

BIODERMA

LABORATOIRE DERMATOLOGIQUE



**LIVE BETTER WITH
YOUR MODERATE ACNE**



N A O S
ECOBIOLOGY

| AT THE HEART OF DERMATOLOGY

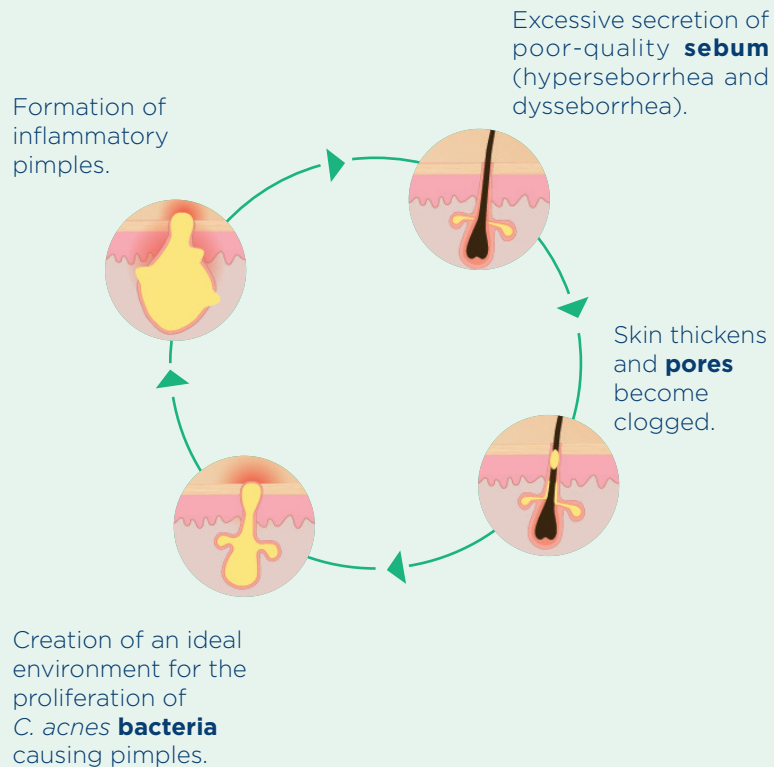
WHAT IS ACNE ?

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

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

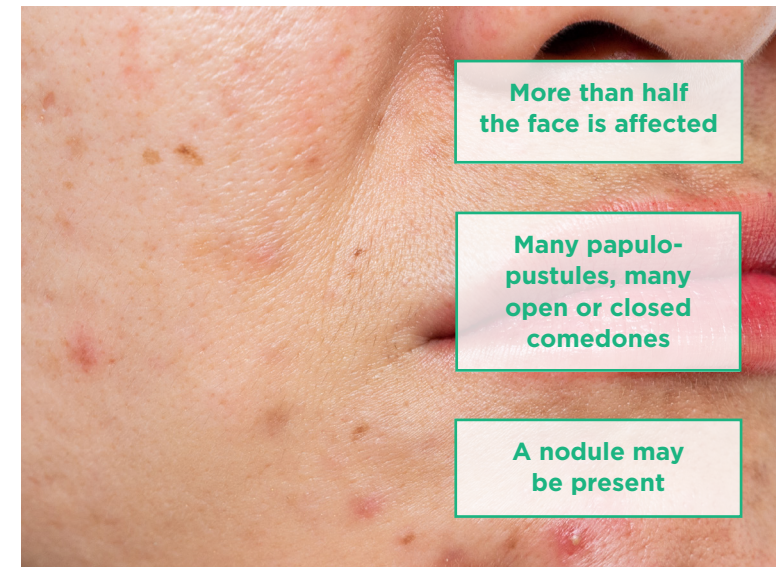
It is most often localised on the **face**, but can also be found on the **back**, **neck** or **chest**.

ACNE : A VICIOUS CIRCLE



FOCUS ON MODERATE ACNE

What does it look like?



SOME DATA ABOUT ACNE

1/5 Acne sufferers worldwide*

80% Of teenagers are affected by acne**

Average age of onset :

♀ **14 y.o**

♂ **16 y.o**

*Saurat, J., Halloua, B., Baissac, C., Cullell, N. P., Hayoun, Y. B., Aroman, M. S., Taleb, C., & Skayem, C. (2024). Epidemiology of acne and rosacea : A worldwide global study. Journal Of The American Academy Of Dermatology, 90(5), 1016-1018. <https://doi.org/10.1016/j.jaad.2023.12.038>

**French Health Authority, data from https://www.hassante.fr/jcms/c_2574402/fr/acne-quand-et-comment-la-traiter accessed on March 2025

DEBUNKING MYTHS ABOUT MODERATE ACNE



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!



DON'T USE OILS WITH ACNE

In reality, some non-comedogenic oils can help soothe acne-prone skin and regulate sebum production. The key is to choose the right ones. A gentle cleansing routine, twice a day, is enough to remove all impurities without overstressing the skin. Double cleansing, which starts with an oil-based cleanser to dissolve excess sebum and sunscreen, followed by a water-based cleanser to purify, can be especially effective – even for oily or blemish-prone skin.



ONE PRODUCT IS ALL IT TAKES TO REDUCE ACNE

Taking care of acne often requires more than just a single product. A consistent routine — including gentle cleansing, targeted active ingredients, and adequate hydration helps address multiple causes of acne while supporting the skin barrier. Combining the right steps is key to achieving lasting results.



REGULAR, AGGRESSIVE EXFOLIATION ELIMINATES ACNE

Frequent scrubbing, especially with mechanical exfoliants, can irritate the skin, aggravate inflammation and disrupt the cutaneous barrier. This can lead to acne exacerbation. Limit their use to 1 or 2 times a week, and avoid cleansing instruments such as brushes.



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.



ADOPT AN APPROPRIATE ROUTINE

1 CLEANSE THE 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 routine is twice a day, morning and evening. Prefer a gentle product specially formulated for acne-prone skin.

2 TAKE CARE OF THE 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 MODERATE ACNE



SÉBIUM H₂O

This micellar water cleanses, removes make-up and captures impurities while respecting the skin's natural protective film. It purifies the 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

