



NICOLA FINCH

laserspa academy

## **SKINCARE INGREDIENTS GUIDE**

# **MODULE 1**

Hydration & Barrier Function

Clinical Foundations of Healthy Skin

# HYALURONIC ACID

## Hydration / Barrier Support

### Key Benefits

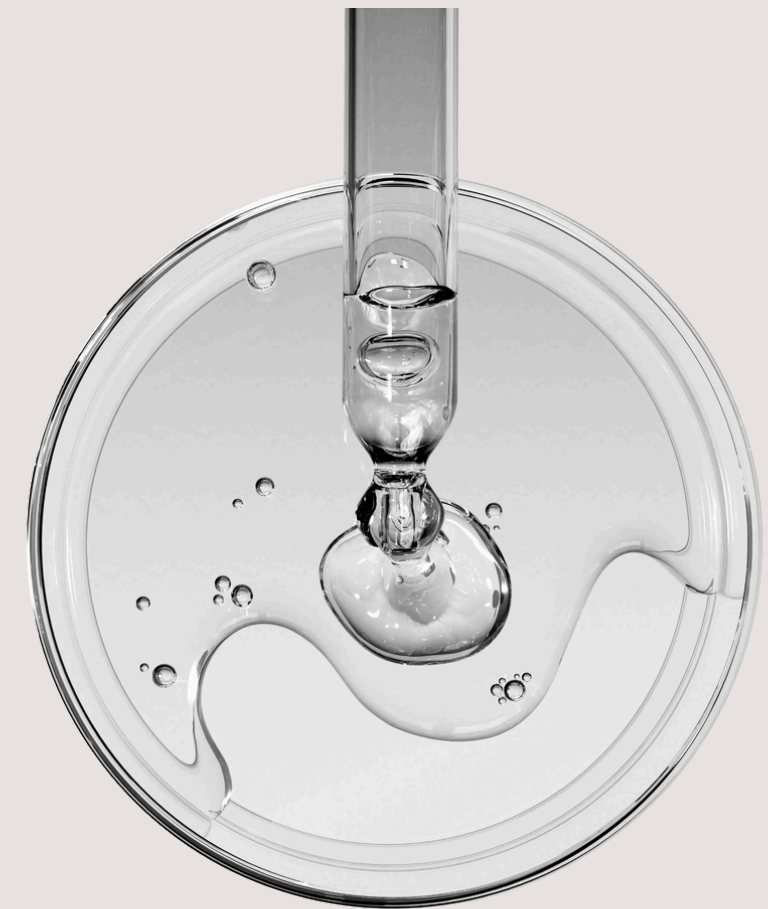
- Powerful humectant binding up to 1000 times its weight in water
- Improves skin elasticity
- Supports wound healing and barrier recovery

### 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

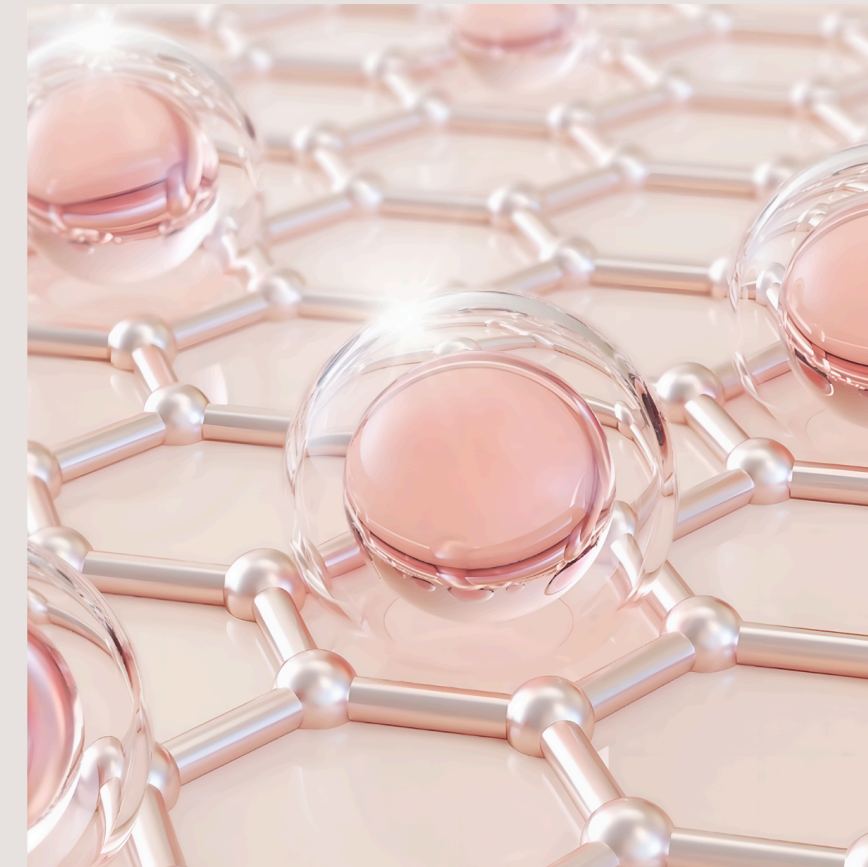
- Reduces inflammation
- Normalizes melanocyte activity
- Antibacterial

