



NICOLA FINCH
laserspa academy

SKINCARE INGREDIENTS GUIDE

MODULE 1

Hydration & Barrier Function

Clinical Foundations of Healthy Skin

HYALURONIC ACID

Hydration / Barrier Support

Key Benefits

- Powerful humectant binding up to 1000 times its weight in water
- Improves skin elasticity
- Supports wound healing and barrier recovery

Skin Indications

- Dehydrated
- Aging
- Post-procedure skin

Professional Application

- Serums, ampoules, masks
- Ideal post-laser, micro-needling, and IPL



SODIUM HYALURONATE

Hydration

Key Benefits

- Smaller molecular weight than Hyaluronic
- Deeper epidermal penetration
- Long-lasting hydration

Skin Indications

- Dehydrated
- Fine lines
- Compromised barrier

Professional Application

- Lightweight serums
- Excellent for layered hydration protocols



CERAMIDES

Barrier Repair

Key Benefits

- Restore lipid matrix
- Improve skin resilience

Skin Indications

- Compromised barrier
- Eczema-prone
- Post-peel or retinoid use

Professional Application

- Creams, serums, post-treatment recovery products
- Essential after exfoliation or active treatments



MODULE 2

Brightening & Pigmentation

NIACINAMIDE (VITAMIN B3)

Brightening / Barrier Support

Key Benefits

- Inhibits melanosome transfer
- Improves uneven skin tone
- Strengthens barrier function

Skin Indications

- Hyperpigmentation
- Acne-prone
- Compromised barrier

Professional Application

- Serums, creams
- Safe for daily use
- Excellent pairing with acids and retinoids



VITAMIN C (L-ASCORBIC ACID)

Brightening / Antioxidant

Key Benefits

- Inhibits tyrosinase
- Boosts collagen synthesis
- Neutralizes free radicals

Skin Indications

- Dull, photoaged skin
- Uneven tone

Professional Application

- Serums (morning use preferred)
- Must be stabilized and paired with SPF



VITAMIN C DERIVATIVES

Brightening / Antioxidant

Examples

- Magnesium Ascorbyl Phosphate
- Ascorbyl Glucoside

Key Benefits

- Lower irritation potential
- Gradual brightening

Skin Indications

- Sensitive
- Rosacea-prone



LICORICE ROOT EXTRACT

Brightening / Soothing

Key Benefits

- Inhibits tyrosinase
- Reduces redness
- Antioxidant

Skin Indications

- Sensitive
- Inflammatory pigmentation

Professional Application

- Serums, masks
- Excellent in calming protocols



AZELAIC ACID

Brightening / Acne

Key Benefits

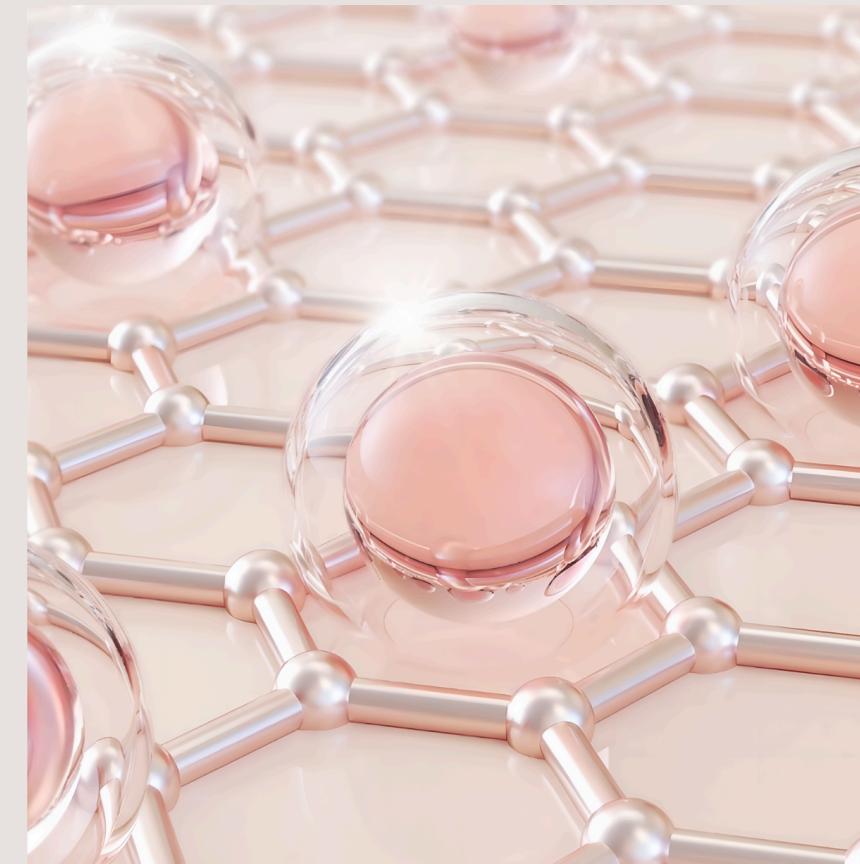
- Reduces inflammation
- Normalizes melanocyte activity
- Antibacterial

