Sensitive, Acne-Prone Skin
- **BEST FOR:**
- Inflamed. Acne-Prone Skin



BEST ACIDS FOR YOUR SKIN TYPE



OILY

СОМВО

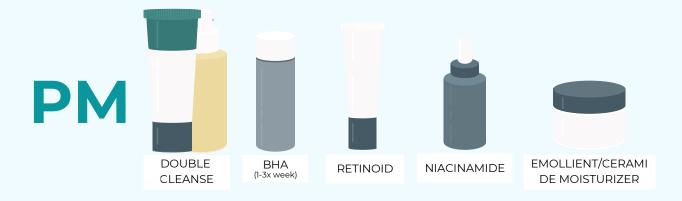
NORMAL

DRY

SENSITIVE









TREATMENTS FOR ACNE SCARS



FRACTIONATED CO2 LASERS

PARTICULARLY SUITABLE FOR:

True Acne Scars, PIH

NOT SUITABLE FOR:

Active Acne

CAUTIONS:

Can Trigger Coldsores In Those Prone To Them

DOWN TIME: HIGH **DISCOMFORT:** HIGH



MICRONEEDLING

PARTICULARLY SUITABLE FOR:

True Acne Scars

NOT SUITABLE FOR:

Active Acne

CAUTIONS:

Small Risk of Infection

DOWN TIME: LOW **DISCOMFORT:** MED



VS

PULSED DYE LASER (PDL)

PARTICULARLY SUITABLE FOR:

True Acne Scars, Active Acne, PIE

NOT SUITABLE FOR:

Anywhere You Don't Want To Lose Hair

CAUTIONS:

Can Trigger Coldsores In Those Prone To Them

DOWN TIME: LOW **DISCOMFORT:** LOW

CAN YOU USE THEM TOGETHER?



WHAT'S THE DEAL?

VITAMIN C

- The most potent form is ascorbic acid which should be formulated with a pH of less than 3.5 in order to enter your skin.
- Some vitamin C derivatives are stable at a neutral pH.

NIACINAMIDE

- Niacinamide works best when formulated with a neutral pH of around 6.0.
- At an acidic pH niacinamide can convert to nicotinic acid which can cause facial flushing (known as niacin flush)
- Niacinamide is very stable and it takes a very low pH, a very high temperature, and a long time for it to convert to nicotinic acid.
- It's extremely unlikely that layering niacinamide and vitamin C together is going to create nicotinic acid and cause niacin flush.
- If you're worried, it's better to layer vitamin C and niacinamide in separate products rather
 than using a multi-ingredient product that contains both ingredients.





not a race.









BEST ACIDS FOR ACNE-PRONE SKIN



HYALURONIC ACID ALTERNATIVES



POLYGLUTAMIC ACID

- Can absorb 5000x it's own weight in moisture.
- Increases elasticity more than HA
- Inhibits hyaluronidase an enzyme that breaks down HA in the skin.

GLYCERIN

- Reduced TEWL better than HA in some studies.
- Smaller molecule than HA which means easier skin penetration.
- Most effective humectant.





CENTELLA ASIATICA

- Increases hyaluronic acid production
- Inhibits hyaluronidase
- Improves wound healing, antibacterial, & antioxidant.



N-ACETYL GLUCOSAMINE

- Increases natural production of HA (HA precursor)
- Reduces hyperpigmentation, increases cellular turnover, anti-inflammatory, & antioxidant.

BETA GLUCAN

- Allegedly 20% more hydrating than hyaluronic acid (no reliable source for this)
- Penetrates epidermis and dermis
- Improves wound healing, antibacterial, & antioxidant.





3 HYALURONIC ACID TOP TIPS





DAO-IFIED STATS

DAO DOCTORS TREAT
OVER 500 SKIN CONCERNS
EVERY MONTH.



SUNSCREEN USE AND THE UV INDEX

UV INDEX	RISK	WHAT'S THE DEAL?
	LOW	It's not the end of the world if you don't wear sunscreen but it's still advised if you're concerned about aesthetic issues. (see next page).
3-5	MODERATE	Apply sunscreen in the morning and reapply throughout the day. Avoid midday sun. Use protective clothing and sunglasses.
6-7	HIGH	Apply sunscreen and reapply every 2hrs and after swimming or sweating. Limit sun exposure between 11am - 4pm or wear protective clothing, hats, sunglasses etc.
8-10	VERY HIGH	Apply sunscreen and reapply every 2hrs and after swimming or sweating. Avoid sun exposure between 11am - 4pm or wear protective clothing, hats, sunglasses etc.
11+	EXTREME	Avoid direct sunlight if possible. Apply sunscreen and reapply every 2hrs. Avoid sun between 11am - 4pm. Stay in the shade, wear protective clothing, hats, sunglasses etc.



SUNSCREEN USE AND THE UV INDEX



0-2

DO YOU REALLY NEED TO WEAR SUNSCREEN WHEN THE UV INDEX RISK IS LOW?

From a health perspective, the WHO states that:

"Even for very sensitive fair-skinned people, the risk of short-term and long-term UV damage below a UVI of 2 is limited, and under normal circumstances no protective measures are

Exceptions to this may include:

- When you're in an environment where UV light reflects off of snow (e.g. skiing).
- If you're concerned about aesthetic issues such as premature skin aging, hyperpigmentation, rosacea, etc. (applying once in the AM is probably enough)
- If you've had laser treatments, waxing, chemical peels, etc., or are using active ingredients that increase your risk of sun damage (e.g. AHAs).



HOW OFTEN TO USE SKINCARE ACTIVES



HOW OFTEN TO USE SKINCARE ACTIVES



HOW OFTEN TO USE SKINCARE





HOW OFTEN TO USE SKINCARE















1-2 x day



POLYHYDROXY ACIDS 1-3 x week

1-3 x week

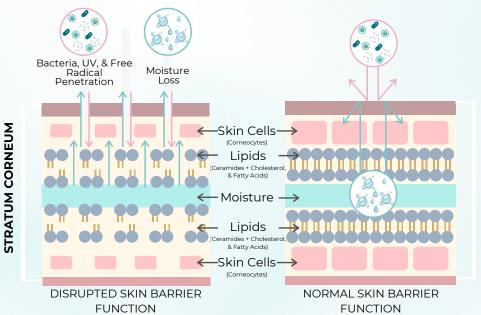


DAO-IFIED STATS

9 OUT OF 10 PATIENTS WISH THEY STARTED USING SPF EARLIER.



THE SKIN BARRIER



Your skin barrier has a 'bricks and mortar' structure, where your skin cells (the bricks) are held together by a mix of lipids (mortar) to create a barrier that keeps water in your skin and irritants out. When you damage your skin barrier (e.g. overexfoliating), water can escape your skin (causing dehydration) and irritants can enter (causing irritation and inflammation).



