SYNERGIE SKIN
CLEAN SCIENCE

CLINICAL DATA – Salicylic Acid

Salicylic Acid Peel
Salicylic Acid is a peeling agent that sheds the outer layer of skin leaving you with smoother, more refined look. An acid peel can eliminate the dirt build-up and bacteria that forms on your skin without being too harsh. This is particularly important if you have sensitive skin. By eliminating bacteria on your face, you are also eliminating redness caused by inflammation. This allows for a more even skin tone.

Whether you have acne-prone skin or not, a salicylic acid peel can be to your benefit. The peel is also useful if you suffer from sun damaged skin that you once thought was beyond repair.

If you have oily skin, especially in your T-zone, use a salicylic acid to combat the excess shine. It is important to know that the beta hydroxy acid in salicylic acid works best if it is not overused. Overuse may do more harm than good and cause skin irritation. Start your peel treatment with the lowest peel strength for the best results.

As with any treatment for acne, salicylic acid may not be the best product for your skin type. Be sure to read the instructions and follow all the necessary steps. Treat your acne-prone skin with a salicylic acid gel, lotion, cleanser or peel and look forward to a future of healthier skin.

This powerhouse of purification and renewal takes an adamant stance against acne and wrinkles alike. However, despite its powerful front, the salicylic acid chemical peel retains a mild extraordinarily non-irritating approach to skin restoration. The well-rounded composition of salicylic acid eliminates skin abnormalities including an excess of dead or abnormal skin cells, sebum and bacteria.

How it works
With Salicylic Acid, you can deeply cleanse and clear the pores, balance oil production, and train even the most blemished skin to behave like healthy, normal, blemish-free skin. Daily treatments result in marked, if not total, improvement in skin's appearance, and help to achieve a continuous blemish-free appearance.

Salicylic acid loosens and removes ageing cells, oil and debris attached to the skin surface. Salicylic is oil-soluble and lipophilic so it penetrates sebum filled follicles and cleans out clogged pores, resulting in marked improvement in acne prone skin. Stimulates new healthy skin cell production and increased collagen formation

Salicylic in Depth
Salicylic became a prominent and respected member of the skin care community in 1997 at the American Academy of Dermatology where dermatologist confirmed their belief that beta hydroxy, salicylic acid is the next generation of products for improving the appearance of ageing skin. After reviewing comprehensive data, the dermatologist agreed that beta hydroxy, salicylic acid is a superior exfoliant that improves the

appearance of ageing, sun-damaged skin without all the irritation associated with the popular alpha hydroxy, glycolic acid.

Dr. Albert Kligman, Professor emeritus of dermatology at the University of Pennsylvania School of Medicine:

"Salicylic acid is effective in reducing the appearance of fine lines and wrinkles, and improving overall facial texture because it exfoliates both the skin surface and within pores, without all of the irritation commonly associated with the alpha hydroxy, glycolic acid." It has been found that beta hydroxy, salicylic acid is effective with as little as one-fifth the concentration typically found in products containing glycolic acid, the most commonly used alpha hydroxy acid.

The superior exfoliation action of salicylic acid is thought to be attributed to its lipid- or oil-solubility. It concentrates its exfoliating action in the lipid-rich layer of the skin where the skin's natural rate of exfoliation reduces with ageing, causing a build-up of dry, dull skin flakes. According to Dr. Kligman, betas also exfoliate within the pores, a benefit not seen with the glycolic acid product test.

For Acne-Prone Skin
Cane vulgaris is a multi-staged and progressive skin condition involving three critical factors: comedones, bacteria and inflammation. The salicylic acid peel counteracts all three fronts of the acne by targeting each assault individually:

- Clogged Pores (comedones): Clogged pores don't stand a chance against beta hydroxy acid, which exfoliates excess dead skin in and around the pore lining.
- Bacteria: The antimicrobial properties of salicylic acid render it highly effective against the propionibacterium acnes bacteria responsible for inflammatory acne. In addition, eliminating bacteria will substantially minimize any existing inflammation.
- Inflammation: Due to its close relation to the popular anti-inflammatory known as acetylsalicylic (aspirin), salicylic acid also functions as a potent anti-inflammatory.

From both a preventative and curative standpoint, the salicylic acid peel is clearly a triple threat against acne. By and large, salicylic acid peels are considered a "textbook option" for the treatment of inflammatory skin conditions related to a surplus of bacteria, dead skin and/or sebum. It is no wonder the FDA approved the use of salicylic acid as an OTC acne medication!

For Mature Skin
The salicylic acid peel has hit the skin care market with a spectacular praise. No longer just a fixture for acne-prone skin, salicylic acid peels are now receiving due acclaim for their ability to treat a wide array of skin disorders including photoaging, papulopustular rosacea, sebaceous cysts, psoriasis and even keratosis pilaris. Additionally, salicylic acid peels have been recognised as a comparable substitution of the ever-popular glycolic acid peel. In the realm of all "substitutes", the salicylic acid peel is considered to be more lenient and forgiving.

Whereas, glycolic acid peels are the mainstream choice for sun-damaged, dry, mature and thickened skin conditions. Although salicylic acid operates in a similar fashion to glycolic acid by exfoliating the skin's surface, it also works within the pore to improve its shape and function. Essentially, salicylic acid peels are the new standard for treating normal to oily, combination and problematic skin types associated with minor to moderate premature ageing and photo damage.