Skin Indications

- PIH (Post Inflammatory Pigmentation)
- Rosacea
- Acne-prone pigmentation

Professional Application

- Serums, creams
- Safe for sensitive skin



KOJIC ACID

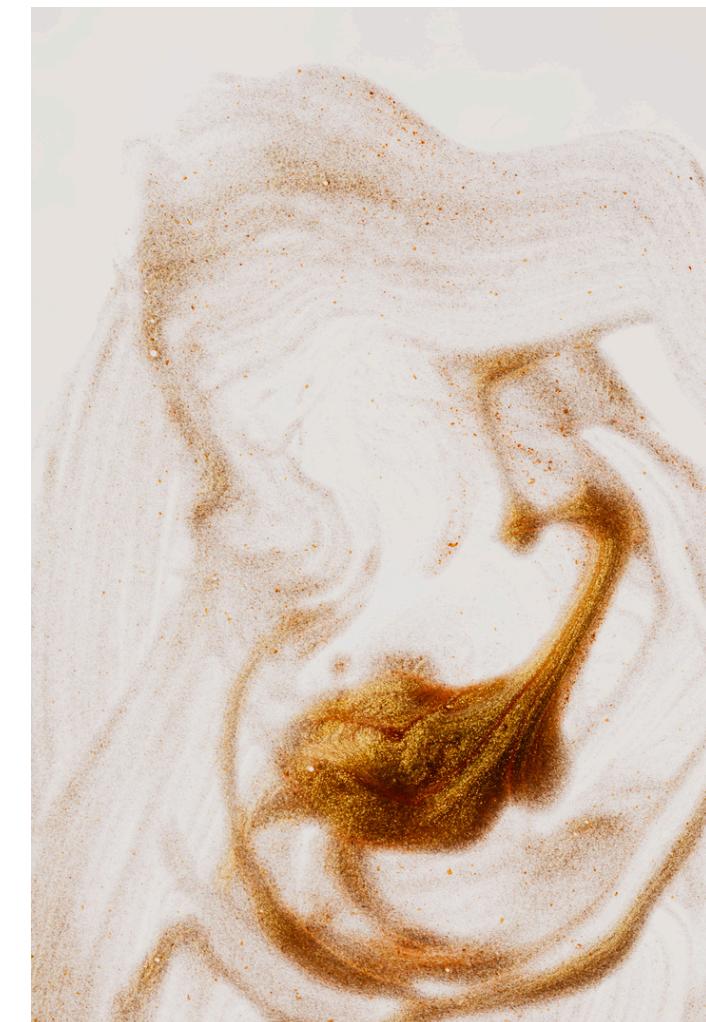
Pigment Inhibition

Key Benefits

- Suppresses melanin production
- Brightens dark spots

Professional Application

- Low concentrations only
- Monitor for sensitivity



MANDELIC ACID

Brightening / Exfoliation

Key Benefits

- Gentle exfoliation
- Improves tone and texture
- Antibacterial

Skin Indications

- Acne-prone
- PIH

Professional Application

- Peels and serums
- Ideal for sensitive and ethnic skin types



GLUTATHIONE

Antioxidant / Brightening

Key Benefits

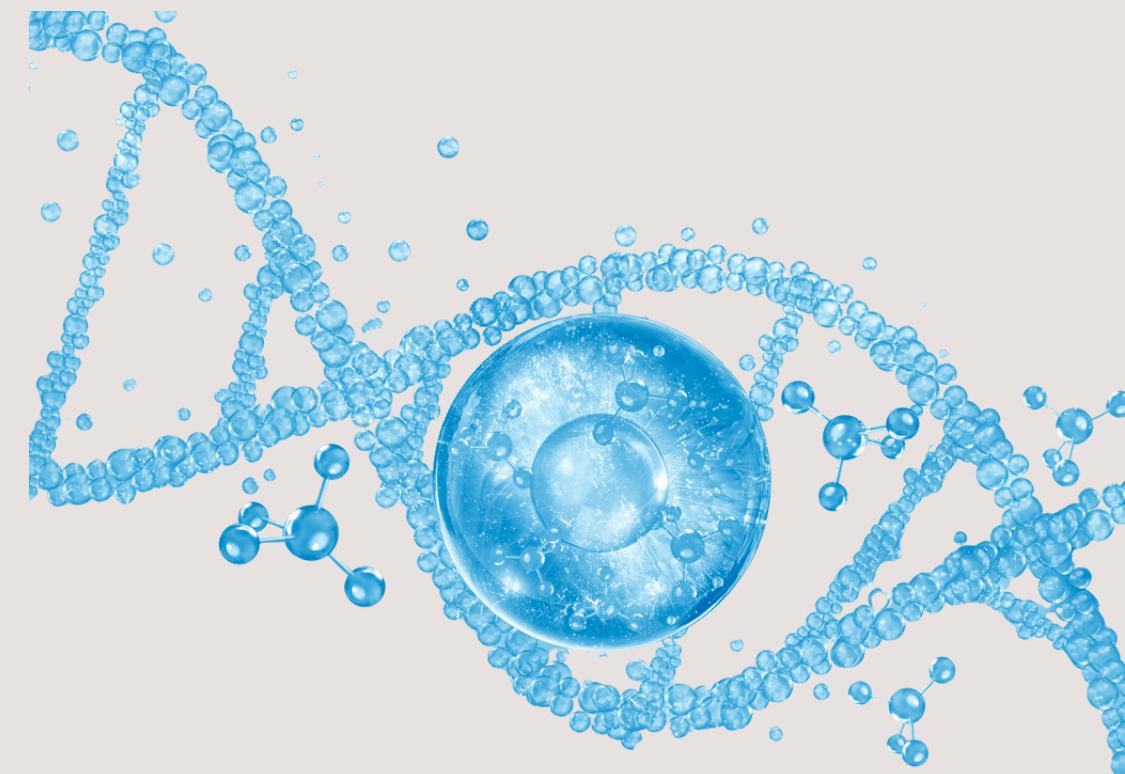
- Reduces oxidative stress
- Supports even skin tone