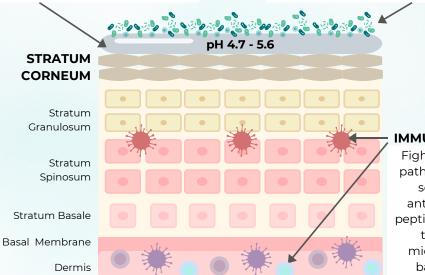
HOW YOUR SKIN PROTECTS ITSELF

ACID MANTLE

A film-like covering on the skin made up of sweat and sebum that maintains an acidic skin surface pH between 4.7 and 5.6 that helps balance the skin microbiome.

SKIN MICROBIOME

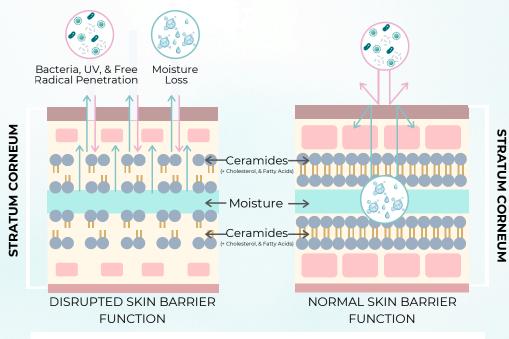
A mix of normal flora, bacteria, viruses, and fungi. Imbalances in the skin microbiome are associated with a number of skin conditions, irritation, & dehydration.



IMMUNE CELLS

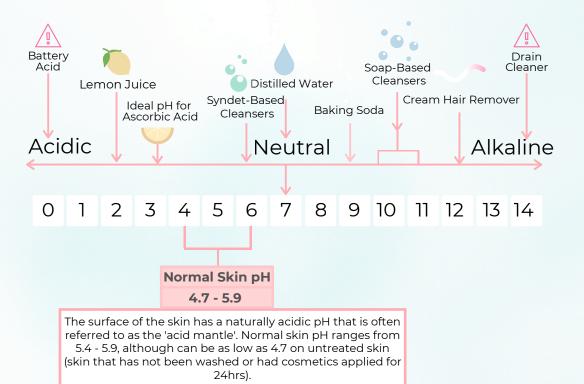
Fight invading pathogens and send out antibacterial peptides to keep the skin microbiome balanced.

HOW YOUR SKIN PROTECTS ITSELF



Ceramides, along with cholesterol and fatty acids, act as a glue to hold your skin cells together and create a barrier to keep water in your skin and irritants out.







Type I	Type II	Type III	Type IV	Type V	Type VI
SKIN	SKIN	SKIN	SKIN	SKIN	SKIN
Very FairAlways BurnsNever Tans	FairOften BurnsRarely Tans	 Fair to Beige Occasionally Burns Sometimes Tans 	Olive to Light Brown Rarely Burns Often Tans	Dark Brown Almost Never Burns Always Tans	Deeply Pigmente Never Burns Always Tans Darkly
EYES	EYES	EYES	EYES	EYES	EYES
•	• • •	0000	• •	•	•
HAIR	HAIR	HAIR	HAIR	HAIR	HAIR

Hair and eye colour are based on averages. However, Types VI - IV can still have light eyes and Types I & II can still have dark hair and eyes. Type VI has the lowest risk of skin cancer and Type I the highest risk, but **ALL FITZPATRICK SKIN TYPES should protect their skin from the sun with regular sunscreen use and sun-safe behaviours.**





NORMAL

- Few imperfections
- Barely visible pores
- Not too dry or too oily
- Generally considered the ideal skin type



OILY

- Prone to blemishes
- Pores are usually enlarged and very visible
- Skin tends to appear shiny
- Common in puberty.



COMBINATION

- Dry or normal in some areas (e.g. cheeks)
- Oily in others (e.g. T-zone)
- Enlarged pores and shiny appearance in T-zone.



DRY

- Lacks water and oil
- Skin may be dull & rough
- Fine lines more visible
- Barely visible pores
- Easily irritated.





WRINKLES



ACNE



ROSACEA



POST-INFLAMMATORY ERYTHEMA (PIE)



ENLARGED PORES



HYPERPIGMENTATION



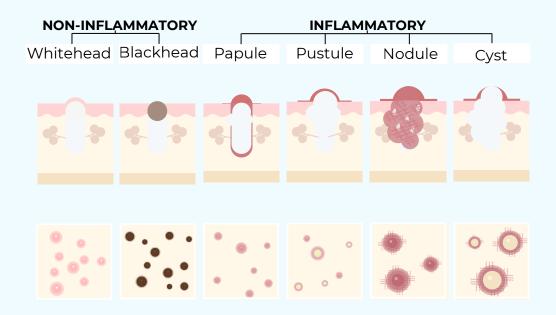
ACNE SCARS



DEHYDRATION



TYPES OF ACNE







WRINKLES/AGING

Wrinkles are formed as you age due to the breakdown of collagen and elastin in your skin. Some of this is inevitable but the majority is due to sun damage, pollution, and lifestyle habits. In order to treat the signs of aging you need to increase collagen and elastin in your skin and protect your skin from the sun. Exfoliation and hydration can also improve the appearance of aged skin.









ACNE



Acne is caused when your oil glands produce too much oil which gets trapped in your pores by dead skin cells.

Bacteria (c.acnes) feed off of your oil and multiply which causes inflammation and initiates an immune response. To effectively treat acne, you need to prevent dead skin cell build up and bacteria growth, treat inflammation, and reduce oil production.

PRFVFNTION









SALICYLIC ACID NIACINAMIDE



ROSACEA



Rosacea is a chronic inflammatory skin condition that is particularly hard to treat and often returns. The most common type of rosacea is characterised by flushing and persistent central facial redness, often with visible dilated capillaries but it can also be similar in appearance to acne.

OTC treatments for rosacea focus on reducing inflammation, reducing blood vessel dilation, and strengthening the skin barrier.

PREVENTION





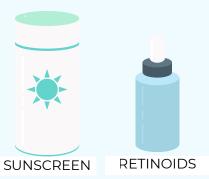




PIE

Post-inflammatory Erythema (PIE) is caused due to remaining inflammation and blood vessel dilation after a wound or pimple has healed. It's mostly seen on skin types I & II (light skin). The best treatment for PIE is prevention (i.e. no picking) and time. However, treatments that reduce inflammation, improve skin barrier function, and reduce blood vessel dilation can also help.