### Skin Indications

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

### Professional Application

- Serums, creams
- Safe for sensitive skin



# KOJIC ACID

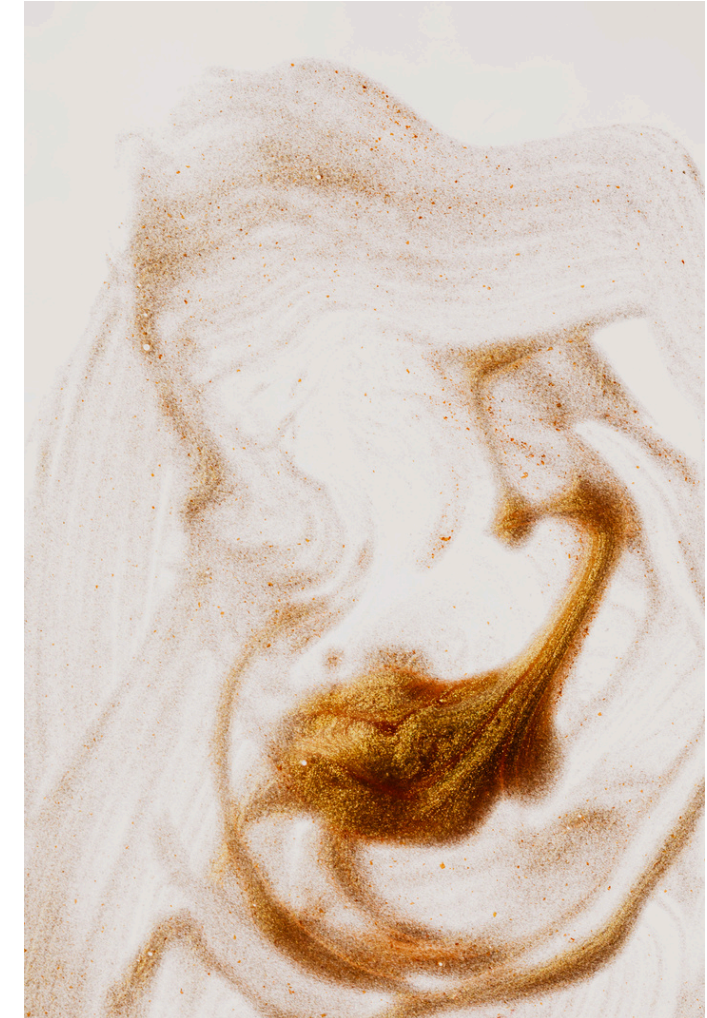
## Pigment Inhibition

### 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