Skin Indications

- Dull
- Uneven pigmentation

Professional Application

- Serums, boosters
- Pair with vitamin C



- ✓ Brightening ≠ bleaching
- ✓ Inflammation control is essential
- ✓ SPF is mandatory for pigment correction
- ✓ Combination therapy yields best results

MODULE 3

Anti-Aging & Regenerative Skin Science

Cellular Renewal, Collagen Stimulation & Advanced Actives

Skin Aging: Scientific Overview

Intrinsic Aging

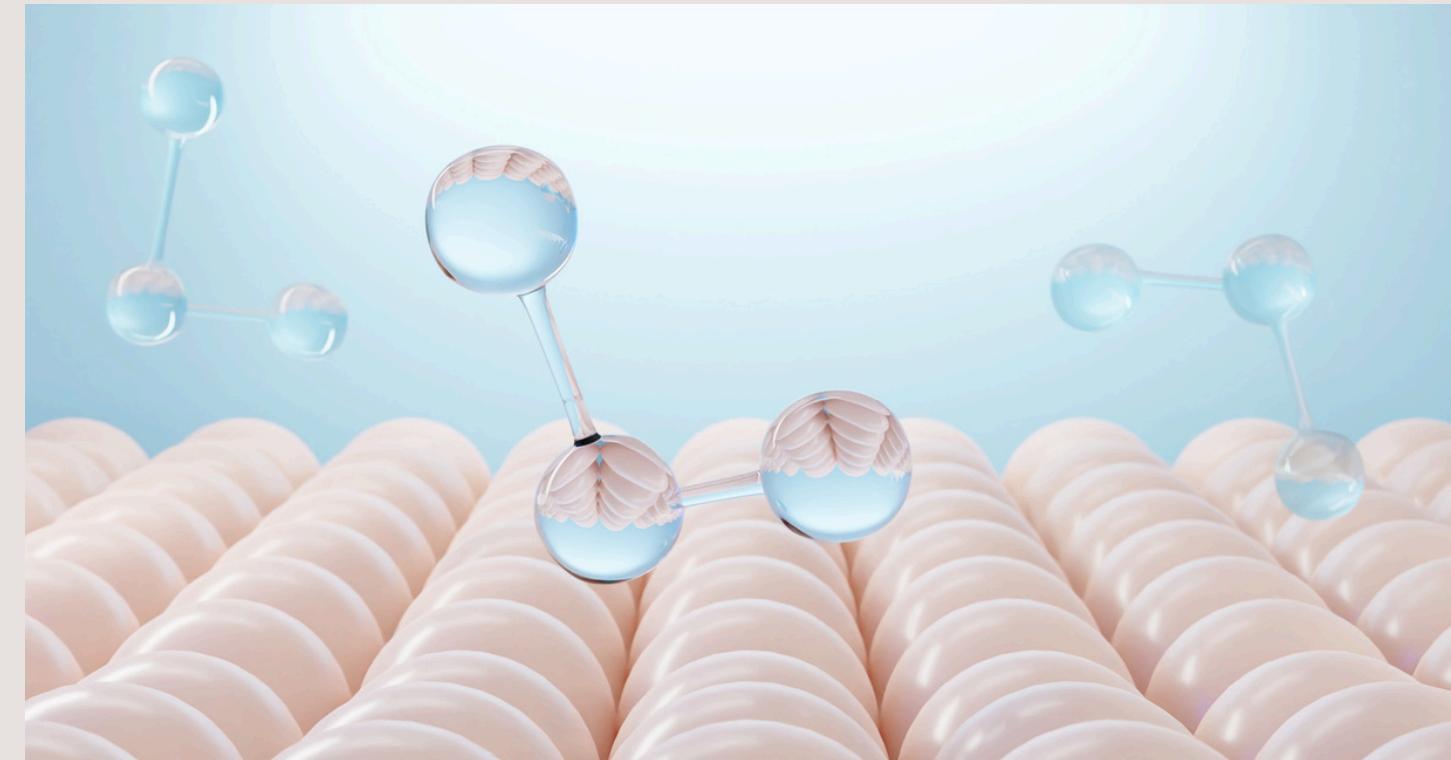
- Genetic, hormonal changes
- Slower cell turnover
- Reduced collagen and elastin

