

ACNEOLOGY TODAY

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OPTIMIZING ACNE OUTCOMES: THE CRITICAL ROLE OF BARRIER REPAIR & SMART HYDRATION

Research Highlights

Acne Management 2025: Beyond Treatment - Towards Skin Restoration^{1,2}

Acne management has evolved significantly over the past decade. Emerging evidence highlights that **long-term success depends equally on maintaining skin barrier integrity and overall skin health.**

Acne is a multifactorial disorder involving excess sebum, microbial activity, inflammation, and disruption of the skin barrier. Treatment-induced irritation is a leading cause of poor compliance and suboptimal results^{1,2}

Treatment Alone Is Not Enough In Acne

Conventional acne therapies such as **topical retinoids, benzoyl peroxide**, and exfoliating agents remain the cornerstone of treatment. However, these therapies can cause **skin dryness and irritation, barrier disruption (TEWL) or redness.**

Over time, this leads to a critical clinical challenge:



Barrier Damage and Patient non-compliance.

The Shift Toward Skin Restoration

Modern acne management now emphasizes a **dual approach:**

Target the Disease

- ▶ Control sebum production
- ▶ Reduce Cutibacterium acnes
- ▶ Minimize inflammation

Restore the Skin

- ▶ Repair and strengthen the barrier
- ▶ Maintain hydration balance
- ▶ Improve skin tolerance

This integrated strategy ensures that **treatment is not only effective – but also sustainable.**

Redefining Success in Acne Therapy

In 2025, success in acne management is no longer measured by lesion reduction alone.

New Success Parameters Include:

- Improved skin tolerance
- Reduced irritation and dryness
- Consistent patient adherence
- Enhanced skin quality and texture



Effective acne care today goes beyond treating lesions – it requires restoring and protecting the skin barrier.

A balanced approach that combines **active treatment with barrier repair and hydration** ensures:

- Better patient comfort
- Higher compliance
- Superior and sustained clinical outcomes

Stronger Barrier = Better Outcomes



BARRIER DYSFUNCTION : A CORE COMPONENT OF ACNE^{3,4}

From Monotherapy to Combination Therapy

Modern guidelines continue to reinforce that combination therapy is the standard of care.

- Topical retinoids + benzoyl peroxide remain first-line
- Target multiple pathogenic pathways
- Improve speed and extent of clearance
- Early combination helps:
- Reduce antibiotic dependence

This approach ensures better efficacy while minimizing resistance and relapse

Increasing Focus on Skin Barrier Health

A key advancement is the recognition of skin barrier dysfunction as a core component of acne.^{3,4}

Acne-prone skin shows:

- Increased transepidermal water loss (TEWL)
- Many treatments further compromise the barrier, leading to irritation.
- Altered lipid composition
- This has led to the integration of barrier repair strategies alongside active treatment

Hydration & Tolerability as Clinical Endpoints

Recent studies now evaluate skin hydration, TEWL, and tolerability as important outcomes.

Improved hydration is linked to:

- Reduced irritation
- Enhanced treatment adherence
- Better patient comfort

This marks a shift from “treating acne aggressively” to “treating acne sustainably”

Rise of Dermocosmetics in Acne Therapy

Dermocosmetics are now widely accepted as essential adjuncts in acne management.⁵

Gentle cleansers and non-comedogenic moisturizers:

- Support barrier function
- Improve overall skin quality
- Reduce side effects of actives

They play a critical role in maintenance therapy and long-term outcomes



Personalized & Long-Term Treatment Approach

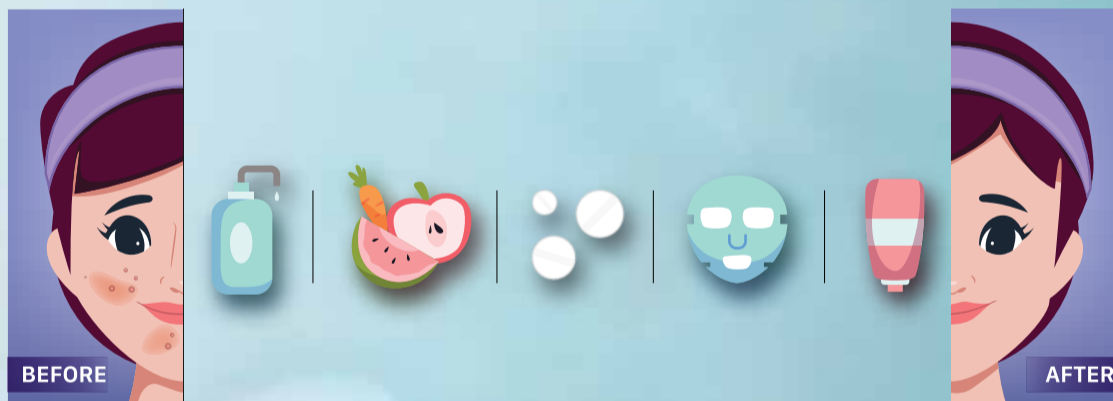
Acne care is becoming increasingly individualized.

