

# active clearing

## acne + aging

One of the first questions adults have when they experience acne is, “**Why am I breaking out at this age?**”

Contrary to popular belief, acne isn't just for teenagers. It can affect anyone, regardless of age, gender, ethnicity or skin type. While teens typically get acne because of puberty hormones that trigger excess sebum production in the skin, adults get acne for a variety of reasons that range from intrinsic factors (stress, genetics, hormones, endocrine disorders, immune system, microbiome) to extrinsic factors (lifestyle, cosmetic use, the environment).

## adult acne vs. teen acne

Adult acne generally falls into two categories: persistent and late-onset. Adults with persistent acne are experiencing a continuation or relapse of acne from adolescence into adulthood and middle age.<sup>1,2</sup> Late-onset acne (generally 25 years old and above) can happen to everyone irrespective of prior acne condition(s) during teenage years. Both persistent and late-onset acne more frequently affect women and are often associated with inflammation, changes in pigmentation, and scarring, which cause the appearance of premature skin aging. Late-onset acne

is thought to be less common than persistent acne<sup>3,4</sup> which is generally mild to moderate in severity. Lesions tend to be inflammatory, with fewer comedones than adolescent acne.<sup>1,5</sup> Breakouts tend to occur along the mandibular region (mouth, chin and jaw line), the sides of the neck, and sometimes the chest.<sup>6</sup> Adults also often have sensitized skin, and a combination of other skin conditions in addition to acne, which makes treatment more complex than treatment of teens, who generally have more resilient, uniform oily skin.



**the anatomy of adult acne**

Before understanding what causes adult acne, it helps to know how acne forms from a physiological standpoint. There are five main factors that contribute to the formation of adult acne and related signs of premature skin aging:

**Overactive Sebaceous Glands**

Acne occurs only where there are sebum-producing glands, which are mostly concentrated on the face and upper body. Typically, the fine vellus hairs that line each follicle would efficiently wick away sebum, but this is not the case in acneic skin. Excess sebum production is often associated with over-reactive sebaceous glands, a tendency toward follicle congestion and an oily T-zone.

**Cell Accumulation**

The skin naturally sheds dead skin cells through desquamation, however, acneic skin does not shed them properly. This is because acneic skin produces four to five times more skin cells yet possesses fewer lamellar granules, which are responsible for releasing natural desquamation enzymes. This causes retention hyperkeratosis (the

“holding onto” of “more skin cells”). Desquamation also naturally slows with age, so an adult with acneic skin is even more prone to buildup of dead skin cells inside and at the opening of the follicles.

When accompanied by excess sebum, dead skin cells that build up in the follicle stick together and form an impaction plug, which provides a perfect anaerobic (without oxygen) environment for breakout-causing bacteria.

**Bacteria**

Scientists are still trying to understand more about the skin’s microbiome (aka ecosystem of microorganisms), but we do know that some of its residents – the bacteria *Propionibacterium acnes*, or *P. acnes* – cause acne. When *P. acnes* become trapped in an anaerobic environment (a clogged follicle), they feed on sebum and generate free fatty acids as waste products. This irritates the follicle lining. At this point, the skin may show closed comedones (whiteheads) or open comedones (blackheads), which are non-inflammatory lesions.

**Inflammaging**

Inflamed lesions (papules, pustules, cysts, nodules) are the red, swollen, sometimes pus-filled breakouts that drive clients to seek help. These occur when the free fatty acids generated by *P. acnes* build up and expand the follicle, then rupture the follicle wall beneath the skin. Acneic skin is more permeable around the sebaceous gland and follicle, which may lead to leakage and inflammation into surrounding tissues.

If a break in the follicle is close to the surface, a pustule forms. If the break is deeper, a nodule forms. In some cases, a membrane entraps the infection and a cyst develops. In any case, matrix metalloproteinase (MMPs) enzymes are stimulated to help repair the damaged tissue and white blood cells invade the area.