Extrinsic Aging

- UV exposure
- Oxidative stress
- Inflammation and pollution

Clinical Outcomes

- Wrinkles
- Loss of firmness
- Thinning of the dermis



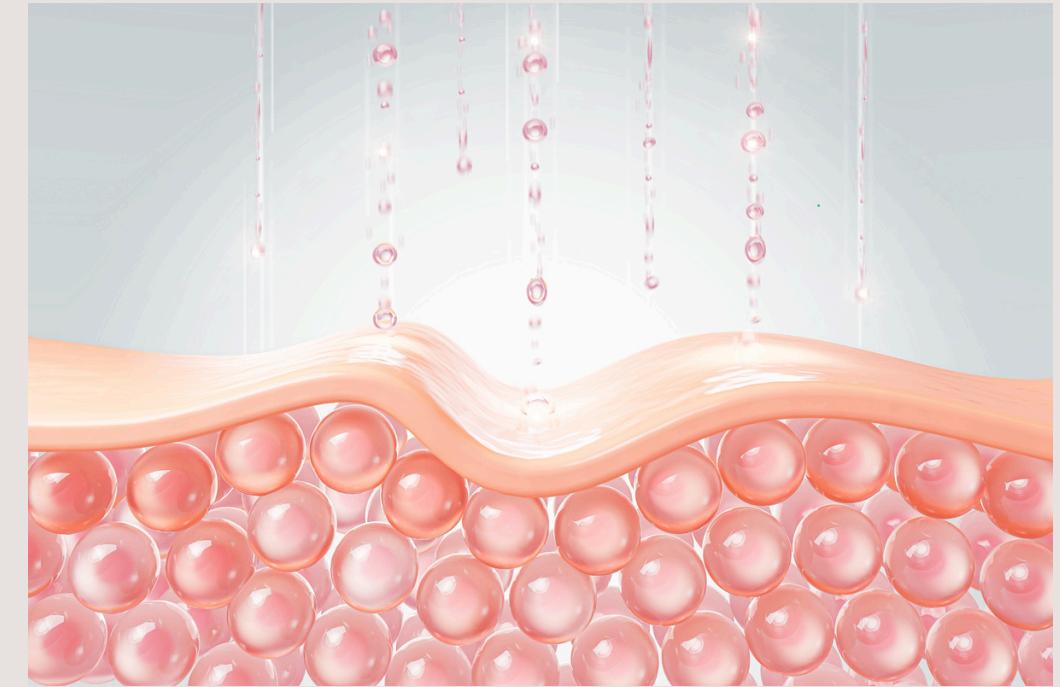
Collagen & Elastin Biology

Key Fibers

- Type I collagen (strength)
- Type III collagen (support)
- Elastin (elasticity)

With Age

- Fibroblast activity decreases
- Matrix degradation increases



RETINOL

Anti-Aging / Cell Renewal

Key Benefits

- Increases cell turnover
- Stimulates collagen synthesis
- Improves fine lines and texture

Skin Indications

- Aging
- Photo-damaged skin

Professional Application

- Serums and creams
- Introduce slowly; night time use
- Always pair with barrier support



PEPTIDES

Anti-Aging / Signaling

(acting like tiny messengers to the skin)

Key Benefits

- Signal collagen and elastin production
- Improve firmness and skin density

Skin Indications

- Aging
- Loss of elasticity

Professional Application

- Serums and creams
- Excellent in long-term treatment plans



GROWTH FACTORS

Regenerative / Repair

Key Benefits

- Stimulate cellular repair
- Support collagen and elastin synthesis

Skin Indications

- Aging
- Post-procedure skin

Professional Application

- Serums, post-device treatments
- Professional education recommended



STEM CELL

Advanced Regenerative

Key Benefits

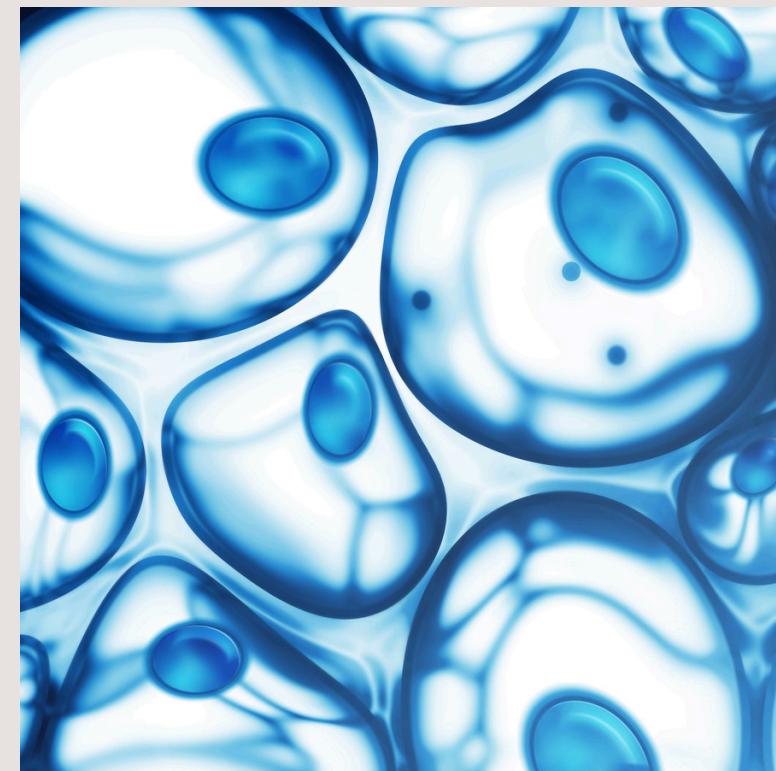
- Enhances cell signaling, boosting natural skin messages
- Supports skin repair and renewal

Skin Indications

- Advanced aging
- Compromised skin

Professional Application

- Ampoules, advanced serums
- Post-laser or micro-needling



SALMON DNA (PDRN)

Regenerative / Biotech

It's a gentle, biotech-made form of DNA fragments that come from salmon and are known for helping the skin feel calmer and look more refreshed.

