

# Cleansing and Care of Acne Skin

## Therapy supportive skin care system



- ◊ pH 5,5 inhibits the growth of acne-causing bacteria and stabilizes the acid mantle of the skin
- ◊ Panthenol promotes the regeneration of the skin
- ◊ Also recommended for cleansing of dry skin and adult acne

The other products in the Clear Face range provide effective solutions for the needs of acne-prone skin such as:

- ◊ Disinfection and removal of excess sebum (Clear Face Deep-Cleansing Facial Toner)
- ◊ On-spot treatment and concealment of acne lesions (Clear Face Anti-Pimple Gel/ Anti-Pimple Cream)
- ◊ Non-comedogenic care (Clear Face Care Gel)

They equally strengthen the barrier function of the skin by their acidic pH value.

Medicinal skin care can help in mild and moderate forms of acne and is a potent adjuvant to drug therapy in more severe forms. Your professional recommendation for suitable products is sincerely appreciated by the young patients, as a multitude of skin care products is available on the market, but not all are equally appropriate for the cleansing and care of acne skin.

### CLEAR FACE SUPPORTS THE 3 PRINCIPLES IN ACNE SKIN CARE:

- 1. Cleansing must be mild, but thorough**  
Excess oil and loose corneocytes must be removed without dehydrating or irritating the skin. Skin swelling on skin contact with pH-neutral or alkaline cleansing products (like soap) allows no pore-deep cleansing.
  - > sebamed Clear Face Cleansing Bar and Antibacterial Cleansing Foam cleanse mildly, but poredeep
- 2. The acid mantle must be stabilized**  
Propionibacterium acnes proliferates on skin, which is cleansed with soap, but is inhibited by washing with an acidic syndet. As a main trigger factor, its suppression is able to alleviate inflammatory acne.
  - > sebamed Clear Face Cleansing Bar and Antibacterial Cleansing Foam support the acid mantle with their pH 5.5
- 3. Comedonic effects of oily skin care must be avoided**  
Exaggerated cleansing procedures, peeling, but also efficient acne therapy causes dryness which patients try to counteract by skin care. Certain oils and emulsifiers may aggravate acne. Oil- and emulgator-free hydrogels are better suited for skin care. Here, too, the acidic pH has to be maintained.
  - > sebamed Clear Face Care Gel moisturizes the skin without oil and emulgators. Aloe gel and panthenol soothes irritated skin and pH 5.5 supports the skin's acid mantle

80% of all adolescents develop acne, often starting as early as 8 years with comedones and generally subsiding in the early twenties. The majority of cases are mild or at most moderate with a predominance of comedones and fewer papules or pustules. Although these are not severe cases

and usually require no specific therapy, the young patients often feel stigmatised and subjectively suffer strongly from this problem. Attempts to get rid of the spots with unsuitable „cures“ frequently adds to the skin problems through dehydration and irritation.

### Mild and moderate forms of acne can be treated effectively by adequate skin cleansing and care.

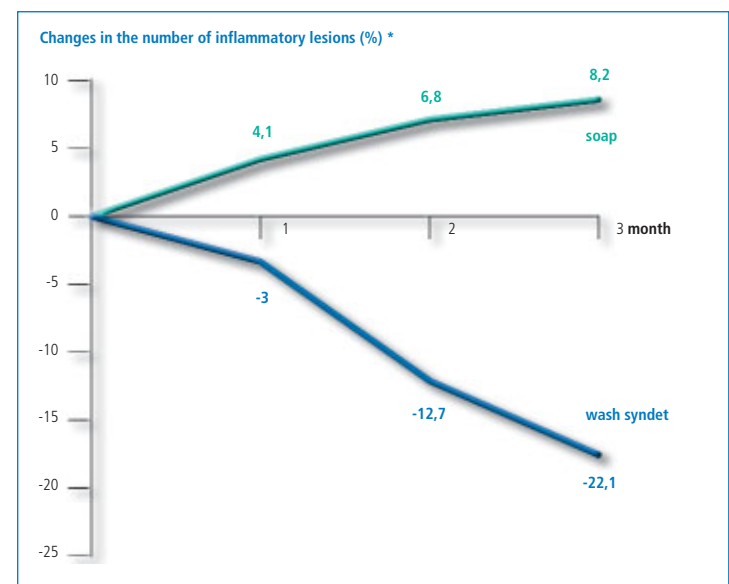
In mild forms of acne, closed and open comedones are often the only symptoms (Acne comedonica).