Chronic, low-grade inflammation (inflammaging) can contribute to accelerated skin aging by breaking down collagen, compromising barrier function, slowing wound healing and generating post-inflammatory hyperpigmentation.

**Post-Inflammatory Hyperpigmentation (PIH)**

PIH is a common concern among adults with acne, as it creates dark marks that can remain for several weeks after a breakout has cleared. This not only prolongs the stressful experience of having adult acne, it causes uneven skin tone that accelerates the appearance of premature skin aging. PIH is especially common with darker skin tones.

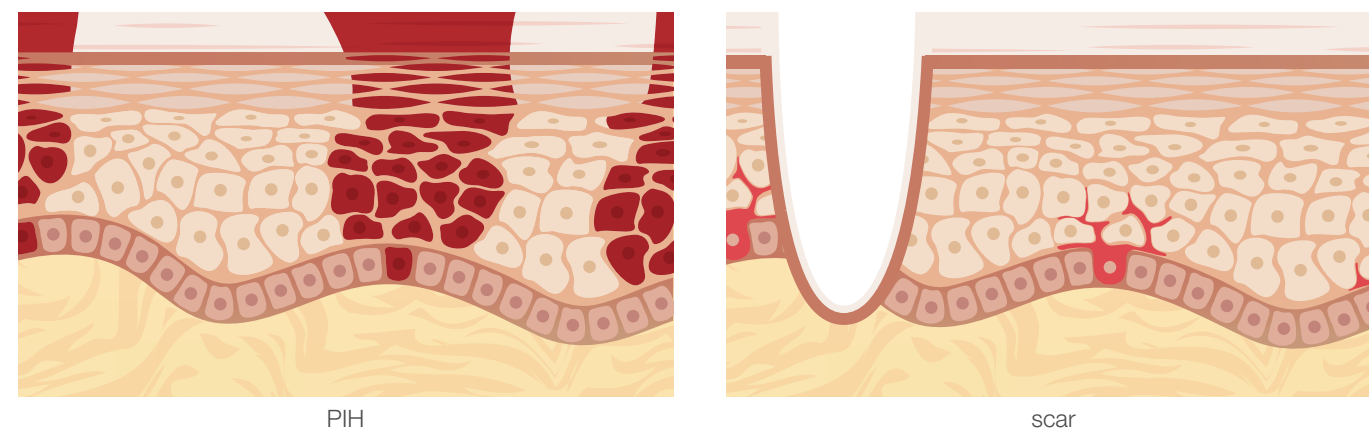
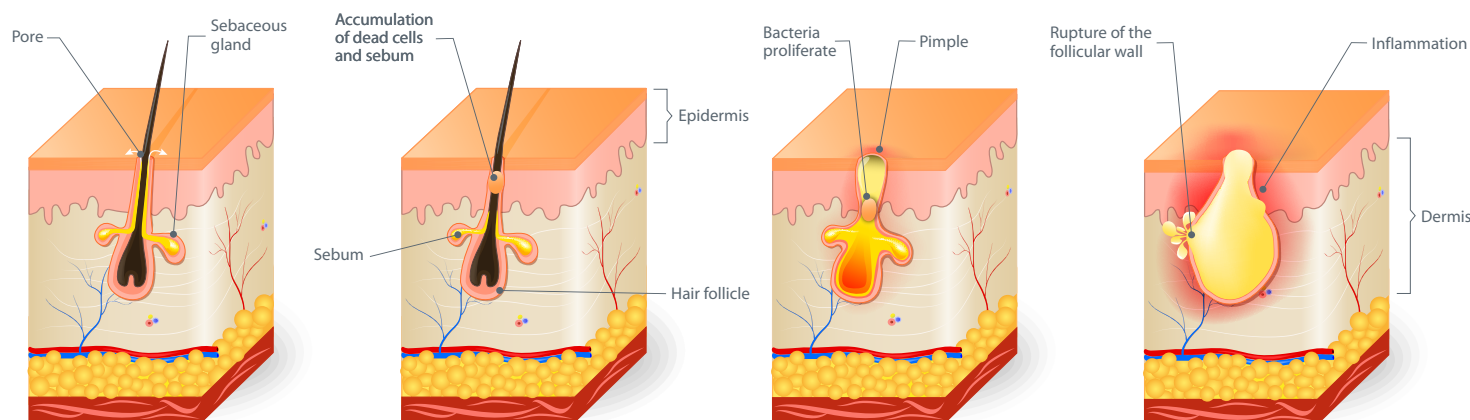
PIH is discoloration of the skin that follows an inflammatory wound. This form of hyperpigmentation stems from skin