Key Benefits

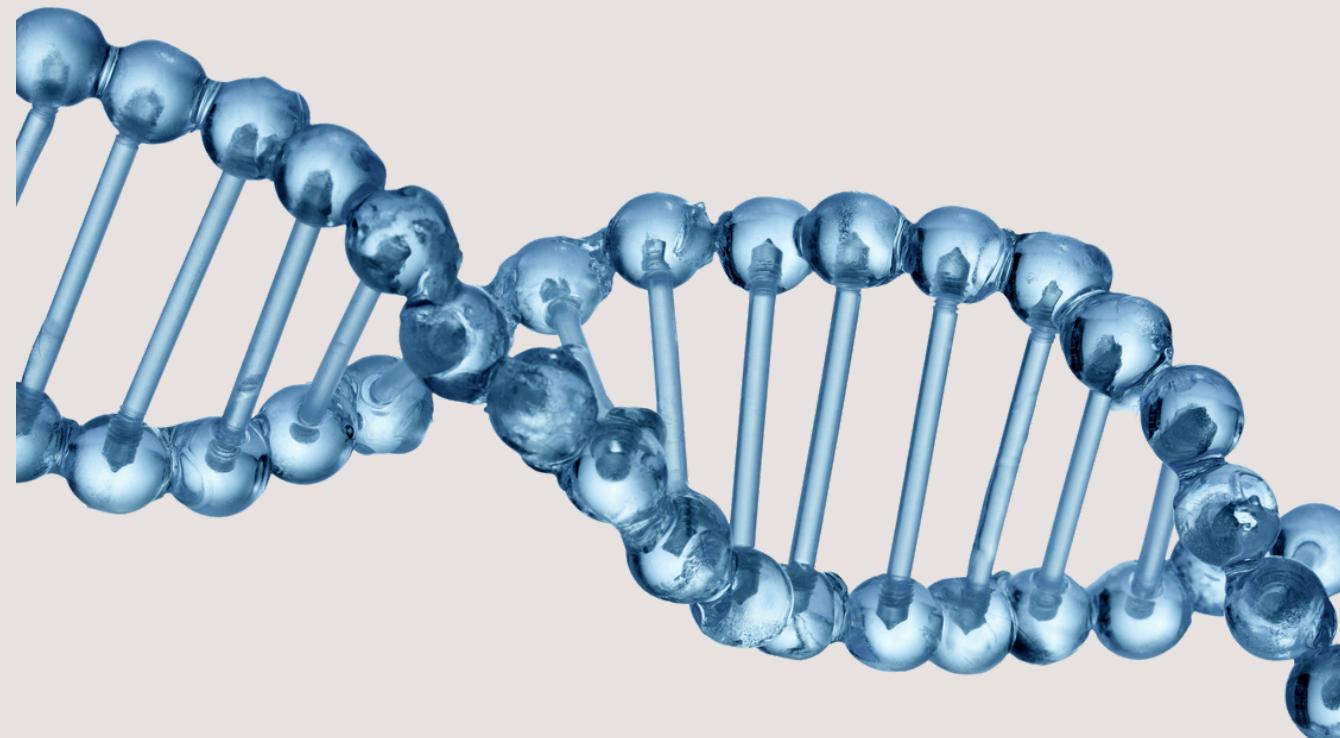
- Promotes tissue repair
- Stimulates fibroblast activity
- Improves elasticity and hydration