- In light forms of acne **Clear Face Cleansing Bar** is particularly recommended:
- ◊ Effectively reduces pimples and blackheads in mild acne forms
  - ◊ Thorough, pore-deep cleansing
  - ◊ Controls excessive sebum production
  - ◊ pH 5,5 inhibits the growth of acne-causing bacteria and stabilizes the acid mantle of the skin
  - ◊ Extra-mild, soap-free formulation

When Propionibacterium acnes proliferates excessively, superficial inflammations (papules and purulent pustules) appear on the skin. In **Acne papulo-pustulosa**, several of such mild to moderate inflammatory lesions are present besides the comedones.

- Clear Face Antibacterial Cleansing Foam** is especially suited for inflammatory acne types:
- ◊ Active ingredient Montaine C40: antibacterial effect and effective hydration at the same time
  - ◊ Effectively reduces pimples and blackheads
  - ◊ Soap-free: thorough pore-deep cleansing without drying the skin

Soap-free cleansing with a pH value of 5.5 that combats the proliferation of acne bacteria: **sebamed Clear Face Cleansing Bar**. The extra-mild formulation prevents dehydration and irritation during the cleansing process. Lecithin, moisturizing vitamins and amino acids help to maintain the moisture balance of the skin. sebamed Clear Face Cleansing Bar effectively reduces lesions in mild forms of acne. sebamed Clear Face Cleansing Bar has been dermatologically tested.



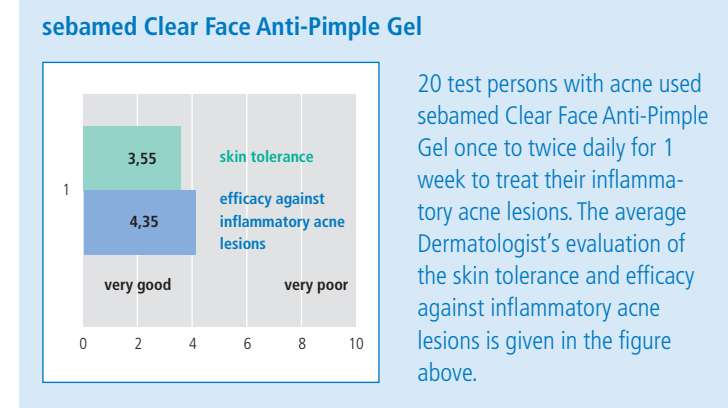
Beneficial effects of an acidic syndet cleansing product in the absence of any specific acne therapy could be demonstrated in a dermatological study on patients with mild forms of acne as compared with normal soap.

\* Korting HC, Ponce-Pöschl E, Klövekorn K, Schmötzner G, Arens-Corell M, Braun-Falco O., 1995. „The influence of the regular use of a soap or an acidic syndet bar on pre-acne“, Infection 23: 89-93

Pore-deep cleansing for the removal of excessive oils and bacteria by **sebamed Clear Face Deep Cleansing Facial Toner**. It also helps to balance the skin's normal micro-flora, inhibiting the growth of acne bacteria through its pH value of 5.5. The toner removes excessive sebum thoroughly with alcohol and at the same time provides moisture with cucumber extract and hydrolysed silk. Allantoin and witch hazel extract soothe the skin. Panthenol supports skin cell regeneration.

Immediate help for patients with inflammatory acne lesions: **sebamed Clear Face Coloured Anti-Pimple Cream**. Acne therapy takes time to show its effects. Young acne patients don't want to wait for their pimples to subside and therefore often show poor compliance. Covering the lesions and at the same time stopping the inflammatory process provides a rapid solution for their problem. The pH 5.5 of the cream supports the effect against acne. sebamed Clear Face Coloured Anti-Pimple Cream covers inflammatory acne lesions, making them immediately invisible. Additionally, its active, antibacterial ingredient chloroxylenol, together with phytosterols eliminate the inflammation. The skin care effect of phytosterols makes the skin smooth and prevents flaking.

In many cases, no covering of the inflammatory lesions is necessary. For the use in the evening or for patients using make-up or camouflage products, **sebamed Clear Face Anti-Pimple Gel** is the ideal product. With its antibacterial substance chloroxylenol it efficiently fights the inflammation processes caused by micro-organisms in the follicles and pimples are dried out. Bisabolol, allantoin and hamamelis extracts support the anti-inflammatory activity. Hydrolysed silk and cucumber extract make the skin smooth and maintain its natural hydration.



