

BIODERMA

LABORATOIRE DERMATOLOGIQUE



**LIVE BETTER WITH
YOUR MILD ACNE**

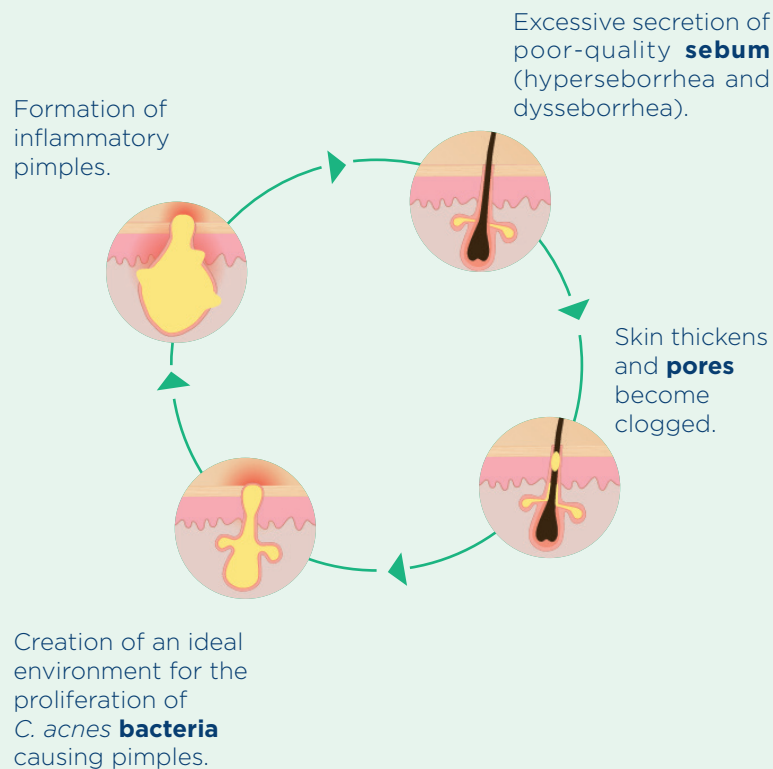
WHAT IS ACNE?

Acne is a common skin problem manifested by a combination of :

- **Blackheads** (open comedones)
- **Whiteheads** (closed comedones)
- **Pimples**

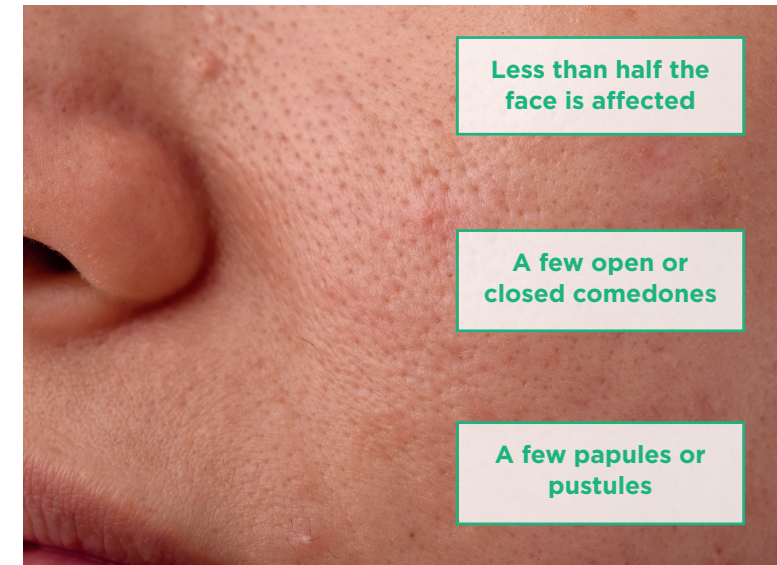
It is most often localised on the **face**, but can also be found on the **back**, **neck** or **chest**.

ACNE : A VICIOUS CIRCLE



FOCUS ON MILD ACNE

What does it look like?