PREVENTION







ENLARGED PORES



Your pore size is determined by your genetics and there isn't much you can do to change it. However, enlarged pores are caused by excessive oil production (clogs and stretches pores) and loss of collagen and elastin (pore walls sag).

Reducing oil production and increasing collagen and elastin can help minimize the appearance of pores. Keeping your skin well hydrated can also help improve the appearance of enlarged pores.

PREVENTION TOP 3 TREATMENTS SUNSCREEN ANTIOXIDANTS VITAMIN C RETINOIDS AHAS



HYPERPIGMENTATION



SUNSCREEN

Hyperpigmentation is caused when your melanocytes produce too much melanin or unevenly disperse it into your surrounding skin cells. This process can be triggered by inflammation (PIH), hormones (melasma), or the sun (PIH, melasma, age spots, etc.). Most treatments for hyperpigmentation prevent melanin production by inhibiting an enzyme called tyrosinase. However, others prevent the spread of existing melanin or increase cellular turnover.

PREVENTION



RETINOIDS







NIACINAMIDE

AHAS



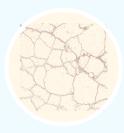
ACNE SCARS

Atrophic (pitted) acne scars are caused when your skin doesn't produce enough collagen during the wound healing process due to an imbalance of enzymes (MMPs & TIMPs). Acne scars are hard to treat with OTC skincare and usually require professional treatments (e.g. lasers, microneedling, etc.) The best treatment is prevention (i.e. not picking & reducing acne inflammation) but some treatments that boost collagen production may offer small improvements.

PREVENTION TOP 3 TREATMENTS SUNSCREEN RETINOIDS VITAMIN C RETINOIDS AHAS



DEHYDRATION



Dehydrated skin is usually caused by over-exfoliation, using products that are too harsh for your skin, or environmental conditions - all of which damage your skin's protective barrier. A damaged barrier means that water can easily escape your skin and irritants can easily enter leading to dry, cracked, and inflamed skin. To fix dehydrated skin, you should stop using active ingredients and focus on basic skincare, restoring your skin barrier, & hydration.

PREVENTION SUNSCREEN GENTLE CLEANSERS CER







DAO-IFIED STATS

GLOWING SKIN ISN'T JUST ABOUT PROCEDURES. HYDRATION, SLEEP, AND STRESS MANAGEMENT MATTER TOO.

ACTIVE AHA	✓ ACNE	< ACNE SCARS	✓ AGING	✓ DEHYDRATED SKIN	<pre> ENLARGED PORES</pre>	✓ HYPERPIGMENTATION	REDNESS/ROSACEA	ACTIVE Licorice	✓ ACNE	ACNE SCARS	AGING	DEHYDRATED SKIN	ENLARGED PORES	< HYPERPIGMENTATION	< REDNESS/ROSACEA
Aloe Vera	√			✓		✓	√	Linoleic Acid	√		√	✓	√		√
Alpha-Lipoic Acid	√		✓	✓	√		✓	N-Acetyl Glucosamine	✓		✓	✓	✓	√	✓
Azelaic Acid	√					√	√	Niacinamide	√		√	√	√	√	√
Benzoyl Peroxide	√	✓						Retinoids	✓	√	✓		√	✓	
ВНА	✓		\checkmark		✓			Resveratrol	√		✓			√	✓
Centella Asiatica	√		✓	✓	✓		✓	Snail Mucin	\checkmark		✓	\checkmark	✓	√	√
Ceramides	\checkmark		✓	\checkmark	✓	✓	✓	Soy Extracts			✓			✓	✓
Cholesterol	✓		✓	\checkmark	✓		✓	Sulfur	✓						
Clay/Charcoal	√				✓			Tea Tree Oil	√						
Eucalyptus Oil	√				✓			Urea			✓	✓			
Green Tea	✓		✓		✓	✓	✓	Vitamin C	✓		✓	✓	✓	√	√
Hyaluronic Acid			✓	\checkmark				Vitamin E	√		✓	✓		√	✓
Jasmonic Acid/ LR2412			✓	\checkmark	✓			Witch Hazel	✓				✓		
Kojic Acid	\checkmark		\checkmark			✓		Zinc	√		√			√	



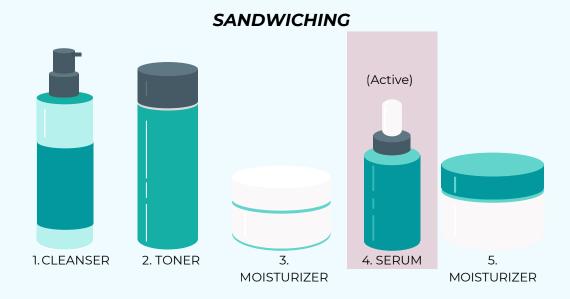
Applying your products based on their consistency. The product with he thinnest consistency would go first (e.g. toner) and the thickest last (moisturiser). In reality, as long as all your skincare products can penetrate your skin, the order doesn't matter too much. The only exceptions being cleanser which should go first (exception = short contact therapy) and sunscreen which should go last in your AM routine.

BUFFERING



Buffering generally refers to applying your moisturizer before an active ingredient in order to reduce the irritation potential of that active ingredient. It's often used to reduce irritation from acids and retinoids.

The idea is that it slows skin penetration. However, when your skin is well hydrated it may also be easier for active ingredients to penetrate (e.g. damp skin vs dry skin)



Sandwiching is similar to buffering but you apply a moisturizer before and after your active ingredient. Again, it's usually used for actives that can cause skin irritation like acids and retinoids. It can be a useful option if you have very dry and/or sensitive skin.

SHORT-CONTACT THERAPY



Short contact therapy is where you apply an active ingredient, leave it on for a set amount of time (e.g. 5 mins) then rinse it off. It can be a wash-off mask, at-home peel, or a cleanser with an active that are designed to be washed off after a certain amount of time. However, you can apply the same principle to any irritating active ingredient - particularly if you're prone to skin irritation.



SOOTHING INGREDIENTS FOR ACNE PRONE SKIN



GREEN TEA



NIACINAMIDE



ALOE



WHITE WILLOW BARK



CENTELLA ASIATICA



N-ACETYL GLUCOSAMINE



MUGWORT



BETA-GLUCAN





DAO-IFIED STATS

IT TAKES 4–6 WEEKS FOR MOST ACTIVE SKINCARE INGREDIENTS TO SHOW REAL RESULTS.