Acne patients require special skin care. Oils and emulgators in normal creams can aggravate comedones and inflammatory lesions. Nevertheless, dryness and irritation as side effects of acne therapy often make skin care necessary. **sebamed Clear Face Care Gel** is free of emulgators and oils. Its highly efficient moisturizer hyaluronic acid, and skin soothing aloe leaf gel together with panthenol make the skin smooth and supple. With its pH 5.5 it supports the inhibitory effect of the other Clear Face products in preventing acne bacteria and maintaining the skin's natural barrier function.



### Successful against acne – with your help!



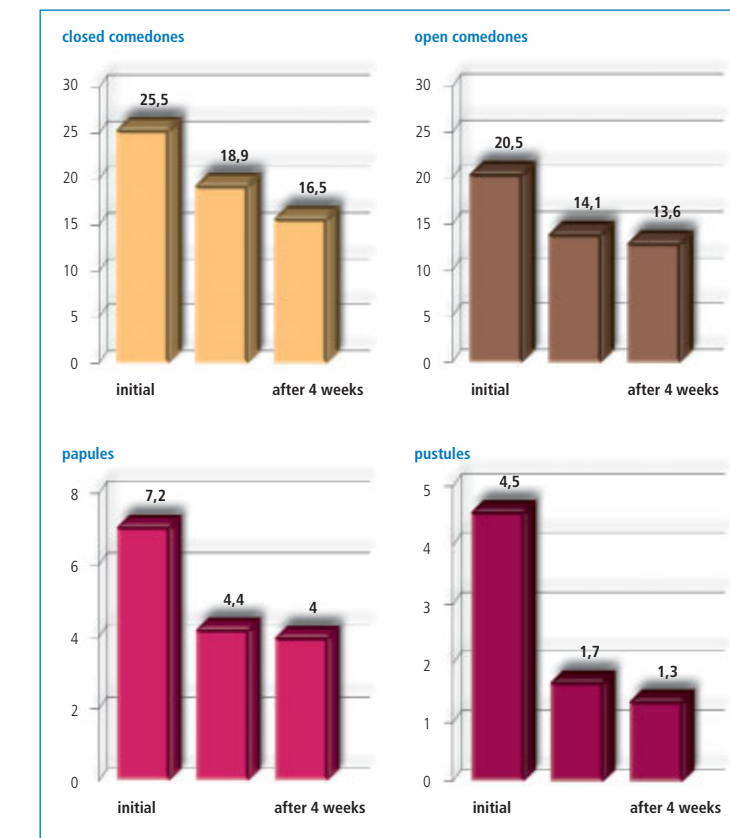
A new concept for skin cleansing in acne: **sebamed Clear Face Antibacterial Cleansing Foam**.

This soap-free, pH 5.5 cleansing foam achieves a triple effect through its active ingredient Montaine C40 (INCI: Cocamidopropyl Betainamide MEA Chloride):

- Pore-deep cleansing by surfactant activity
- Antibacterial effect through quaternary molecular structure
- Rich and soft foam development

Additionally, panthenol supports the skin's regeneration and gives a smooth, silky skin feeling. sebamed Clear Face Antibacterial Cleansing Foam can also be used on dry acne skin, which is a frequent problem in adult forms and a side-effect of efficient drug therapy. sebamed Clear Face Antibacterial Cleansing Foam has been dermatologically tested.

### sebamed Clear Face Antibacterial Cleansing Foam reduces acne lesions



\* Keil D, Jung EG, Bayerl C. Effects of a synthetic detergent skin cleanser for mild acne on skin barrier function. Ann Derm Venerol 2002, 129:5377



**STEP 1: CLEANSING  
CLEAR FACE  
Cleansing Bar, 100g**

- Soap-free, pH 5.5 combats the proliferation of acne causing bacteria
- Effectively reduces pimples and blackheads in light forms of acne
- The natural moisturizing factors lecithin, vitamins and amino acids help rebalance the stressed skin. Vitamin E scavenges free-radicals
- Skin-related squalane supports the maintenance of the skin's moisture balance
- No preservatives, dermatologically tested

INCI: Sodium Cocoyl Isethionate, Triticum Vulgare Starch, Paraffin, Disodium Lauryl Sulfosuccinate, Glycerol Stearate, Palmitic Acid, Stearic Acid, Cetyl Palmitate, Cetearyl Alcohol, Aqua, Lecithin, Perfume, Tocopheryl Acetate, Sodium Lactate, Urea Phosphate, Glycine, Magnesium Aspartate, Alanine, Pyridoxine HCL, Lysine, Leucine, PEG-14M, Disodium EDTA, CI 77891