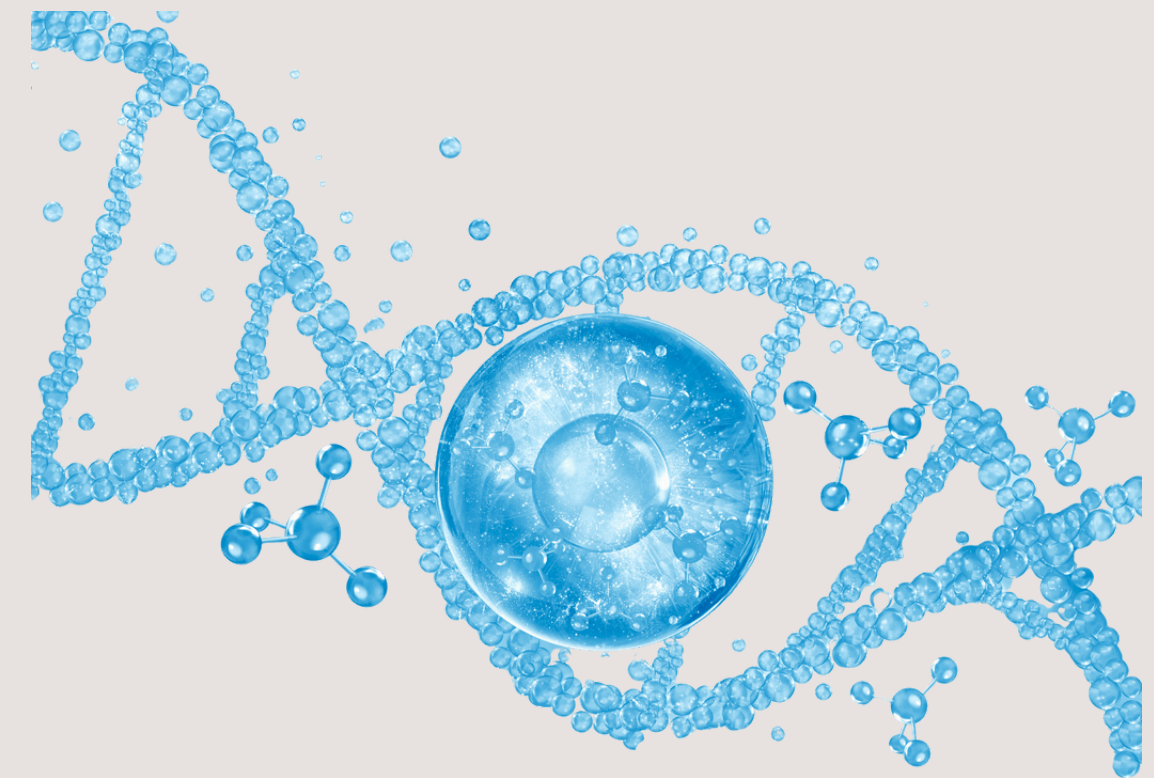
- Reduces oxidative stress
- Supports even skin tone

### 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

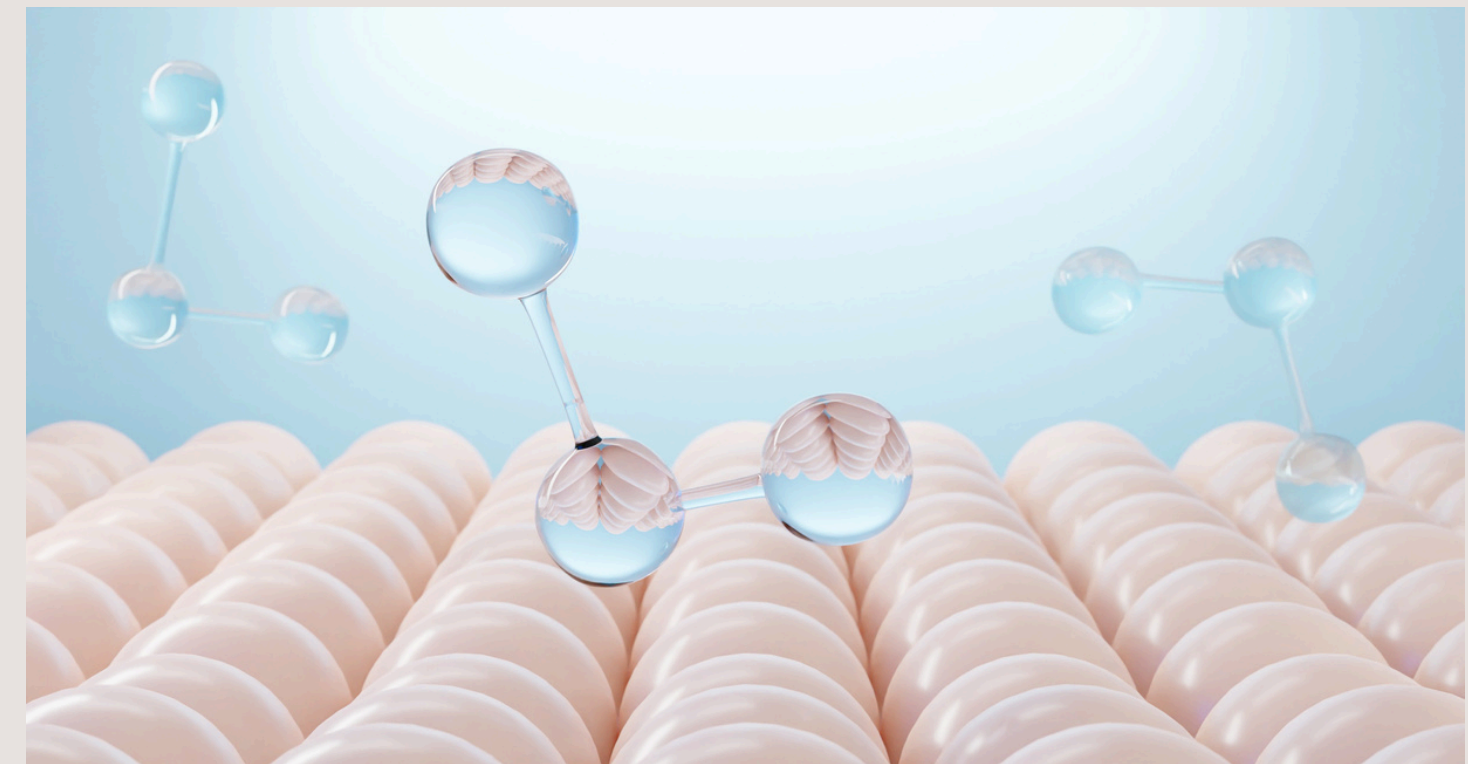
- Genetic, hormonal changes
- Slower cell turnover
- Reduced collagen and elastin