It's Simply Perfect!
A blemish's greatest opposition is that of a lipid-soluble exfoliating agent with both antimicrobial and anti-inflammatory properties. Alas, acne-prone skin has finally found its match in the form of an oil-soluble exfoliating agent with a knack for pore excavation and purification! The salicylic acid peel is highly lipid-soluble and therefore able to evenly penetrate the skin's surface and delve deep into clogged pores for a truly compelling degree of exfoliation. Salicylic acid improves both the appearance and performance of the pore lining so as to generate a more steady and even flow of sebum.

The "Purging" Period
Salicylic acid does in fact "purge" the pores of accumulated matter and debris. However, more often than not, the purging process is deemed minimal to non-existent. Nevertheless, pore purging is entirely normal and very necessary! During a successful pore purification treatment, the skin rapidly expels foreign and excessive matter (i.e.: excess oil and dead skin cells). This detoxification process is essential for the skin's ultimate goal…clear skin! Luckily, salicylic acid will also exfoliate the surface of the skin thus revealing a clear and uniform complexion day by day.

As always, take into consideration the four C's of chemical peels!
- Chemical: Salicylic acid would be considered a mild to moderately abrasive skin peeling agent with a very superficial to medium depth of penetration
- Concentration: 20% and 30%
- Condition: The salicylic acid peel is not recommended for pregnant or nursing women. Hypersensitive skin conditions (i.e.: sunburned, dermatitis-prone or infected skin) should avoid all skin peels including salicylic acid. Otherwise, the salicylic acid peel is an excellent peel treatment for acne prone, oily, congested, hyperpigmented and photodamaged skin.
- Conduct: The salicylic acid peel should always be handled with care!

User-Friendly Peel Tips
- Always follow peel instructions. Each kit includes detailed directions.
- "Spot treat" a discrete area of the face or neck to test for negative reactions.
- Use broad-spectrum sunscreen.
- Always consider user-tolerance, skin type and skin condition.

What is Salicylic Acid?
Salicylic acid is beta hydroxy acid, which means it contains hydrogen and oxygen atoms. This acid is crystalline, colourless and is most widely used in cosmetics as an anti-ageing

cream or facial cleanser for acne. Salicylic acid is usually a skin care alternative to Glycolic acid.

History of Salicylic Acid

You can rest easy knowing that salicylic acid comes straight from nature. Deriving from the bark of a willow tree, Greek physicians Native Americans found many uses for salicylic acid. In medicinal form, salicylic acid was first used as an anti-inflammatory drug. It was most widely used as a medicine to relieve pain and fever. As an organic compound, salicylic acid does not have any added products that deter its treatment of acne. Salicylic acid is one of the most notable ingredients in skin care products because of its rate of success.

Over the years and through experimentation it was found that salicylic acid can be combined with other compounds to form other acids such as acetyl salicylic acid. Today, acetyl salicylic acid is better known as aspirin.

Using Salicylic acid

When it seems that normal skin care methods are not working in clearing your skin, it may be time for you to try a more intense acne product that contains salicylic acid. Salicylic acid doesn't just fight against the acne that you can see with your eyes, but it also works by penetrating your skin and peeling and removing the dead skin cells that sit on the top layer.

As an ingredient in acne products, salicylic acid can be found in a concentration that ranges from 0.5% to 2.0%. As a peeling agent, salicylic acid can come in more highly concentrated numbers of 10% or more, and even upward from 30%.

When salicylic acid is used properly, it is excellent at exfoliating without irritation. As an exfoliant for the skin, salicylic acid sheds dead cells, removes acne and rejuvenates the skin.

Salicylic acid is very beneficial in the treatment of acne by means of unclogging pores and exfoliating the skin. Because it is an organic compound, salicylic acid is a natural ingredient that will not cause skin irritation or many side effects if used properly.

Benefits of Salicylic acid

It's no surprise that numerous brands in the over-the-counter facial cleanser market use products that contain salicylic acid.

Not only has salicylic acid been used to fight acne, but it is also beneficial in the treatment of oily skin, skin that appears to be ageing, and skin that has been damaged by the sun.

Salicylic acid has the unique ability to not only opening clogged pores, but also prevent pores from clogging in the first place.

Another benefit of salicylic acid is its versatility. The acid comes in many forms such as lotion, gel, liquid, foam or peel. In many cases, cosmetic pads with salicylic acid soaked into them can be used as a topical treatment for acne.

For those who have problems with glycolic acid, salicylic acid can provide the necessary treatment needed for suppressing acne without the added irritation caused by glycolic acid.

Salicylic acid and Skin Care

Aside from acne treatment, salicylic acid has been used to treat psoriasis, warts, dandruff, calluses and even as a food preservative. Most recognizably, it is used to treat acne by unclogging pores and allowing old skin cells to shed while new cells grow in their place.

You can choose to use salicylic acid in various forms such as liquid, cream, lotion or cleansing pad form. The tool you use to cleanse your face is not important. What is important is that you use salicylic acid regularly to obtain desired results. After using a product with salicylic acid, it is recommended to continue to use the product to prevent future acne breakouts.

The beta hydroxy element of salicylic acid has been proven to be helpful in fighting the appearance of ageing. It is also great at exfoliating your skin, which diminishes the size of pores and your overall skin tone. The acid can also treat and reduce the appearance of blackheads and whiteheads, which are usually difficult to treat as they are formed within pores.