melanocytes’ exaggerated response to injury, however slight, which results in an abnormal distribution of melanin (pigment) in the tissues. Melanocyte activity is stimulated by the same inflammatory mediators that are activated when the skin’s immune response is activated. What affects the skin’s Langerhans cells, which help drive protective immune responses, generally will stimulate the melanocytes, and vice versa. When inflammation subsides, the inflammatory mediators revert to normal levels, and so does the production of melanin.

In due course, the cells causing hyperpigmentation rise to the stratum corneum and slough off, causing the hyperpigmentation to disappear. Depending on the depth of the inflammation or wound, hyperpigmentation will be evident in both the epidermis and the dermis. If it happens in the dermis, as in the case of severe inflammation, the pigments will not go through the slough-off process and can be stuck for many years or decades. This may account for the difficulty in treating post-inflammatory pigmentation associated with deeper scar tissue.

**Is it PIH or a scar?**

Clients often refer to PIH as a scar, so it’s important to help them distinguish between the two. PIH is characterized by skin discoloration ranging from pink to black. PIH can be associated with scarring but can also occur on a flat area of the skin. Most PIH can be reduced over time with regular application of exfoliants or ingredients such as Hexylresorcinol and Niacinamide (Vitamin B<sub>3</sub>). Scarring is characterized by skin atrophy, usually seen as a depressed or raised area that results from loss or overgrowth of tissue. Scarring cannot be sufficiently resolved through skin care alone.



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**skin condition**

Breakout-prone, prematurely-aging skin.

**description**

A foaming, breakout clearing cleanser that helps clear skin and reduce visible skin aging.

**top products to prescribe**

- AGE Bright Clearing Serum
- AGE Bright Spot Fader
- Sebum Clearing Masque



retail



8.4 US FL OZ / 250 mL

professional



16.9 US FL OZ / 500 mL

## clearing skin wash

**application**

Work a pea-sized amount into a lather in wet hands. Apply to dampened face and neck, massaging in circular motions while concentrating on areas of congestion, breakouts and oiliness. Avoid eye area. Rinse thoroughly with warm water.

**professional application**

- 1 Perform the Dermalogica Double Cleanse that begins with **PreCleanse**.

**note:**

Upon beginning second cleanse with **Clearing Skin Wash**, steam may be used to facilitate the cleansing process by further softening the skin.

- 2 Lather **Clearing Skin Wash** and apply with a flowing effleurage, spreading movement over the entire face, throat and upper décolleté.

- 3 Damp sponges or steam towels should be used to remove all traces of cleanser.

**contraindications for use**

Product contains Salicylic Acid and may irritate very sensitive skin. Discontinue use if client experiences undue redness or burning. Not for those who currently take acne medication. For external use only. Avoid contact with eyes. If irritation develops, discontinue use.

**key ingredients**

**Salicylic Acid:** stimulates natural exfoliation to help clear clogged follicles and smooth away dullness that contributes to visible skin aging.

**Menthol and Camphor:** help cool the skin.

**Melissa Officinalis (Balm Mint) Leaf Extract and Melaleuca Alternifolia (Tea Tree) Leaf Oil:** known for antiseptic, analgesic, anti-bacterial and skin-soothing properties.