## Extrinsic Aging

- UV exposure
- Oxidative stress
- Inflammation and pollution

## Clinical Outcomes

- Wrinkles
- Loss of firmness
- Thinning of the dermis



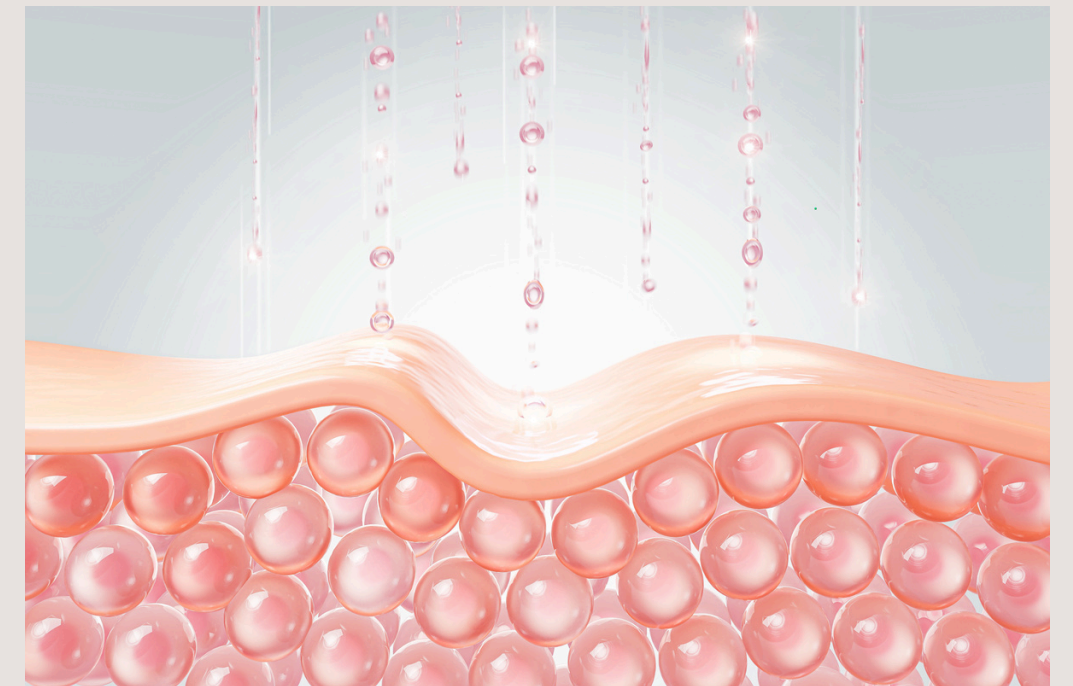
# Collagen & Elastin Biology

## 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

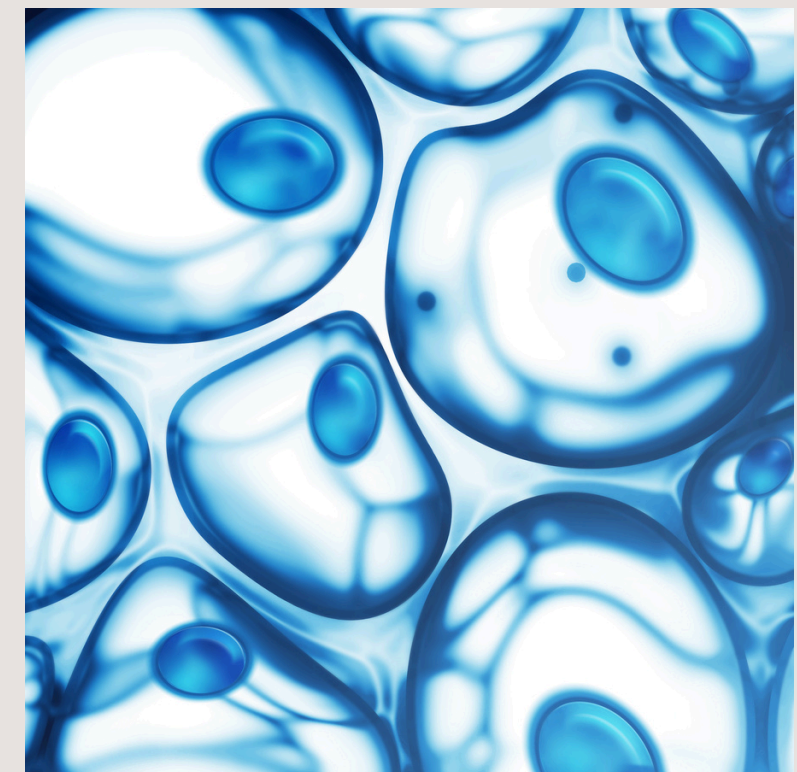
