

THE HELIOS GLOW GETTER

YOUR DOSE OF SKIN AND HAIR CARE WISDOM

Free Circulation

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HELIOS' EXCLUSIVE

SKINCARE INGREDIENTS EXPLAINED

If you are a beginner to skin care regimen or you have been accustomed to a regime for a long-time nevertheless, knowing what's in your skin care products and about specific ingredients in your most common products can be important information and can be beneficial. This knowledge in turn will help you to choose the right product. Dermatologists at Helios will guide you through some of the most popular skin care ingredients, what they do and how they work for your skin type.

By Dr Roshini, Dr Yamini and Dr M Shraddha

VITAMIN C SERUM IN SKIN CARE:

Vitamin C serum is an inveterate skin care formulation with effective antioxidant, antiaging and skin lightening properties. It has widely been used in skin care products in the form of serum, cream, moisturizer and sunscreen.

Topical formulations include the following actives viz., L-ascorbic acid, ethyl ascorbic acid, ascorbyl-6-palmitate and magnesium ascorbyl phosphate (MAP), disodium isostearyl 2-0 L-ascorbyl phosphate, ascorbic acid sulphate, and tetraisoalmitoyl ascorbic acid. The former one is unstable while the latter are relatively stable.

L-ascorbic acid is hydrophilic and unstable, hence there is poor penetration into the skin. It can easily degrade when exposed to light, heat and air. Ethyl Ascorbic Acid is an etherified derivative of ascorbic acid which is very stable. Ascorbyl-6-palmitate and magnesium ascorbyl phosphate are stable esterified molecules of vitamin C with a fair penetration into the skin.

How does it act?

For pigmentation: Vitamin C interacts with copper ions at the tyrosinase-active site and inhibits the enzyme tyrosinase (which is responsible for melanin production), thereby decreasing the melanogenesis and reduces pigmentation.

Antiaging: It serves as a co-factor for the enzymes prollyl and lysyl hydroxylase that are responsible for stabilizing and cross-linking the collagen molecules, directly involved in procollagen mRNA transcription, thus, inducing the synthesis of neocollagen.

Protection against photoaging & antioxidant: Vitamin C does not absorb UV light but exerts photoprotective effect by neutralizing free radicals generated by UVB and UVA, thereby preventing sunburn, redness and UV induced malignancy.

What is the suggested concentration of the serum?

The concentration of vitamin C may vary from 8- 20%. Higher concentration of more than 20% has not proven to be more efficacious and concentration less than 8% is not biologically significant either. It is always better to start the serum with a lower concentration of 10% for few weeks, gradually increase to 15% and then 20%.

Which skin type is ideal?

It is suitable for all skin types. However, acne prone individuals should use it with caution as it may aggravate acne.

What are the other serums that can be used in conjunction?

Vitamin C serum can be effectively combined with ferulic acid, hyaluronic acid and peptide serums.

What are the serums that should be avoided with vitamin c?

Layering of Retinol, AHA or BHA serums with Vitamin C is better avoided. Nevertheless, they can be applied on alternate days.

Can it be layered with other types of skin care products?

Yes. Vitamin C serum can be applied first, followed by a moisturiser and/or sunscreen. It can also be layered with other actives like ferulic acid or peptides.

What is the ideal time for application?

Vitamin C serum should be ideally applied at night on a regular basis. If used in the morning, it should always be topped up with adequate sunscreen.



How to apply the serum?

Cleanse the face with a gentle cleanser and pat it dry. Apply 4-5 drops of the serum over the face and gently spread it. After 5 min, moisturiser / sunscreen / other actives can be applied.

Always do a patch test behind the ear for the first time to look for allergy.

Store it in a cool, dark place.

If the serum turns reddish or brown color, it indicates oxidation of vitamin C which is no longer effective. Discard the same.

Can it be recommended during pregnancy/ lactation?

It is safe in pregnancy and breast feeding.

What side effects can be anticipated on using vitamin c serum?

Itching or irritation after application of the serum could be a cause of allergy to any of the ingredients present in it. There is a possibility of acne trigger after usage in acne prone individuals. Rarely, urticaria has been reported.



(To be cntd on page 4...)

CHEERS TO 2024

CHEERS TO 2024

Saying goodbye to a year is like shedding skin... it's not exfoliation; it's leaving behind memories and starting afresh to march ahead gearing up to meet beauty with confidence.