BEST FACIAL OILS FOR ACNE-PRONE SKIN



ARGAN



HEMP



SEA BUCKTHORN



ROSEHIP



JOJOBA



GRAPESEED



EVENING PRIMROSE



MARULA



SAFFLOWER

BEST FACIAL OILS FOR ACNE-PRONE SKIN

FACIAL OIL	SKIN E	ACNE SAFE?			
Argan	AntibacterialAntioxidantImproves elasticity	Aids wound healingControls oilAnti-inflammatory	\checkmark		
Hemp	Balances oilReduces inflammationHydrates	MoisturizingReduces fine lines and wrinkles	\checkmark		
Sea- Buckthorn	 Antioxidant Aids wound healing Moisturizes	Improves skin elasticity	\checkmark		
Rosehip	Mildly exfoliatesBoosts collagenAnti-inflammatory	Hydrates skinMay help brighten skin	\checkmark		
Jojoba	Anti-bacterialOil-controllingAntioxidant	 Moisturizing May boost collagen Aids wound healing	\checkmark		
Grapeseed	Anti-inflammatoryAntioxidantAntibacterial	MoisturizesMay help brighten skin/even out skin	\checkmark		
Evening Primrose	 Moisturizing Anti-inflammatory Antioxidant	tone • May help improve skin elasticity	\checkmark		
Marula	AntioxidantAntibacterial	Moisturizing	\checkmark		
Safflower	Moisturizing	Reduces inflammation	\checkmark		

CERAMIDE CHEAT SHEET

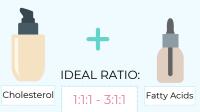
WHAT IT IS:

A barrier-repairing & moisturizing lipid found naturally in your skin barrier.

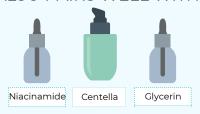
HELPS TREAT:

Dry skin, dehydrated skin, eczema, rosacea, acne, aging skin.

SHOULD BE COMBINED WITH:



ALSO PAIRS WELL WITH:



KEY BENEFITS:









A HIGHER % IS NOT ALWAYS BETTER



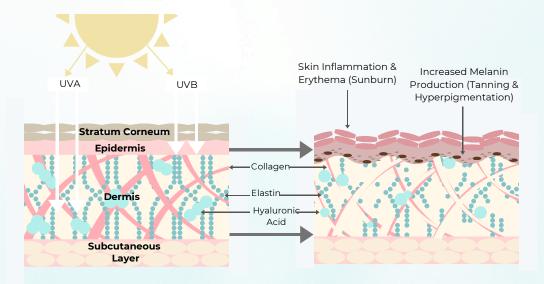
Research suggests that these ingredients are most effective in these concentrations. Higher concentrations may not be any more effective but are more likely to cause irritation. Your experience may vary.



DAO-IFIED STATS

SKIN BARRIER DAMAGE IS THE #1 THING WE SEE IN OVER-EXFOLIATORS. LESS IS MORE.

SUN DAMAGE



UVA = Aging

- Penetrates into the dermis
- Produces free radicals that damage DNA
- Breaks down collagen and elastin
- Strongly associated with skin aging

UVB = Burning

- Penetrates into the epidermis
- Directly damages DNA and strongly associated with skin cancer
- Causes skin inflammation and erythema (a.k.a. sunburn)



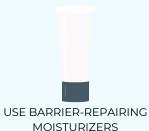
HOW TO REPAIR YOUR SKIN BARRIER





















ATROPHIC

HYPERTROPHIC

ICEPICK BOXCAR ROLLING

- Caused by loss of collagen during the wound healing process.
- Deeper than it is wide.
- Width less than 2mm
- Caused by loss of collagen during the wound healing process.
- Wider than it is deep.
- Width between 1 4 mm
- Caused by loss of collagen during the wound healing process.
- 'Ripple'-like appearance.
- Width more than 4-5mm.
- Caused by an abnormal accumulation of collagen during the wound healing process.
- Includes keloids.
- Rare for acne to scar in this way

THE FIX

- Increase collagen production
- Microneedling
- Laser Treatments
- Retinoids (particularly adapalene)
- Prevent further scarring by treating active acne, wearing sunscreen every day, and using retinoids to interfere with the major inflammatory pathways associated with acne scarring.

THE FIX

- Laser treatments can help reduce redness and smooth scar texture.
- Silicone sheets/ gels may help.



PIH



- Caused by remaining inflammation after a wound has healed.
- Inflammation causes increase in the production of pigment.
- Experienced by darker skin types (Fitzpatrick Type III - VI)
 - THE FIX
- Niacinamide
- Vitamin C
- · Azelaic Acid
- · Chemical Peels
- Laser Treatments
- Green Tea
- Snail Mucin
- Aloe Vera
- Resveratrol
- Arbutin



PIE

- Caused by remaining inflammation after a wound has healed.
- May be worsened by damaged skin barrier.
- Experienced by fairer skin types (Fitzpatrick Type I & II)

THE FIX

- Niacinamide
- Vitamin C
- Azelaic Acid
- Ceramides
- Laser Treatments
- Green Tea
- · Centella Asiatica
- Cytokinins
- · Snail Mucin
- Aloe Vera



BIGGEST ACNE MISTAKES



NOT USING SUNSCREEN EVERYDAY



USING FACEWIPES INSTEAD OF CLEANSING



USING CLEANSERS THAT ARE TOO HARSH FOR YOUR SKIN



NOT PATCH TESTING NEW PRODUCTS



NOT MOISTURIZING OILY SKIN



OVEREXFOLIATING



USING NOSE/PORE STRIPS



USING TOO MANY PRODUCTS AT ONCE



PICKING AND SQUEEZING SPOTS

GREEN TEA SKIN BENEFITS



ANTIBACTERIAL

Helps prevent the growth of bacteria.



ANTI-INFLAMMATORY

Reduces oxidative stress and inflammation.



OIL CONTROLLING

Reduces the amount of oil your skin produces.



CALMS REDNESS

BRIGHTENING

Inhibits the enzyme required for melanin production (tyrosinase).

Reduces facial redness, including rosacea, post-inflammatory erythema, & acne.

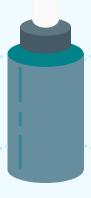


TRANEXAMIC ACID SKIN BENEFITS



HYDRATING

Helps repair your skin barrier to keep water in your skin.



ANTI-INFLAMMATORY

Reduces the activity of plasmin (a substance that causes inflammation).



CALMS REDNESS

Reduces facial redness by improving skin barrier function and shrinking blood vessels.

BRIGHTENING

Prevents melanin production and the spread of existing melanin to your skin cells.



NIACINAMIDE SKIN BENEFITS



ANTIBACTERIAL
Helps prevent the growth of bacteria.



ANTI-INFLAMMATORY
Reduces oxidative stress and
inflammation.



OIL CONTROLLING Reduces the amount of oil on the surface of your skin.



BRIGHTENING
Prevents melanin from
spreading to your skin cells.