- Enhances cell signaling, boosting natural skin messages
- Supports skin repair and renewal

### 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

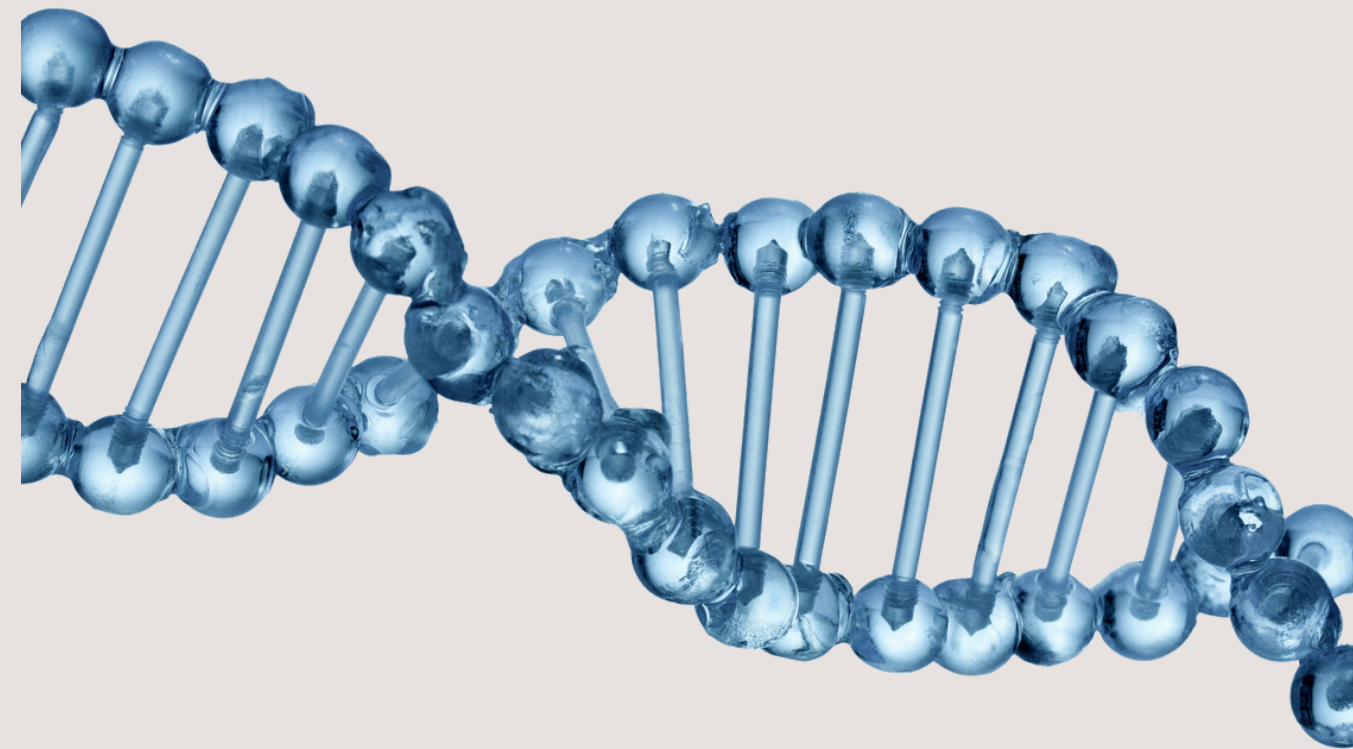
- Promotes tissue repair
- Stimulates fibroblast activity
- Improves elasticity and hydration