As we wrap yet another year, here is a pictorial glimpse of the some of the memories captured that made 2024 exciting.

We are happy to share that 2024 saw new treatments taking the forefront - HIFU, the skin analyser, introduction of O2 Mask, BCN Products and Exosomes. Dr Shraddha has been the key speaker at various prestigious conferences both in the country and across the globe.

A proud moment and a significant growth of Helios is the addition of another clinic at Vellore led by Dr Yamini and supported by Dr Roshini and a hand-picked team.



Dr Shraddha received The Hindu Tamil thisai's "Maruthuva natchathiram viruthu 2024" from Honorable Minister Ma. Subramanian.



Inaugurated our 3rd branch at Vellore.



22nd Conference of Association of Cutaneous Surgeons - MAHA ACSICON 2024



CME on management of facial pigmentation by IADVL TN



Inauguration of the HIFU machine.



Skin Analyzer Launch



3rd International summit BCN - Barcelona



MESO Products



HIFU (High Intensity Focused Ultrasound)



KOJIC ACID: (.....cntd from page : 1)

Kojic acid is a well accomplished skin lightening agent. It is obtained by the aerobic fermentation from *Aspergillus* and *Penicillium*. It acts by inhibiting the tyrosinase enzyme involved in melanin synthesis. Hence, it is an effective alternative for hydroquinone in treating pigmentation. It is included in various formulations viz cream, gel, lotion, serum, peeling solutions etc. mostly it comes in combination with other depigmenting agents like hydroquinone, liquorice, arbutin, glycolic acid and rarely used as monotherapy. 1-4% of kojic acid may be prescribed according to the pigmentation concern. It is incorporated as kojic dipalmitate and kojic monooleate to maintain stability. It is very commonly used for melasma, acne induced pigmentation and tanning. It is recommended to be used once or twice daily and it takes minimum of 4 weeks to show good results. Sunscreen should be used regularly while on kojic acid.

It can cause redness, erythema and contact dermatitis in some people. Kojic acid in combination with glycolic acid can be used as monthly peel for various pigmentation concerns under professional guidance.

**ARBUTIN:**

Arbutin is a relatively newer agent for pigmentation, which is a β -D-glucopyranoside derivative of hydroquinone. It is a very safe molecule for long term use, extracted from plants or by synthetic methods. It acts by inhibition of tyrosinase responsible for melanin production. In addition, it is also a good antioxidant. α -arbutin has even stronger enzyme inhibition than arbutin and has widely replaced the same in pharmaceutical as well as cosmeceutical industry.

It is indicated for varying pigmentation disorders including post inflammatory hyperpigmentation, melasma and also to achieve overall skin lightening. It is available in cream, gel and lotion forms mostly in combination with other skin lightening agents with a concentration upto 2%. Arbutin infused sheet masks are also available widely.

QUICK RECKONER:**CLEANSERS - Dr Yamini**

Facial cleansers are an important part in your skincare routine. Cleansers are intended to remove impurities, germs, dirt and even makeup that can irritate the skin. Find out how the right facial cleanser in your skincare routine can help keep your face clean.

**What are cleansers?**

Cleansers are substances used to clean the skin and body.

Contents of cleansers?

Water
Surfactants(emulsifiers)
Moisturizers (for hydration)
Binders (stabilizers)
lather enhancers (in some)
Fillers (hardeners)
Preservatives
(prevent it from getting spoilt)
Fragrance (mask surfactant odour)
Dyes or pigments (in some)

Types of cleansers?

Can be different form like gel, foam, cream, micellar water, soap bar, wipes, scrubs.

Uses of cleansers?

Removes oil
Exfoliates skin
Maintains pH
Hydrates skin

When to use?

Recommended use is twice a day. Once in the morning and once at night. And when there is excessive oil on the face.

When not to use?

After any aesthetic procedures. During active peeling of the skin. Allergy to the fragrances, preservatives in the cleanser.

Do cleansers dry the skin?

In certain sensitive skin conditions, the cleansers dry the skin.

Can men use it?

Yes. Men should also use cleaners.

Cleansers for oily and dry skin?

For oily skin cleansers which contain salicylic acid is used.

For dry skin hyaluronic acid contents are used.

Are toners recommended?

Toners are not advised.

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Image Credits: Freepik

Design: Videohall

Printed by: Saiimpresion

Concept and Research: Sunethra Selvam