Skin Indications

- Aging
- Post-procedure
- Compromised barrier

Professional Application

- Ampoules, mesotherapy-style topicals
- Trending medical-grade ingredient



EXOSOMES

Advanced Biotech / Regeneration

Key Benefits

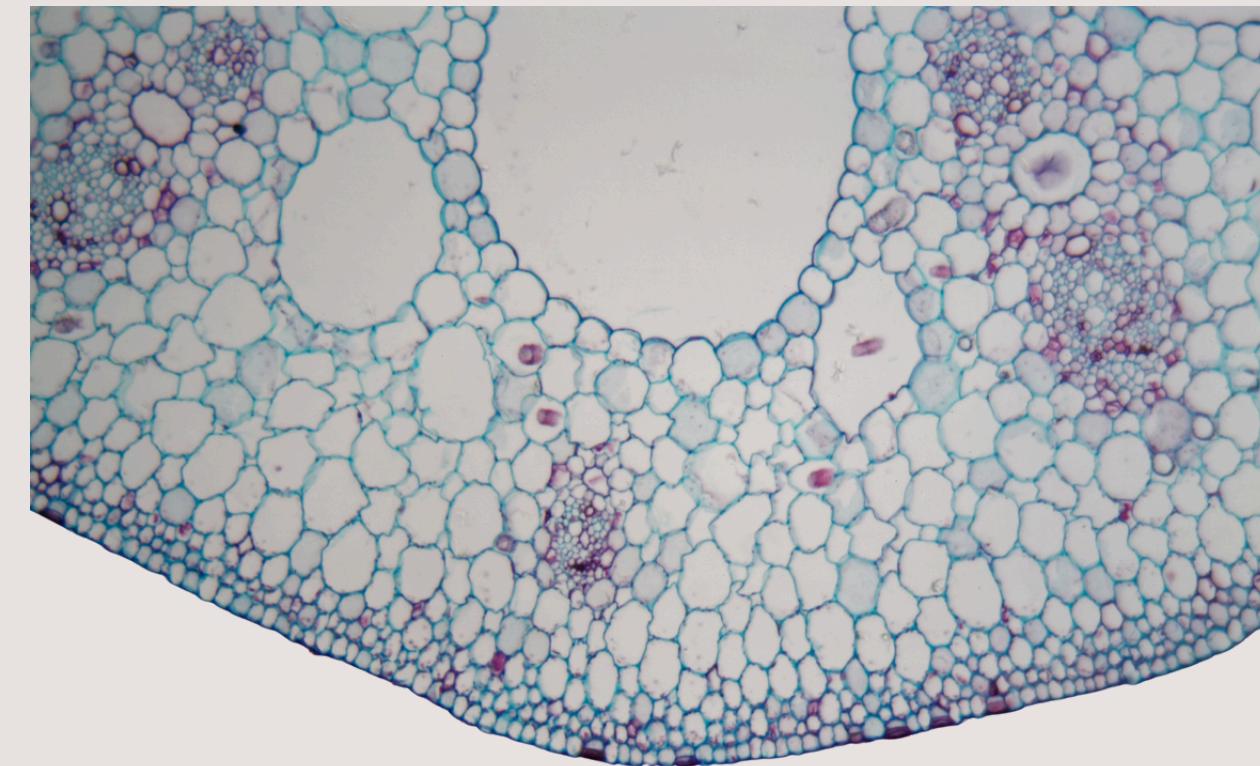
- Cell-to-cell communication
- Tissue repair and rejuvenation

Skin Indications

- Advanced aging
- Damaged skin

Professional Application

- Professional serums
- Post-device protocols
- Note: Advanced practitioner knowledge required



COENZYME Q10

Antioxidant / Anti-Aging

Key Benefits

- Protects against oxidative damage
- Improves skin energy metabolism

Skin Indications

- Aging
- Environmental stress

Professional Application

- Serums, creams
- Ideal daytime antioxidant



RESVERATROL

Antioxidant / Longevity

Resveratrol is a powerful polyphenol antioxidant found naturally in plants, most notably in grape skins, red wine, berries, and Japanese knotweed. In clinical skincare, it is valued for its anti-aging, anti-inflammatory, and protective properties.. It helps the skin stay calm, protected, and supported over time.

Key Benefits

- Powerful free-radical scavenger
- Supports cellular longevity

Skin Indications

- Photo-aged
- Stressed skin

Professional Application

- Serums and boosters
- Pair with vitamin C or peptides



Anti-aging / Rejuvenating

- ✓ Regeneration ≠ exfoliation
- ✓ Barrier health is essential for anti-aging success
- ✓ Advanced actives require advanced protocols
- ✓ Post-procedure care determines outcomes

MODULE 4

Soothing & Inflammation Control

Inflammation: Clinical Overview

Common Triggers

- Over-exfoliation
- Barrier disruption
- UV exposure
- Post-procedure trauma
- Acne and rosacea

Clinical Consequences

- Redness
- Sensitivity
- Impaired healing
- Increased pigmentation risk



Sensitive Skin vs Sensitized Skin

Sensitive Skin

- Genetic or chronic
- Compromised barrier function

Sensitized Skin

- Treatment-induced
- Often temporary and reversible

Clinical Focus

- Repair barrier first
- Reduce inflammatory signaling



PANTHENOL (PRO-VITAMIN B5)