### Skin Indications

- Aging
- Post-procedure
- Compromised barrier

### Professional Application

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



# EXOSOMES

## Advanced Biotech / Regeneration

### Key Benefits

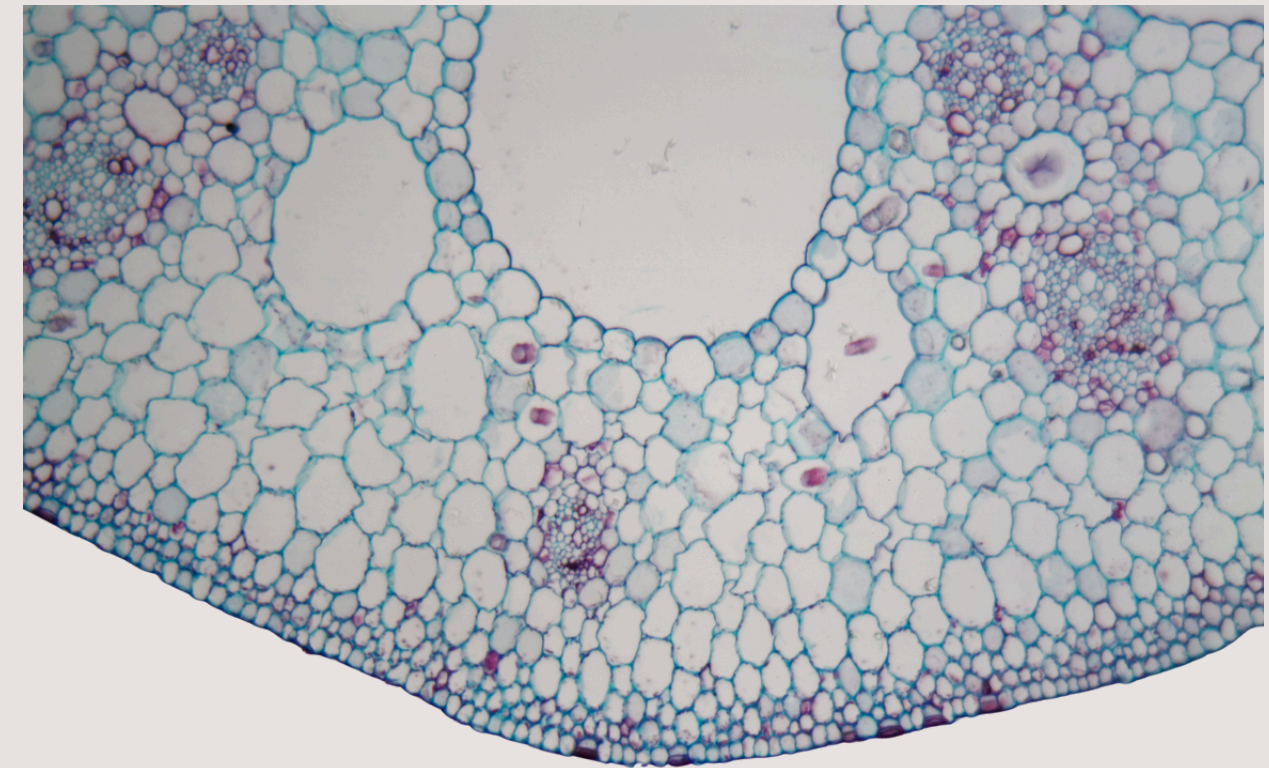
- Cell-to-cell communication
- Tissue repair and rejuvenation