Based on:

- Skin type
- Severity & Sensitivity
- Lifestyle factors

Emphasis on:

- Long-term maintenance
- Prevention of relapse
- Improved patient experience



Modern acne management is not just about clearing lesions – it’s about sustaining results through barrier protection, hydration, and personalized care



MOISTURIZATION – THE MISSING LINK

Why Moisturization is Now Essential in Acne Care

While active treatments like retinoids and benzoyl peroxide effectively target acne pathology, they often compromise the skin barrier, leading to dryness, irritation, and sensitivity.

Emerging evidence shows that acne-prone skin already exhibits barrier dysfunction, and aggressive therapies can further increase transepidermal water loss (TEWL) and disrupt skin homeostasis.

This makes barrier-supportive moisturization an essential component—not an optional add-on—in modern acne care.



How Moisturization Changes the Game

Moisturizers improve tolerability, reduce irritation and enhance adherence^{1,2,6}

- Restores Barrier Integrity - Reduces TEWL and supports stratum corneum structure
- Improves Tolerance to Actives - Minimizes irritation from retinoids and BPO
- Enhances Patient Comfort - Reduces dryness, redness, and sensitivity
- Drives Better Adherence - Enables consistent and uninterrupted treatment

Role of Intelligent Hydration: Aquaxyl

Modern moisturization goes beyond surface hydration. Ingredients like Aquaxyl offer multi-level hydration and barrier support:

- Optimizes water circulation within the skin
- Enhances Natural Moisturizing Factors (NMFs)
- Strengthens the skin barrier and reduces TEWL
- Improves skin smoothness and microrelief

This helps create a balanced skin environment, allowing acne treatments to work more effectively with reduced irritation.^{7,8}

Aquaxyl supports hydration, reduces TEWL and improves barrier function^{7,8}

Case Study

Patient: 22F

Mild - Moderate Acne

Treatment: Adapalene + Benzoyl Peroxide



Without
Moisturizer

- High irritation
- Poor compliance
- Frequent dropouts
- Slower improvement



With
Moisturizer

- Reduced irritation (~60%)
- >90% adherence
- Continuous therapy
- Faster lesion reduction

Clinical Insight

Barrier-supportive moisturizers enriched with advanced hydration systems like Aquaxyl do more than relieve dryness—they actively support skin recovery and treatment continuity. By improving hydration dynamics and reinforcing barrier function, they help break the cycle of irritation and discontinuation, ultimately enhancing therapeutic success. With intelligent hydration systems like Aquaxyl, moisturization becomes a strategic tool to improve tolerance, adherence, and overall acne outcomes



Advanced Acne Moisturizer



Reduces dark spots | Evens skin tone | Restores glow



Clears Acne...Restores Confidence



Cleanse, Hydrate, Maintains

AQUAXYL - ENABLES ACNE TREATMENT TO WORK BETTER

Consistent use of a barrier-supportive moisturizer with advanced hydration systems like Aquaxyl can help:

- Reduce treatment-related irritation
- Minimize therapy interruptions
- Improve overall patient satisfaction
- Enable sustained and predictable treatment outcomes



Modern Acne Success Formula



Active Treatment (Retinoid/BPO)

+



with Aquaxyl



Better Tolerance



Better Compliance



Better Outcomes

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In **DRYNESS** associated with Acne Therapy,



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AQUAXYL*
TRI-HYDRATION
—Hydraconcept—

Available in
100 gm & 60 gm



5★ Advanced Acne Moisturizer

For a superior Acne treatment experience

Acne, PIH & Melasma

ilumax ultra
CIBEX-3H

Reduces Dark Spots
Evens Skin Tone
Restores Glow

In the Treatment of Truncal Acne

Perobar 2.5% / 5%
Benzoyl Peroxide 2.5% / 5% Cleansing Bar

Clears Acne - Restores Confidence

Daily Gentle Face Cleansing Wash

Gorgeous
Tea Tree Oil

Cleanse, Hydrate, Maintains