**Eucalyptus Globulus Leaf Extract:** liquid from the leaves of Eucalyptus Tree. Often used as an antiseptic.

**benefits / top retailing points**

Foaming cleanser clears away excess oil while maintaining healthy, hydrated skin.

Synergistic combination of botanicals and Salicylic Acid help clear skin.

Soothing botanicals help calm breakout-irritated skin.

Helps prevent future breakouts.

**skin condition**

Breakout-prone, prematurely-aging skin

**description**

A soothing clay masque that helps clear breakouts and minimize premature signs of skin aging.

**top products to prescribe**

- Clearing Skin Wash
- AGE Bright Clearing Serum



retail



2.5 US FL OZ / 75 mL

## sebum clearing masque

**application**

Apply a smooth layer to cleansed face and neck (avoiding the eye area) three times per week. May also be used exclusively on the T-zone. Leave on for 10 minutes, then rinse thoroughly with warm water.

**contraindications for use**

Product contains Salicylic Acid and may irritate very sensitive skin. Discontinue use if client experiences undue redness or burning. Not for those who currently take acne medication. For external use only. Avoid contact with eyes. If irritation develops, discontinue use.

**key ingredients**

**Salicylic Acid:** helps clear clogged follicles, which contribute to breakouts.

**Bentonite and Kaolin:** clays that help absorb excess oil, refine pores and clear congestion.

**Avena Sativa (Oat) Kernel Extract and Bisabolol:** help soothe aggravation brought on by breakouts.

**Carthamus Tinctorius (Safflower) Seed Oil:** helps counter fine dehydration lines.

**Dipotassium Glycyrrhizate (Licorice):** known to have soothing properties.

**Niacinamide:** known to help control sebum and scavenge free radicals.

**benefits / top retailing points**

Reduces breakouts to help clear skin.

Brightens and fades pigmentation.

Reduces the appearance of skin aging.

**skin condition**

Breakout-prone,  
prematurely-aging skin

**description**

A two-in-one brightening and clearing serum that clears and helps prevent breakouts while reducing visible skin aging.

**top products to prescribe**

- AGE Bright Spot Fader
- Oil Free Matte SPF30



retail



1 US FL OZ / 30 mL

## age bright clearing serum

**application**

Apply a thin layer on cleansed skin and allow to dry. Use all over the face and under recommended Dermalogica Moisturizer twice a day, as needed.

**contraindications for use**

Product contains Salicylic Acid and may irritate very sensitive skin. Discontinue use if client experiences undue redness or burning. Not for those who currently take acne medication. For external use only. Avoid contact with eyes. If irritation develops, discontinue use.

**key ingredients**

**Salicylic Acid:** a Beta Hydroxy Acid that reduces breakouts to clear skin.

**AGE Bright™ Complex:** works with the skin's natural microbiome to promote clearer, brighter skin. Terpineol (isolated from Pinus Sylvestris, or Pine Oil) and Thymol (from Thymus Vulgaris, or Thyme) help reduce P. acnes and sebum while Niacinamide (Vitamin B<sub>3</sub>) helps reduce visible skin aging by fading post-inflammatory hyperpigmentation.

**Phytoactives from Resurrection**

**Plant:** hydrate and smooth skin. The Resurrection Plant is known for its ability to survive extreme dehydration.

**White Shiitake Mushroom:** works together with Niacinamide in AGE Bright™ Complex to promote brighter, more even skin tone.

**benefits / top retailing points**

Helps clear and prevent breakouts.

Promotes brighter, even skin tone to reduce visible signs of premature skin aging.

Hydrates and smoothes skin.

**skin condition**

Breakout-prone,  
prematurely-aging skin.

**description**

A two-in-one brightening spot treatment that reduces the appearance of active breakouts and post-breakout marks.