Soothing / Barrier Repair

Key Benefits

- Improves barrier recovery
- Reduces irritation
- Increases hydration

Skin Indications

- Compromised barrier
- Acne-treated skin

Professional Application

- Serums, creams
- Excellent in corrective programs



ALLANTOIN

Soothing / Healing

Key Benefits

- Promotes cell regeneration
- Reduces irritation
- Softens skin texture

Skin Indications

- Sensitive
- Inflamed
- Post-exfoliation

Professional Application

- Creams, serums, masks



COLLOIDAL OATMEAL

Barrier Repair / Soothing

Key Benefits

- Reduces itching and redness
- Supports lipid barrier
- Anti-inflammatory

Skin Indications

- Eczema-prone
- Dry, itchy skin

Professional Application

- Creams and masks
- Excellent for compromised skin



ALOE VERA

Soothing / Hydration

Key Benefits

- Calms inflammation
- Provides hydration
- Supports healing

Skin Indications

- Sun-exposed
- Post-treatment

Professional Application

- Gels, masks, serums



CALENDULA

Soothing / Botanical

Key Benefits

- Anti-inflammatory
- Supports wound healing
- Calms reactive skin

Skin Indications

- Sensitive
- Post-procedure

Professional Application

- Creams, masks, oils



BISABOLOL

Soothing / Anti-Inflammatory

Key Benefits

- Reduces redness
- Anti-irritant properties
- Enhances tolerance to actives

Skin Indications

- Sensitive
- Rosacea-prone

Professional Application

- Serums, creams



CHAMOMILE EXTRACT

Soothing / Antioxidant

Key Benefits

- Calms inflammation
- Antioxidant protection
- Reduces redness

Skin Indications

- Sensitive
- Inflamed skin

Professional Application

- Serums, masks



GREEN TEA

Anti-Inflammatory / Antioxidant

Key Benefits

- Reduces oxidative stress
- Calms redness
- Protects against environmental damage

Skin Indications

- Acne-prone
- Sensitive

Professional Application

- Serums, masks



ZINC OXIDE

Soothing / Protective

Key Benefits

- Anti-inflammatory
- Physical UV protection
- Calms irritation

Skin Indications

- Sensitive
- Post-procedure

Professional Application

- Creams, SPF formulations



Soothing and inflammation control

- ✓ Calm before correcting
- ✓ Inflammation worsens pigmentation and aging
- ✓ Sensitive skin requires simplified routines
- ✓ Over-treatment delays healing

MODULE 5

Acne, Sebum Regulation & Congestion Science

Managing Breakouts Through Inflammation Control and Follicular Health

SALICYLIC ACID (BHA)

Acne / Exfoliation

Key Benefits

- Oil-soluble exfoliant
- Penetrates pores
- Reduces inflammation

Skin Indications

- Oily
- Congested
- Acne-prone

Professional Application

- Cleansers, serums, peels
- Ideal for comedonal acne



AZELAIC ACID

Acne / Brightening

Key Benefits

- Anti-inflammatory
- Normalizes keratinization
- Reduces PIH

Skin Indications

- Acne
- Rosacea
- Post-inflammatory pigmentation

Professional Application

- Serums, creams
- Suitable for sensitive skin



NIACINAMIDE

Sebum Regulation / Barrier

Key Benefits

- Regulates oil production
- Reduces inflammation
- Strengthens barrier

Skin Indications

- Acne-prone
- Oily

Professional Application

- Serums, creams
- Safe for daily use



ZINC PCA

Sebum Control

Key Benefits

- Reduces sebum output
- Antibacterial properties
- Calms inflammation

Skin Indications

- Oily
- Acne-prone

Professional Application

- Serums, lotions
- Ideal in oil-control protocols



SULFUR

Acne / Antimicrobial

Key Benefits

- Reduces bacteria
- Absorbs excess oil
- Anti-inflammatory

Skin Indications

- Inflammatory acne

Professional Application

- Masks, spot treatments
- Short-term corrective use



TEA TREE OIL

Acne / Botanical

Key Benefits

- Antimicrobial
- Reduces inflammation

Skin Indications

- Mild acne

Professional Application

- Diluted formulations only
- Use cautiously on sensitive skin



MANDELIC ACID

Acne / Gentle Exfoliation

Key Benefits

- Larger molecule = slower penetration
- Antibacterial
- Improves texture

Skin Indications

- Acne-prone
- Sensitive or ethnic skin types

Professional Application

- Peels, serums



CLAY (KAOLIN / BENTONITE)

Oil Absorption

Key Benefits

- Absorbs excess oil
- Detoxifies pores
- Mattifies skin

Skin Indications

- Oily
- Congested

Professional Application

- Masks
- Do not over-dry skin



CHARCOAL

Detoxifying

Key Benefits

- Adsorbs impurities
- Supports pore clarity

Skin Indications

- Congested

Professional Application

- Masks, cleansers



RETINOIDS (ACNE USE)

Acne / Cell Turnover

Key Benefits

- Normalizes follicular keratinization
- Reduces comedones
- Prevents future breakouts

Skin Indications

- Comedonal acne

Professional Application

- Night use
- Gradual introduction



Acne Sebum Regulation

- ✓ Over-drying worsens acne
- ✓ Barrier repair is essential
- ✓ Inflammation drives pigmentation
- ✓ Consistency > aggression