### 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

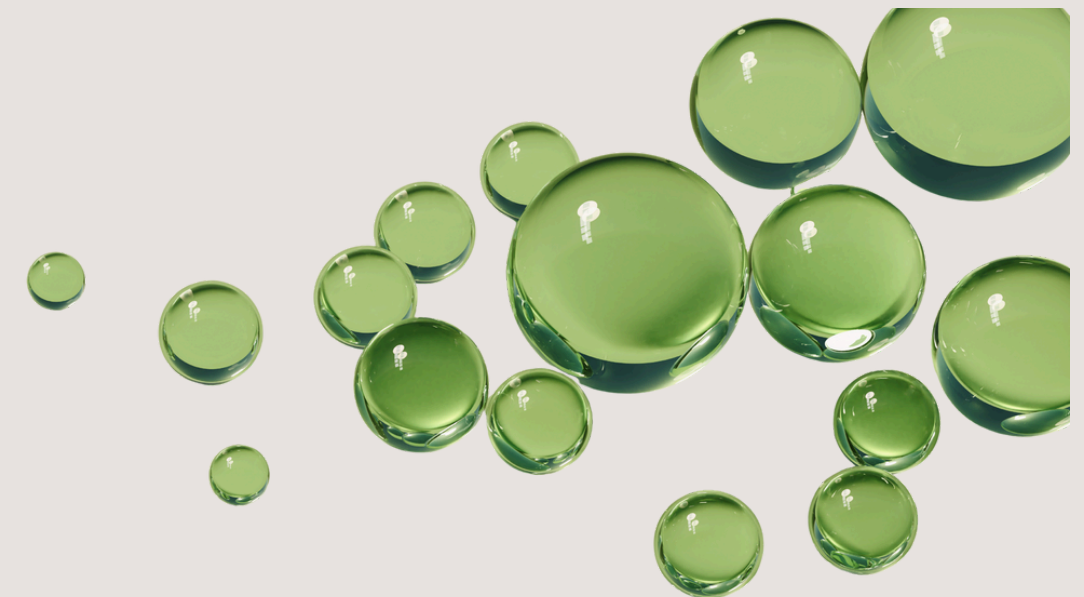
- Protects against oxidative damage
- Improves skin energy metabolism

### 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

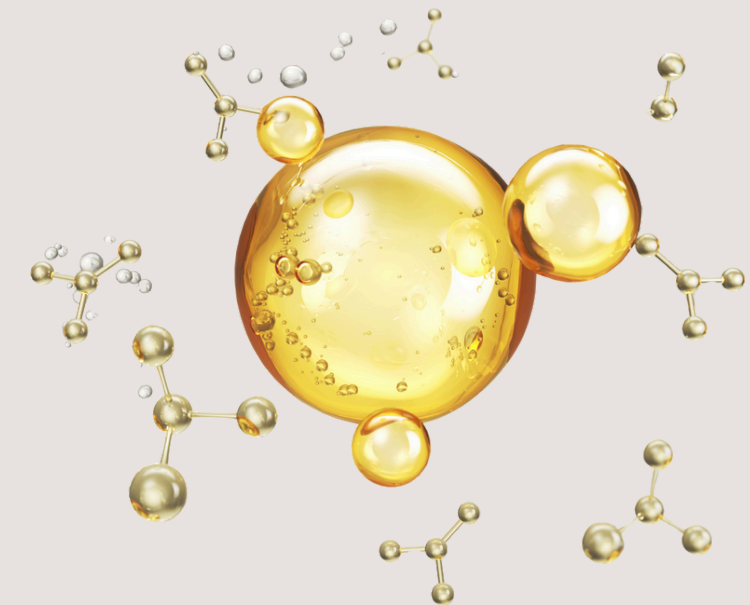
- Larger molecule = slower penetration
- Antibacterial
- Improves texture