The most effective therapy-supportive medicinal skin care program for acne in 4 steps

FROM SEBAMED  
Dermatological Research  
and Development



**NEW  
with Montaline C40**



**STEP 1: CLEANSING  
CLEAR FACE  
Antibacterial Cleansing Foam, 150 ml**

- Soap-free, pH 5.5 combats the proliferation of acne causing bacteria
- Reduces pimples and blackheads
- Antibacterial and skin care effect of Montaline C40, a coconut derivative
- Panthenol supports the regeneration of the inflamed skin
- Dermatologically tested

INCI: Aqua, Cocamidopropyl Betainamide MEA Chloride, Cocotrimonium Methosulfate, Sodium Lactate, Panthenol, Parfum, Phenoxyethanol

**STEP 4: COMBAT INFLAMMATION  
CLEAR FACE  
Anti-Pimple Gel, 10 ml**

- pH 5.5 to safeguard and strengthen the acid mantle
- Antibacterial chloroxylenol inhibits the growth of acne bacteria
- Skin soothing and anti-inflammatory hamamelis, bisabolol and panthenol
- No oils and emulsifiers

INCI: Aqua, Alcohol denat., Glycerin, Polysorbate 20, Ethoxydiglycol, Propylene Glycol, Panthenol, Bisabolol, Allantoin, Hamamelis virginiana, Hydrolyzed Silk, Cucumis sativus extract, Butylene Glycol, Chloroxylenol, Sodium Citrate, Sodium Carbomer, Parfum, Ethylparaben, Butylparaben, Potassium Sorbate, Sodium Benzoate



**STEP 2: TONING  
CLEAR FACE  
Deep Cleansing Facial Toner, 150 ml**

- pH 5.5 safeguards and strengthens the acid mantle
- Removes excessive oil without skin dehydration
- Cucumber extract and hydrolyzed silk provide moisture to protect the skin against dehydration
- Hamamelis extract soothes irritated skin and helps to contract pores
- Panthenol supports the healing of acne lesions

INCI: Aqua, Alcohol denat., Panthenol, Polysorbate 20, Ethoxydiglycol, Propylene Glycol, Sodium Lactate, Allantoin, Hamamelis virginiana extract, Hydrolyzed Silk, Cucumis sativus extract, Butylene Glycol, Polyquaternium-22, Parfum, Butylparaben, Ethylparaben, Sodium Benzoate, Potassium Sorbate, CI 42090

**STEP 4: COMBAT INFLAMMATION  
CLEAR FACE  
Coloured Anti-Pimple Cream, 10 ml**

- pH 5.5
- Reduces pimples and blackheads
- With antibacterial chloroxylenol and phytosterols
- Tocopheryl acetate fights tissue-damaging free-radicals. Helps to calm the skin and prevent scarring
- Panthenol promotes healing
- Pentylene glycol and sorbitol replenish moisture content to counteract scaling
- Dermatologically tested

INCI: Aqua, C12-15 Alkyl Benzoate, Glycerol Stearate SE, Butyrospermum parkii, Pentylene Glycol, Alcohol denat., Cetearyl Alcohol, Sorbitol, Rapeseed Sterol, Squalane, Simmondsia chinensis, Tocopheryl Acetate, Behenyl Alcohol, Panthenol, Cetearyl Glucoside, Sodium Citrate, Xanthan Gum, Chloroxylenol, Parfum, CI 77491, CI 77492, CI 77499, CI 77891



**STEP 3: CARE  
CLEAR FACE  
Care Gel, 50 ml**

- pH 5.5 supports the barrier function by strengthening the acid mantle
- Oil-free, emulgator-free
- With skin soothing aloe, moisturizing hyaluronic acid and skin regenerating panthenol
- Allantoin smoothes rough scaly skin
- Without perfume or colour additives

INCI: Aqua, Aloe barbadensis leaf gel, Propylene Glycol, Glycerin, Sorbitol, Panthenol, Sodium Hyaluronate, Allantoin, Sodium Carbomer, Sodium Citrate, Phenoxyethanol

**sebamed – The Medicinal Skin Care System**  
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**Science for healthy skin**

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**Cleansing and Care** of Acne Skin  
Therapy supportive skin care system