HYDRATING

Increases the natural production of ceramides within your skin which strengthens your skin barrier and prevents water loss.



RESVERATROL SKIN BENEFITS



ANTIBACTERIAL
Helps prevent the growth of bacteria.





ANTI-INFLAMMATORY
Reduces oxidative stress and
inflammation.



CALMS REDNESS Reduces facial redness, including rosacea, PIE, & acne.



BRIGHTENING
Prevents melanin from spreading to your skin cells.



VITAMIN E SKIN BENEFITS



ANTIBACTERIAL
Helps prevent the growth of bacteria.





ANTI-INFLAMMATORY
Reduces oxidative stress and inflammation.



HYDRATES & NOURISHES

Reduces the amount of water lost from your skin and helps bind water in your epidermis.



RETINOL SKIN BENEFITS



ANTIBACTERIAL
Helps prevent the growth of bacteria.



ANTI-INFLAMMATORY
Reduces oxidative stress and inflammation.



CELL RENEWING
Increases the rate of cellular
turnover and renewal.



BRIGHTENING
Prevents melanin from spreading to your skin cells.

ANTI-AGING

Boosts production of collagen & reduces the appearance of fine lines and wrinkles.

AM VS PM SKINCARE ROUTINE







POST-INFLAMMATORY ERYTHEMA TREATMENTS



























UNDERRATED ACNE INGREDIENTS







MANDELIC ACID



NAG



GREEN TEA

- / Oil
- x Dead Skin
- Cells
- Inflammation
- ✓ Bacteria✓ Dehydration

BEST FOR:

Dry, Acne-Prone Skin

- Oil
- Dead Skin
- Cells
- Inflammation Bacteria
- Dehydration
 - BEST FOR:

Combination, Acne-Prone Skin

- x Oil
- Dead Skin
- Cells
- Inflammation Bacteria
- ✓ Dehydration
 - BEST FOR:

Sensitive, Acne-Prone Skin

- **√** Oil
- 🗙 Dead Skin
- Cells
- Inflammation
- Bacteria
- × Dehydration

BEST FOR:

Inflamed, Acne-Prone Skin

UNDERRATED ACNE INGREDIENTS











RESVERATROL

CBD

CENTELLA

BETA GLUCAN

- x Oil
- x Dead Skin
- Cells
- ✓ Inflammation
- Bacteria
 Dehvdration

BEST FOR:

Inflamed, Acne-Prone Skin

- ✓ Oil
- x Dead Skin
- ✓ Cells
- ✓ Inflammation
- BacteriaDehvdration

BEST FOR:

Combination, Acne-Prone Skin

- ✓ Oil
- x Dead Skin
- ✓ Cells
- ✓ Inflammation
- ✓ Bacteria Dehvdration
 - BEST FOR:

Irritated, Acne-Prone Skin

- x Oil
- x Dead Skin
- ✓ Cells
- ✓ Inflammation
- / Bacteria
- Dehydration.

BEST FOR:

Irritated, Acne-Prone Skin



CENTELLA ASIATICA BENEFITS FOR ACNE



ANTIBACTERIAL Helps prevent the growth

of acne-causing bacteria and allows acne to heal faster.



OIL CONTROLLING Helps reduce oil production for less greasy skin.



ANTIOXIDANT

Contains natural antioxidants and increases skin levels of vitamins A, C,

& E.



ANTI-INFLAMMATORY Helps reduce the size and redness of inflammatory

acne.



Increases the amount of water in your skin which can help increase tolerance to other acne actives.



LESSER KNOWN ANTIOXIDANTS























ASTAXANTHIN

Astaxanthin is a carotenoid found in microalgae that acts as a photoprotective antioxidant and can help prevent and treat premature skin aging.



GLUTATHIONE

Glutathione is a potent antioxidant that naturally occurs in your skin and protects it from environmental damage. It also acts as a tyrosinase inhibitor to help brighten skin.



GINKGO BILOBA

Ginko Biloba is an ancient East Asian plant with antioxidant properties that has been used for centuries for various medicinal purposes. Research suggests that it can help prevent the growth of acne-causing bacteria (c.acnes).





COFFEEBERRY

Coffeeberry is an antioxidant extracted from the fruit of the *Coffea arabica* (coffee) plant. Research suggests that it's a stronger antioxidant than green tea, vitamin C, and vitamin E.



Silymarin comes from the milk thistle plant *silybum* marianum that has been shown to have strong antioxidant properties and photoprotective effects.



GRAPESEED

Grape seed is an extract of the *Vitis vinifera* plant and has been shown to be an even stronger free radical scavenger than vitamins C and E. It also enhances SPF.



LESSER KNOWN ANTIOXIDANTS



BISOBOLOL

Bisobolol is derived from chamomile and is commonly used to soothe irritated skin. It's also a potent antioxidant that can help protect your skin from premature aging.



IDEBENONE

A synthetic antioxidant similar to coenzyme Q10.
Research suggests it may be stronger than CoQ10 and other well known antioxidants but it can also cause contact dermatitis in some people.



BETA-GLUCAN

Beta-Glucan is naturally derived from oats and other cereals that has hydrating and wound healing properties. It also acts as an antioxidant to protect your skin.



DAO-IFIED STATS

DAO BELIEVES EDUCATION
IS THE MOST POWERFUL
SKINCARE PRODUCT.
THAT'S WHY YOU'RE
HOLDING THIS GUIDE.



SKINCARE INGREDIENTS FOR ROSACEA







RESVERATROL















CYTOKININS











BRIGHTENING SKINCARE INGREDIENTS





GREEN TEA



RETINOL



RESVERATROL



AZELAIC ACID



VITAMIN C



N-ACETYL GLUCOSAMINE



SOY



ARBUTIN



LICORICE



AHA



ALOE



KOJIC ACID



SNAIL MUCIN



ZINC

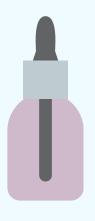


HOW LONG DOES IT TAKE TO IMPROVE FINE LINES & WRINKLES?





HOW LONG DOES IT TAKE TO IMPROVE FINE LINES & WRINKLES?