MODULE 6

Holistic Botanicals, Oils & Natural Actives

**Evidence-Based Natural Ingredients in Professional
Skincare**

JOJOBA OIL

Carrier Oil / Barrier Support

Key Benefits

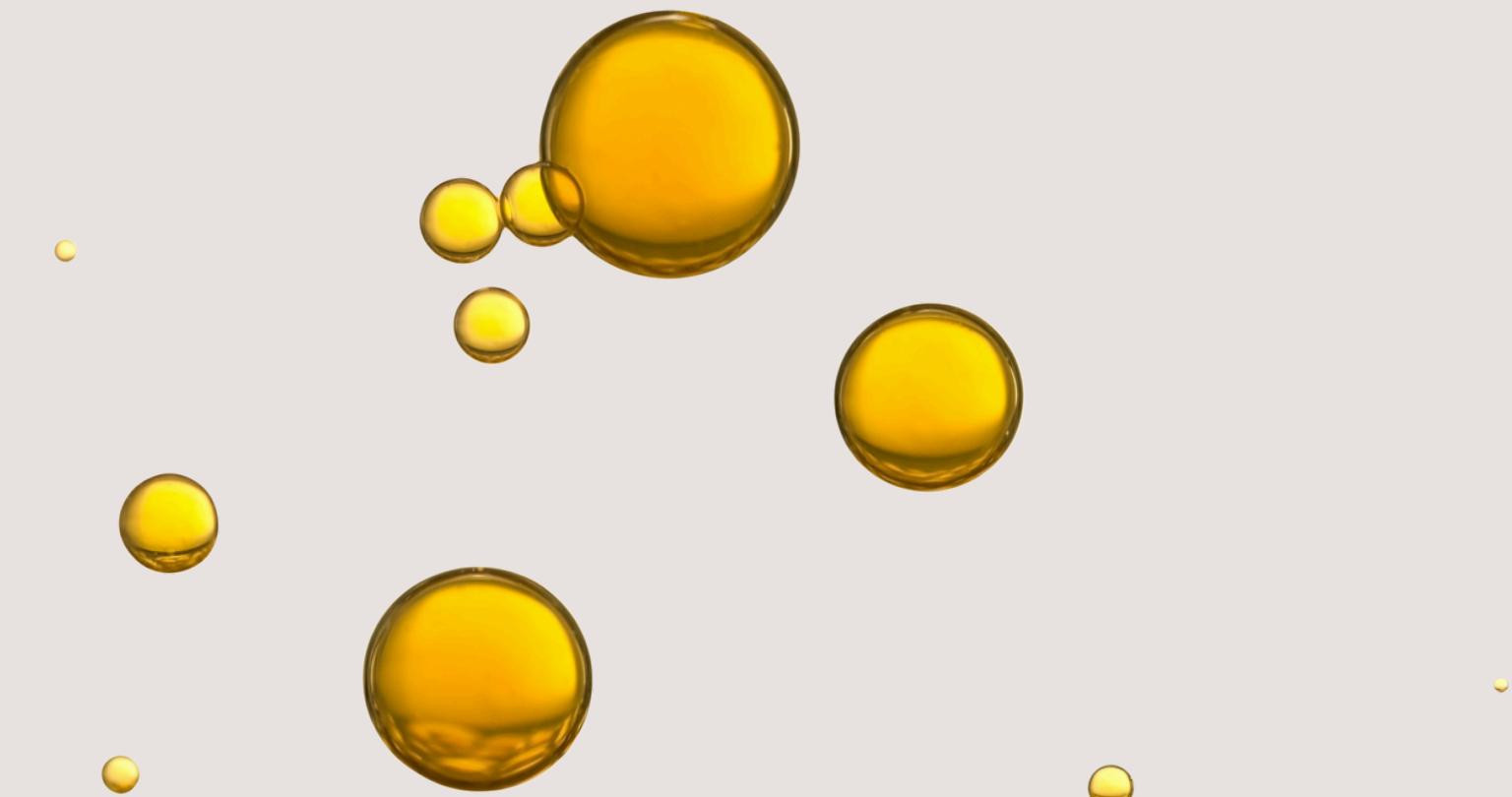
- Closely mimics human sebum
- Supports barrier function
- Non-comedogenic

Skin Indications

- All skin types
- Acne-prone
- Dehydrated

Professional Application

- Facial massage
- Serums and creams



ROSEHIP SEED OIL

Regenerative Botanical Oil

Key Benefits

- Rich in essential fatty acids
- Supports skin repair
- Improves texture and tone

Skin Indications

- Aging
- Scar-prone
- Dull skin

Professional Application

- Facial oils
- Night treatments



ARGAN OIL

Nourishing Botanical Oil

Key Benefits

- Antioxidant-rich
- Improves elasticity
- Softens skin

Skin Indications

- Dry
- Mature

Professional Application

- Serums, creams, facial oils



EVENING PRIMROSE OIL

Anti-Inflammatory Oil

Key Benefits

- High in gamma-linolenic acid
- Reduces inflammation
- Supports barrier repair

Skin Indications

- Eczema-prone
- Sensitive

Professional Application

- Creams and oils



CALENDULA

Botanical Soothing Agent

Key Benefits

- Anti-inflammatory
- Supports wound healing
- Calms redness

Skin Indications

- Sensitive
- Post-procedure

Professional Application

- Masks, creams, oils



CHAMOMILE

Botanical Calming Agent

Key Benefits

- Reduces irritation
- Antioxidant properties
- Calms reactive skin

Skin Indications

- Sensitive
- Inflamed

Professional Application

- Masks, serums



RAW HONEY (MANUKA / MEDICAL-GRADE)

Natural Antimicrobial

Key Benefits

- Antibacterial
- Humectant properties
- Supports wound healing

Skin Indications

- Acne-prone
- Compromised skin

Professional Application

- Masks
- Spot treatments
- Clients love it!



CLAYS (KAOLIN / RHASSOUL)

Detoxifying Mineral

Key Benefits

- Absorbs excess oil
- Draws out impurities
- Supports pore clarity

Skin Indications

- Oily
- Congested

Professional Application

- Masks
- Avoid over-drying