### 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

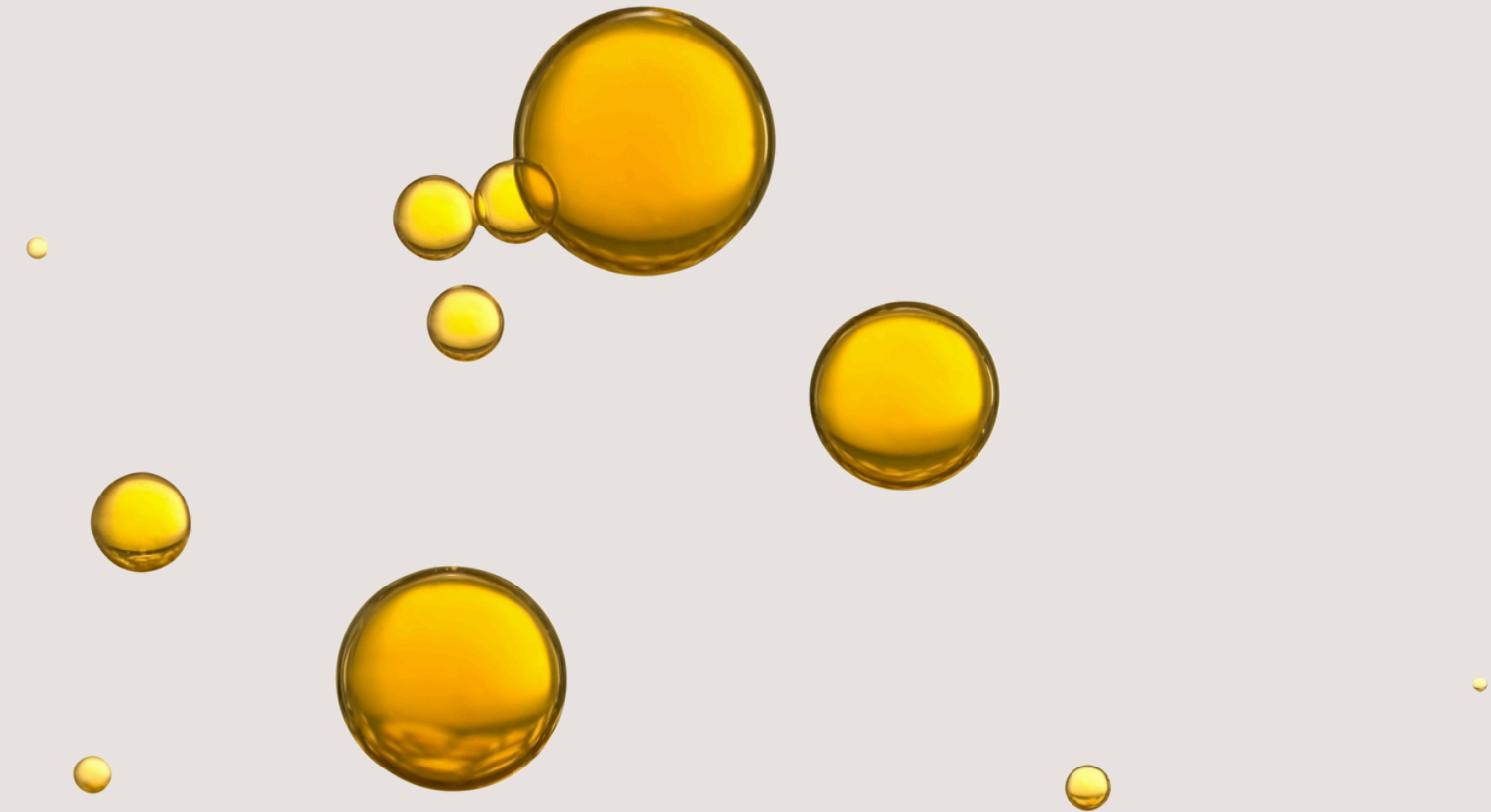
- Closely mimics human sebum
- Supports barrier function
- Non-comedogenic

### 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