NIACINAMIDE 8-12 Weeks



RETINOL 12-24 Weeks



6-42 Weeks

AHA









GREEN TEA



RETINOL



RESVERATROL



AZELAIC ACID



VITAMIN C



N-ACETYL **GLUCOSAMINE**



EUCALYPTUS



TEA TREE



LICORICE



AHA



ALOE



SALICYLIC ACID



CENTELLA



ZINC

NIACINAMIDE CHEAT SHEET

WHAT IT IS:

HELPS TREAT:

A water-soluble form of vitamin B3 that has a wide range of benefits for the skin

Acne, fine lines & wrinkles, rosacea, hyperpigmentation, dry & dehydrated skin

PAIRS WELL WITH:

IDEAL %:

2 - 5%











рН:

5.0 - 7.0

KEY BENEFITS:











REDUCING



REDUCES PIGMENTATION



BRIGHTENING SKINCARE INGREDIENT COMBOS





TREATMENTS FOR ACNE SCARS



CREATING A SKINCARE ROUTINE

START WITH THE **Basics**



THEN GET **Specific**



















TREATMENTS/SERUMS





RETINOIDS: MYTH VS TRUTH



MYTH

Retinoids Exfoliate Your Skin

TRUTH

Retinol is an antioxidant and works deeper in your skin to increase the rate that your skin produces new skin cells. It does not dissolve the bonds that hold your dead skin cells together like chemical exfoliants do

You Should Only Use Retinoids At Night Only some retinoids are broken down by sunlight. Adapalene, Tazarotene, and micronised tretinoin are generally stable. However, skin renewal is at it's highest overnight so it may be useful to use retinoids in the PM anyway.

Retinoids Thin Your Skin Retinoids actually increases the thickness of your epidermis & dermis. It only thins your stratum corneum (layer of dead skin cells) which can lead to sensitivity but also smooth, glowy skin.

Overall = increased skin thickness

VITAMIN C CHEAT SHEET

WHAT IT IS:

HELPS TREAT:

An antioxidant essential for the production of collagen (Ascorbic Acid) Fine lines & wrinkles, rosacea, hyperpigmentation, acne

PAIRS WELL WITH:

IDEAL %:

8 - 20%



Retinol









рН:

3.5

KEY BENEFITS:





DILATION



ANTI-INFLAMMATORY & ANTIOXIDANT



COLLAGEN BOOSTING



REDUCES PIGMENTATION

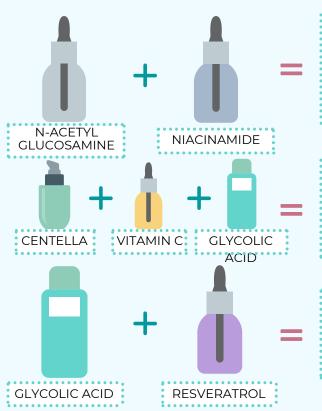




- Salicylic acid and niacinamide reduce facial oiliness in slightly different ways and have an additive effect on oil production when combined together.
- Ceramides, cholesterol, and fatty acids improve skin hydration better when combined together but may actually delay barrier recovery if only one or two are combined.
- Antioxidants and sunscreen used together reduce the production of free radicals by 78% compared to 55% from sunscreen alone.



- Caffeine enhances the photoprotective effects of green tea polyphenols and both together may help prevent free radical production and UVBinduced skin cancer.
- Vitamin C helps to regenerate
 Vitamin E, making it more readily
 available to protect the skin from
 free radicals. Vitamin E returns the
 favour by increasing the action of
 vitamin C four-fold (4x). Add in
 ferulic acid and this is increased
 eight-fold (8x).
- The addition of iron oxides to sunscreens can broaden the UV protection of mineral sunscreen agents into the longer UVA and visible light spectrums. It can reduce the amount of UVA rays able to penetrate skin to 1.5%.



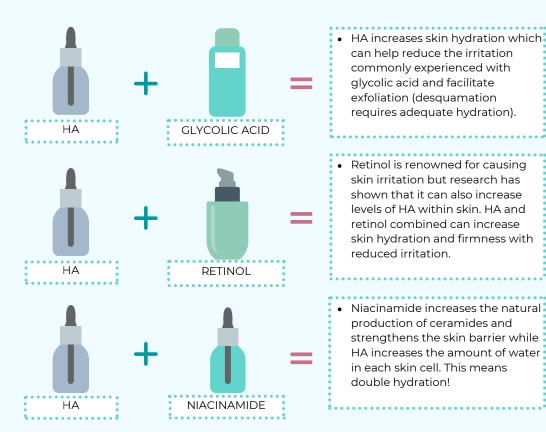
 NAG prevents melanin production while niacinamide prevents the spread of existing melanin. together, they reduce pigmentation better than either ingredient used alone.

 Centella, Vitamin C, and glycolic acid each increased collagen production two-fold (2x) when used alone but four-fold (4x) when all used together.

 A hybrid of glycolic acid and resveratrol (resveratryl triglycolate) inhibited tyrosinase more effectively than glycolic acid alone.



- AHAs break the bonds between dead skin cells so that they can be shed from the skin while retinol increases the rate that new skin cells are produced and brought to the surface of skin.
- Glycolic acid and vitamin C have an additive effect on collagen production with both increasing collagen production two-fold (2x) when used separately but threefold (3x) when used together.
- Pre-treatment of skin with niacinamide improved skin barrier function and made skin more tolerant to retinoids as well as enhancing their anti-aging effects.





TREATMENTS FOR ACNE SCARS



VS

FRACTIONATED CO2 LASERS



VS

MICRONEEDLING



PULSED DYE LASER (PDL)

PARTICULARLY SUITABLE FOR:

True Acne Scars, PIH

NOT SUITABLE FOR:

Active Acne

CAUTIONS:

Can Trigger Coldsores In Those Prone To Them

DOWN TIME: HIGH **DISCOMFORT:** HIGH

PARTICULARLY SUITABLE FOR:

True Acne Scars

NOT SUITABLE FOR:

Active Acne

CAUTIONS:

Small Risk of Infection

DOWN TIME: LOW **DISCOMFORT:** MED

PARTICULARLY SUITABLE FOR:

True Acne Scars, Active Acne, PIE

NOT SUITABLE FOR:

Anywhere You Don't Want To Lose Hair

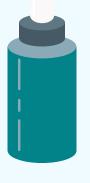
CAUTIONS:

Can Trigger Coldsores In Those Prone To Them

DOWN TIME: LOW **DISCOMFORT:** LOW



BEST RETINOL ALTERNATIVES











PEPTIDES

BAKUCHIOL

ROSEHIP OIL

AZELAIC ACID

RESVERATROL

- Protection
- ✓ Wrinkles
- ✓ Acne
- Pigmentation
- x Acne Scars

- Protection
- ✓ Wrinkles
- ✓ Acne
- Pigmentation
- × Acne Scars

- Protection
- ✓ Wrinkles
- ✓ Acne
- Pigmentation
- ✓ Acne Scars

- ✓ Protection
- × Wrinkles
- ✓ Acne
- Pigmentation
- x Acne Scars

- ✓ Protection
- ✓ Wrinkles
- ✓ Acne
- Pigmentation
- × Acne Scars

GOOD FOR:

GOOD FOR:

GOOD FOR:

GOOD FOR:

GOOD FOR:

Tightening

Aging Skin

Dry Skin

Acne

Brightening



BEST VITAMIN C ALTERNATIVES











NIACINAMIDE

GREEN TEA

RETINOL

ASTAXANTHIN

RESVERATROL

- Protection
- ✓ Wrinkles
- ✓ Acne
- Pigmentation
- × Acne Scars

- Protection
- ✓ Wrinkles
- ✓ Acne
- ✓ Pigmentation
- × Acne Scars

- ✓ Protection
- ✓ Wrinkles
- ✓ Acne
- Pigmentation
- Acne Scars

- ✓ Protection
- ✓ Wrinkles
- ✓ Acne
- ✓ Pigmentation
- x Acne Scars
- Protection
- ✓ Wrinkles
- ✓ Acne
- ✓ Pigmentation
- × Acne Scars

GOOD FOR:

Dry Skin

Acne

GOOD FOR:

GOOD FOR:

Aging Skin

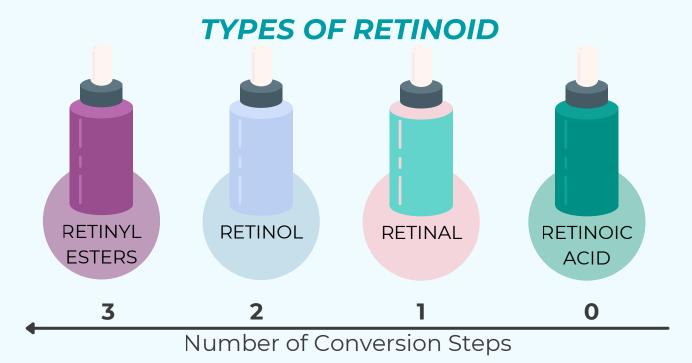
GOOD FOR:

Protection

GOOD FOR:

Brightening

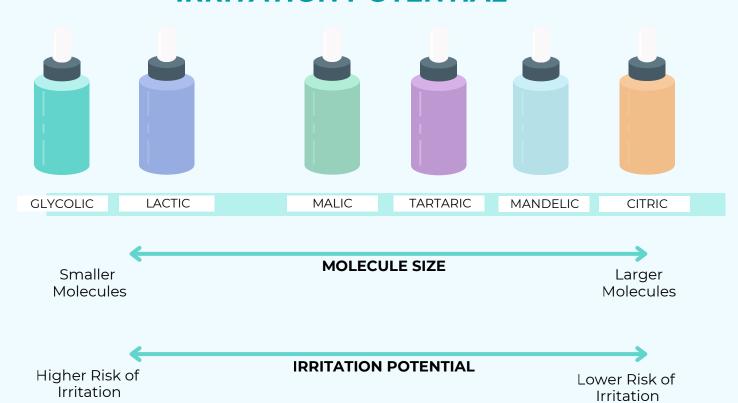




Strength/Potency

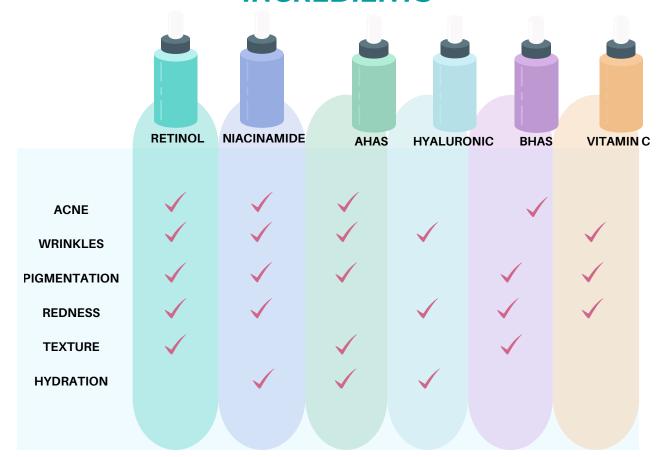


AHAS IN ORDER OF IRRITATION POTENTIAL





BEGINNERS GUIDE TO SKINCARE INGREDIENTS





SOOTHING INGREDIENTS FOR ACNE





SOOTHING INGREDIENTS FOR ACNE





PROTECT



CONTROL OIL

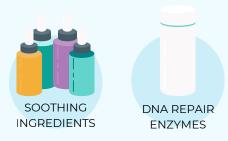


MAINTAIN LOW PH





REPAIR & SOOTHE



BOOST CELL RENEWAL

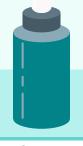


MOISTURIZE





BEST INGREDIENTS FOR TREATING MULTIPLE SKIN CONCERNS









NIACINAMIDE

RETINOIDS

AHAS

BHAS

- ✓ Protection
- ✓ Wrinkles
- ✓ Acne
- Pigmentation
- ✓ Rosacea
- ✓ Barrier Repair
- ✓ Dryness
- ✓ Dehydration
- ✓ PIE/Ředness
- ✓ Oiliness
- * Acne Scars

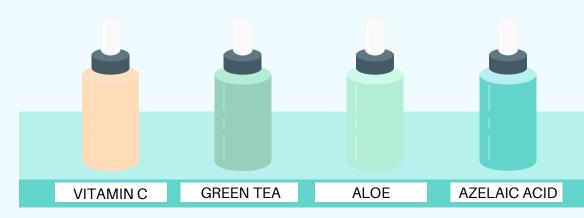
- ✓ Protection
- ✓ Wrinkles
- ✓ Acne
- Pigmentation
- × Rosacea
- 🗴 Barrier Repair
- x Dryness
- Dehydration
 PIE/Redness
- → Oiliness
- Acne Scars

- **x** Protection
- ✓ Wrinkles
- ✓ Acne
- Pigmentation
- **x** Rosacea
- x Barrier Repair
- **x** Dryness
- ✓ Dehydration
- x PIE/Redness v Oiliness
- × Offiness
- Acne Scars

- Protection
- Wrinkles
- ✓ Acne
- Pigmentation
- x Rosacea
- x Barrier Repair
- Dryness
- × Dehydration
- ? PIE/Ředness
- Oiliness
- Acne Scars



BEST INGREDIENTS FOR TREATING MULTIPLE SKIN **CONCERNS**



- ✓ Protection ✓ Wrinkles
- ⋆ Acne
- Pigmentation
- Rosacea
- Barrier Repair
- Dryness
- Dehydration PIE/Redness

- × Oiliness × Acne Scars

- Protection
- Wrinkles
- Acne
- Pigmentation
- Rosacea
- x Barrier Repair
- **x** Dryness
- Dehydration PIE/Redness
- Oiliness
- Acne Scars