SOME DATA ABOUT ACNE

Average age of onset:

♀ **14^{y.o}**

♂ **16^{y.o}**

80% Of teenagers are affected by acne*

95% Of cases involve facial acne but it can also affect the back, neck, and chest*

DEBUNKING MYTHS ABOUT MILD ACNE



CLEANSING THE FACE SEVERAL TIMES A DAY ELIMINATES ACNE

Excessive cleansing can irritate your skin and disrupt the cutaneous barrier, aggravating imperfections. Gentle cleansing, twice a day, is enough to remove all impurities without overstressing your skin.



SUN EXPOSURE IMPROVES ACNE

Although exposure to the sun can temporarily dry out pimples and reduce redness, this effect is deceptive. In reality, UV rays thicken the skin's *stratum corneum*, clogging pores and encouraging the accumulation of sebum. In the long term, this can lead to a «rebound effect», with acne returning more intensely, as well as post-inflammatory hyperpigmentation of acne scars. Use sunscreen!



MANIPULATING A PIMPLE TO GET RID OF IT FASTER

Scratching or popping a pimple can aggravate inflammation, spread bacteria to nearby areas and increase the risk of scarring or post-inflammatory spots. It can also lead to a deeper infection, making the pimple more difficult to treat.



DRINKING PLENTY OF WATER HELPS PREVENT ACNE

There is no scientific evidence that drinking more water improves acne. Even if water isn't a miracle anti-acne drink, it remains essential for overall health.



FATTY FOODS AND CHOCOLATE CAUSE ACNE

Although the link is complex, a diet low in refined sugars and dairy products may help reduce flare-ups for some people.



ADOPT AN APPROPRIATE ROUTINE

1 CLEANSE YOUR SKIN

Impurities and dead skin cells can build up and clog pores. Cleansing your skin with a specific cleanser will help remove them to prevent pores from clogging. The ideal cleansing rhythm is twice a day, morning and evening. Prefer a gentle product specially formulated for acne-prone skin.

2 TAKE CARE OF YOUR SKIN

Dehydrated skin is more vulnerable to external aggressors and compensates by producing sebum (the skin's natural protective oil). However, in acne-prone skin, sebum quality may be altered, leading to increased inflammation. A moisturiser specifically formulated for acne-prone skin helps regulate this process, keeping your skin supple and smooth.

3 SCRUB BUT NOT TOO MUCH

Gentle exfoliation of your skin 1 to 2 times a week removes dead cells and unclogs pores.

4 PROTECT FROM SUN

Use appropriate sun protection. This helps prevent scars and the rebound effect linked to sun exposure.

BIODERMA'S SOLUTION FOR MILD ACNE



SÉBIUM H₂O

This micellar water cleanses, removes make-up and captures impurities while respecting the skin's natural protective film. It purifies skin without drying it out.

LEAVE ON 100 mL, 250 mL & 500 mL



SÉBIUM GEL MOUSSANT ACTIF

This purifying cleanser unclogs pores and reduces imperfections for a deeply purified skin. A duo of complementary acids and an optimal pH for a perfect balance between efficacy and tolerance.

LATHER AND RINSE 200 mL



SÉBIUM KERATO +

A daily skincare with patented FLUIDACTIV™ technology that biologically normalises the quality of sebum. It eliminates pimples, blackheads and marks, and prevents them from reappearing.

DAY AND/OR NIGHT 30 mL



SÉBIUM GOMMANT

This exfoliating gel gently cleanses and removes impurities, smoothing skin texture. The patented D.A.F.™ technology increases the skin's tolerance threshold to reinforce its resistance. Use 1 to 2 times a week.

MASSAGE FOR 1 TO 2 MIN 75 mL



PHOTODERM AKN Mat

A high broad-spectrum sun protection specifically designed for acne-prone skin. The FLUIDACTIV™ technology biologically normalises the quality of sebum. Mattifying action and invisible finish.

AFTER THE CREAM 40 mL

