

# MINIMIZE YOUR SCAR APPEARANCE

## SCAR MASSAGE, THE ESSENTIAL STEP

DID YOU KNOW ?

The massage improves the quality of the healing, softens the scar to make it the less visible as possible and reduces any swelling.

*'Massaging a scar for 5 minutes isn't much. But it's hugely beneficial for the healing process and an investment in the future!'*  
Thomas CRUCHAUDET, nurse

### 3 STEPS MASSAGE

1



#### Flat hand massage

Massage flat with the whole hand in the direction of the scar.

2



#### Massage by local friction

Using your fingertips, make small circular movements on the scar.

3



#### Palpate and roll massage

Grab folds of skin between your thumb and forefinger and slide your fingers along the scar.

#BeyondSkinRepair

For more information, consult:  
[www.bioderma.com](http://www.bioderma.com)

NAOS, SAS with a capital of € 43,474,650, R.C.S. Aix-en-Provence B535 236 418, 355 rue Pierre-Simon Laplace 13290 Aix-en-Provence. FB-AB(0266)April 2022

ECOBIOLOGY AT THE SERVICE OF DERMATOLOGY

Learn more about NAOS, French ecobiology company, founder of BIODERMA, on [www.naos.com](http://www.naos.com)



# BIODERMA

LABORATOIRE DERMATOLOGIQUE

## REPAIRS WHILE SOOTHING THE SKIN

### Cicabio Crème

WEAKENED OR DAMAGED SKIN

EXCLUSIVE SOOTHING TECHNOLOGY  
ANTALGICINE™



Care first.  N A O S  
40 ml e 1.3 FL.OZ.

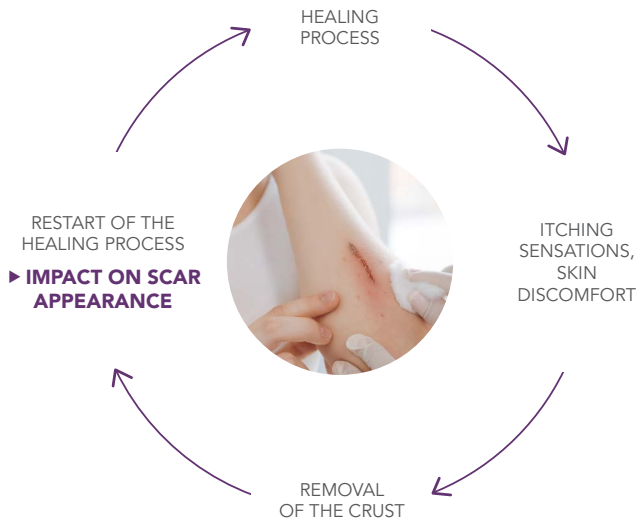
## DAMAGED SKIN

### WHAT HAPPENS IN THE SKIN?



Dr Michèle SAYAG

'During the healing process, the scab acts as a protection for the skin against external aggressions. It should therefore not be removed. However, as the skin recovers, some unpleasant sensations may occur: **itching, discomfort**. This may lead you to remove the scab, thus restarting the healing process. This may have an **impact on the scar appearance, which may leave a mark.**'



## BIODERMA'S ANSWER

### Cicabio Crème



### CREATES THE OPTIMAL CONDITIONS FOR SKIN HEALING

#### EXCLUSIVE SOOTHING TECHNOLOGY ANTALGINETM

Inspired by kyotorphin, a pain-relieving molecule naturally present in the skin, this technology ensures a soothing efficacy to preserve natural healing cycle.

#### SOOTHES

**-96%<sup>(1)</sup>**

Helps to decrease skin discomfort

**-85%<sup>(1)</sup>**

Helps to reduce itching sensations

### REKNOWNED EFFICACY

#### REPAIRS

Acclaimed by users

**9,2/10<sup>(2)</sup>**

Scar appearance after using Cicabio Crème

#### RECOMMENDED BY DOCTORS

**98%<sup>(1)</sup>**

of doctors are satisfied and convinced about Cicabio Crème efficacy

(1) Clinical study on 504 subjects, for 7 days  
(2) Clinical study on 703 subjects, for 14 days