- ✓ Protection
- Wrinkles
- ✓ Acne
- Pigmentation Rosacea
- Barrier Repair
- Dryness Dehydration
- PIE/Redness **Oiliness**
- Acne Scars

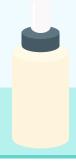
- ✓ Protection
- ★ Wrinkles
- Acne
- Pigmentation Rosacea
- x Barrier Repair
- Dryness
- Dehydration PIE/Redness Oiliness
- X Acne Scars

BEST INGREDIENTS FOR TREATING MULTIPLE SKIN CONCERNS









RESVERATROL

CENTELLA

NAG

CERAMIDES

- ✓ Protection
- Wrinkles
- ✓ Acne
- Pigmentation
- ✓ Rosacea
- 🗙 Barrier Repair
- x Dryness
- **x** Dehydration
- PIE/Redness
- x Oiliness
- 🙀 Acne Scars

- Protection
- ✓ Wrinkles
- ✓ Acne
- × Pigmentation
 - ✓ Rosacea
- × Barrier Repair
- ✓ Dryness
- Dehydration
- ✓ PIE/Redness ✓ Oiliness
- *Acne Scars

- Protection
- ✓ Wrinkles
- ✓ Acne
- Pigmentation
- ✓ Rosacea
- 🗙 Barrier Repair
- Dryness
- DehydrationPIE/Redness
- ✓ I IL/ITEGII

 ✓ Oiliness
- × Acne Scars

- Protection
- Wrinkles
- Acne
- Pigmentation
- Rosacea
- Barrier Repair
- Dryness
- Dehydration
- ✓ PIE/Ředness
- **x** Oiliness
- × Acne Scars



CAN YOU USE THEM TOGETHER?



WHAT'S THE DEAL?

VITAMIN C

- The most potent form is ascorbic acid which is unstable and should be formulated with a pH of less than 3.5 in order to enter your skin.
- Some vitamin C derivatives are stable at a neutral pH.

RETINOL

- Retinol doesn't convert to its active form (retinoic acid) until it penetrates your skin and requires a process called 'esterification' to do so.
- The enzymes that allow this process have a 'low optimum pH of about 5.6'.
- Your skin's natural surface pH is around 5.0 6.0 so most skincare ingredients are formulated with this in mind/have to adjust to your skin pH.
- A 2012 study found that vitamin C actually stabilized retinol and increased its shelflife.
- Other research found that the combination of vitamin c and retinol together worked better than either ingredient alone at reversing the signs of skin aging.



CAN YOU USE THEM TOGETHER?



WHAT'S THE DEAL?

RETINOL

- Retinol doesn't convert to its active form (retinoic acid) until it penetrates your skin and requires a process called 'esterification' to do so.
- The enzymes that allow this process have a 'low optimum pH of about 5.6'.

SALICYLIC ACID

- It was originally thought that salicylic acid, like glycolic acid and other hydroxy acids, had to have a pH of less than 3.5 in order to be effective. However, SA isn't that much more effective at a low pH but is more irritating.
- Merinville et al (2009) found that neutralized salicylic acid with a pH of 6.5 was equally as effective as salicylic acid with a pH of 3.12 but caused less skin irritation.
- Katz et al (2015) found that the use of a salicylic acid cleanser followed by a retinol serum was well tolerated and improved the signs of sun damage (fine lines, wrinkles, pigmentation, etc.).
- Retinol has also been successfully used after salicylic acid peels to improve skin texture.
- Draelos et al. (2016) found that the combination of salicylic acid and retinol can improve acne after 4 weeks of use



CAN YOU USE THEM TOGETHER?



RETINOL

- Boosts collagen production
- Reduces inflammation
- Helps prevent acne scarring
- Helps unclog pores and treat acne
- Reduces pigmentation
- Improves the appearance of fine lines and
 wrinkles

AZELAIC ACID

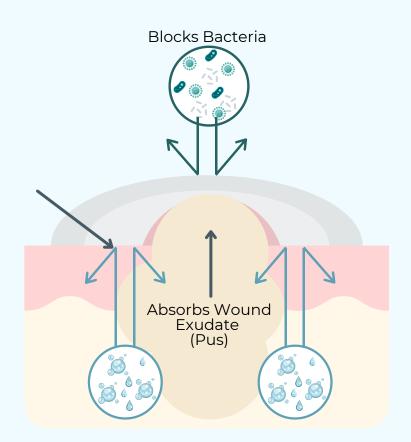
- Reduces inflammation
- Improved redness and rosacea
- Antibacterial effects
- Improves acne & acne marks
- Prevents melanin synthesis
- Reduces skin sensitivity

TOGETHER:

- Graupe et al. (1996) found that both azelaic acid and retinol were effective at improving hyperpigmentation but a faster response and better improvement was observed when the two were combined together.
- Webster (2000) found that azelaic acid can enhance the effects of retinol when used to treat acne.
- Although retinol can be irritating for sensitive rosacea-prone skin, there have been a few case studies where it was used successfully alongside azelaic acid in a skincare regime prescribed for rosacea.

HOW DO PIMPLE PATCHES WORK?

Keeps Wound Hydrated (Faster Healing)



Hydrocolloid Dressing (Pimple Patch)



VITAMIN C DERIVATIVES

	VITAMIN C	IS IT STABLE?	ABSORBED BY SKIN?	CONVERTS F	PREVENTS SUI DAMAGE?	N BOOSTS COLLAGEN?	PREVENTS PIGMENT?
AA	ASCORBIC ACID	If pH less than 3.5	Yes	N/A	Yes	Yes	Yes
SAP	SODIUM ASCORBYL PHOSPHATE	Yes at pH 7	Yes	Yes	Yes (less than AA)	Yes (less than MAP)	Yes
ИAР	MAGNESIUM ASCORBYL PHOSPHATE	Yes at pH 7	Yes	Yes	Not Known	Yes (same as AA)	Yes
AA-PAL	ASCORBYL PALMITATE	If pH less than 3.5	Yes	Not Known	Yes	Yes	Not Known
VC-IP	ASCORBYL TETRAISO- PALMITATE	If pH less than 5	Yes	Yes	Yes	Yes	Yes
AA-2G	ASCORBYL GLUCOSIDE	Yes	Yes	Yes	Yes (less than SAP)	Yes	Yes
APP	ASCORBYL2- PHOSPHATE- 6 PALMITATE	Yes at pH 7	Yes	Yes	Not Known	Not Known	Yes
EAC	3-0-ETHYL ASCORBATE	Not Known	Yes	Not Known	Not Known	Not Known	Yes

