

# Benefits of Using a Purifying Cleanser and Anti-Blemish Skincare in Acne: Findings from Two Clinical Studies in Teens and Adults

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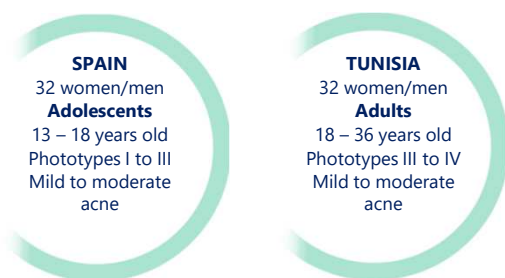
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## INTRODUCTION

*Acne vulgaris* is a chronic inflammatory skin disease, characterized by hyperseborrhea and a mixed apparition of inflammatory and non-inflammatory lesions. This disorder affects young subjects but also adults with a global prevalence during life of 80%.<sup>1</sup> In addition to its high relevance, *acne vulgaris* has a significant physical and psychological impact on the affected subjects. Among dermatologists' recommendations, dermocosmetics can be helpful to manage milder acne severity showing positive effects regarding global assessment, number of acne lesions, tolerability, oiliness skin aspect and skin barrier function.<sup>2</sup> In this context, two clinical studies evaluated the **efficacy** and the **tolerance** of the **combination of two dermocosmetic products in the absence of medical treatment**. This combination included a purifying cleanser and an anti-blemish skincare product, both of which were formulated to address the needs of those with **acne-prone skin**.

## MATERIALS & METHODS

Two open-label, intra-individual clinical studies, were conducted in winter under dermatological control. The studies were designed to include complementary populations in age and skin phototypes.



## RESULTS

In both studies, the association of the purifying cleanser and the anti-blemish cream unlighted an anti-imperfection effect with a **significant reduction in lesions count**. Among the adults, on D28 a reduction of -34% ( $p < 0.0001$ ) was observed concerning retentional elements and -25% ( $p < 0.0001$ ) regarding the inflammatory elements (**Graph 1**). Among the adolescents, a decrease in retentional elements of -23% ( $p < 0.0001$ ) on D28 and -39% ( $p < 0.0001$ ) on D56 was noted. Inflammatory lesions were also reduced by -25% ( $p < 0.05$ ) on D28 and by -47% ( $p < 0.0001$ ) on D56 (**Graph 2**).

In the adolescents study, the clinical grading showed a significant efficacy on acne regarding the **IGA**, decreasing by -12% ( $p < 0.05$ ) on D28 and -19% ( $p < 0.05$ ) on D56 (**Graph 3**). In addition, **seborrhea grade was reduced** by -30% ( $p < 0.0001$ ) on D28 and -42% ( $p < 0.0001$ ) on D56 (**Graph 4**).

The questionnaires filled in by the subjects indicated that 97% of the adolescents considered that their skin was supple and moisturized and that 94% of them reported that their skin was soft and comfortable after 56 days of use. Also, after D28, 97% of the adults judged that their skin was mattified after use and did not feel a greasy film on the skin. Moreover, 88% of the adults reported a rapid removal in pimples and blackheads after 28 days application.

Finally, the combination of products was **very well tolerated** by the subjects of both studies.

In both groups, **illustrative photographs** of face were taken to visualize the effects of the combined use (**Figure 1 and 2**).



Figure 1 : Illustrative photographs of adult subject face on D0 (left) and D28 (right)

In both studies, the subjects used twice daily (morning and evening) the purifying cleanser on wet face, followed by the anti-blemish cream. Both products were used during 56 days in the adolescents study and 28 days in the adults study. To assess effectiveness, clinical parameters were evaluated at each visit:

- **Retentional and inflammatory lesions counting** was performed by a dermatologist on both studies.
- **Clinical grading** of acne severity (Investigator's Global Assessment, IGA) and seborrhea severity was performed on the adolescents study only.
- **Subjective efficacy questionnaire** was filled in by adults and adolescents at the end of the studies to appraise their perception of the combination used.
- **Illustrative photographs** were also taken in both groups with VISIA®.
- **Cutaneous acceptability** was evaluated in both groups.

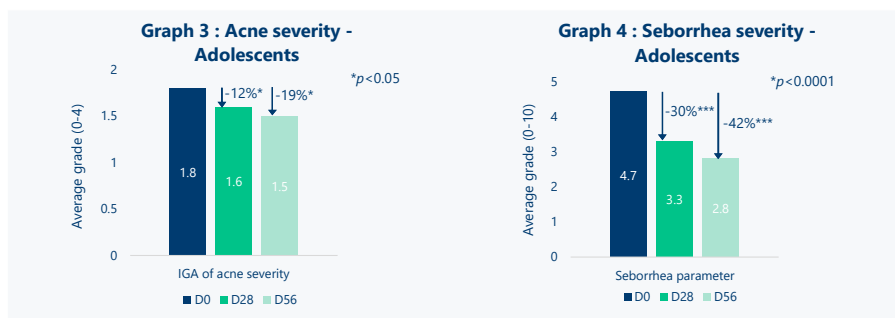
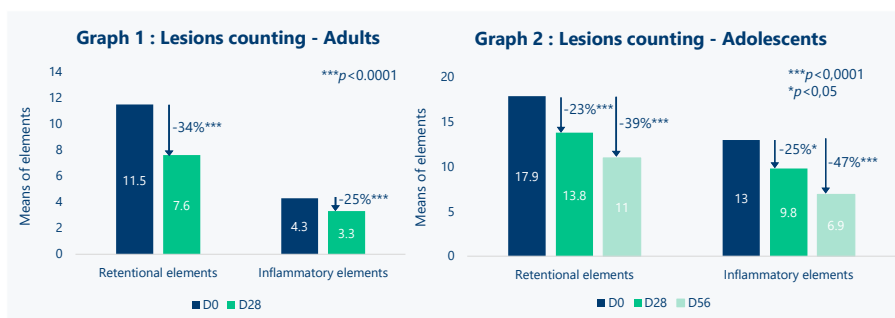


Figure 2 : Illustrative photographs of adolescent subject face on D0 (left), D28 (middle) and D56 (right)

## CONCLUSION

These findings show that, in the absence of medical treatment, the use of a **purifying cleanser together with an anti-blemish cream**, specifically formulated for acne-prone skin, is very well tolerated at a cutaneous level and clinically effective in reducing overall signs of facial acne. These results were observed in adolescents as well as in adults presenting various phototypes, combination or oily skins and sensitive skin for adults. The complementary nature of the study populations and skin types, as well as the consistency of the observations, support the relevance of this combined dermocosmetic approach as a very well tolerated option for **daily management of mild to moderate acne**.

<sup>1</sup>Poli, F.; Auffret, N.; Leccia, M.-T.; Claudel, J.-P.; Dréno, B. *Ann. Dermatol. Venereol.* **2010**, *137*, S49–S51.

<sup>2</sup>Thiboutot, D.; Layton, A. M.; Traore I.; Gontijo, G.; Troielli, P.; Ju, Q. et al. *J. Eur. Acad. Dermatol. Venereol.* **2025**, *39*, 952–966