**top products to prescribe**

- AGE Bright Clearing Serum
- Oil Free Matte SPF30



retail



0.5 FL OZ / 15 mL

## age bright spot fader

**application**

Apply directly upon first sign of breakout. Reapply twice a day until spot fades.

**contraindications for use**

Product contains Salicylic Acid and may irritate very sensitive skin. Discontinue use if client experiences undue redness or burning. Not for those who currently take acne medication. For external use only. Avoid contact with eyes. If irritation develops, discontinue use.

**key ingredients**

**Salicylic Acid:** a Beta Hydroxy Acid, reduces breakouts to clear skin.

**AGE Bright™ Complex:** reduces visible skin aging and helps prevent over-drying of the skin. Contains Terpineol (isolated from Pinus Sylvestris, or Pine Oil), Thymol (from Thymus Vulgaris, or Thyme), and Niacinamide (Vitamin B<sub>3</sub>).

**Hexylresorcinol:** works synergistically with Niacinamide in AGE Bright™ Complex to fade post-breakout marks (post-inflammatory hyperpigmentation), improving uneven skin tone.

**benefits / top retailing points**

Helps clear active breakouts and prevent related post-inflammatory hyperpigmentation.

Promotes brighter, more even skin tone to help reduce the appearance of premature skin aging.

**skin condition**

Breakout-prone, prematurely-aging skin.

**description**

An invisible nighttime gel that helps clear breakouts and reduce visible skin aging.

**top products to prescribe**

- Clearing Skin Wash
- Sebum Clearing Masque



retail



1.7 US FL OZ / 50 mL

# overnight clearing gel

**application**

At night, apply a thin layer all over cleansed face and allow to absorb. In the morning, wash off with recommended Dermalogica Cleanser.

**contraindications for use**

Product contains Salicylic Acid and may irritate very sensitive skin. Discontinue use if client experiences undue redness or burning. Not for those who currently take acne medication. For external use only. Avoid contact with eyes. If irritation develops, discontinue use.

**key ingredients**

**Salicylic Acid:** sloughs off pore-clogging skin cells to inhibit development of further breakouts.

**Melaleuca Alternifolia (Tea Tree) Leaf Oil:** soothes skin while your client sleeps.

**Niacinamide, Biotin, Zinc Gluconate** and **Caffeine:** known for purifying and soothing properties.

**Spiraea Ulmaria (Meadowsweet), Yeast** and **Dipotassium Glycyrrhizate (Licorice):** natural extracts, known for purifying properties.

**benefits / top retailing points**

Helps clear clogged follicles, which contribute to breakouts.

May be applied all over the face or to select zones experiencing breakouts and congestion (e.g., the jaw area).

# oil free matte spf30

**skin condition**

Breakout-prone, prematurely-aging skin with areas of excess oil production.

**description**

A Broad Spectrum sunscreen and mattifying moisturizer in one that helps prevent shine and skin aging.

**top products to prescribe**

- Overnight Clearing Gel
- Clearing Skin Wash
- Sebum Clearing Masque



retail



1.7 US FL OZ / 50 mL

**application**

Apply liberally to face, preferably 30 minutes prior to sun exposure

**warnings**

For external use only. Do not use on damaged or broken skin. Avoid contact with eyes. If contact occurs, flush with water. Apply prior to sun exposure and reapply often. Discontinue use if skin irritation develops. Do not use on infants under 6 months. Contains Benzophenone-3.

**active ingredients**

Chemical sunscreens:

- Avobenzone
- Homosalate
- Octisalate
- Oxybenzone

**key ingredients**

**Niacinamide, Biotin, Zinc Gluconate, Caffeine** and **Yeast:** Advanced blend of ingredients known for their purifying properties.

**Oil absorbers** help maintain an all-day matte finish, preventing shine without any powdery residue.

**benefits / top retailing points**

Lightweight, ultra-sheer formula provides defense against skin-aging UV light.

Mattifies oily shine.

Oil-free formula is perfect for oil-phobic clients.

