glymed®



THE MAGIC OF

MANDELIC ACID



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INTRO

Chemical exfoliants play a vital role in skin health, yet some people have a low tolerance for them. These clients may have a skin condition or a darker Fitzpatrick Skin Type that makes them sensitive to exfoliating ingredients. Many acid solutions are also unsafe for pregnant or nursing mothers. Yet clients in these situations would benefit from chemical exfoliants because of how they accelerate cellular turnover.

The process of shedding dead skin cells and creating new ones slows with age, from about a 28-day cycle to a 45-day cycle according to WebMD. Considering the stratum corneum has 10–30 layers of dead skin cells, your clients need to be able to exfoliate their skin to maintain a healthy, youthful complexion. When left unchallenged, dead skin buildup can clog pores, trigger acne breakouts and leave your client's skin dry and dull-looking, and nobody wants that.

So how can you help clients benefit from chemical exfoliants without jeopardizing their health? By using a magical ingredient called mandelic acid.

WHAT IS MANDELIC ACID?

A gentle alpha hydroxy acid (AHA) derived from almonds. It was discovered in 1831 by German pharmacist Ferdinand Ludwig Winkler and gets its name from the German word for almond: *mandel*.

In skincare, mandelic acid serves as an:

- ***Exfoliant***: Dissolves and detaches the desmosomes that hold dead skin cells to the epidermis to reveal newer, healthier skin underneath.
- ***Antibacterial disinfectant***: Kills bacteria in the skin to prevent acne, infection and other skin problems.

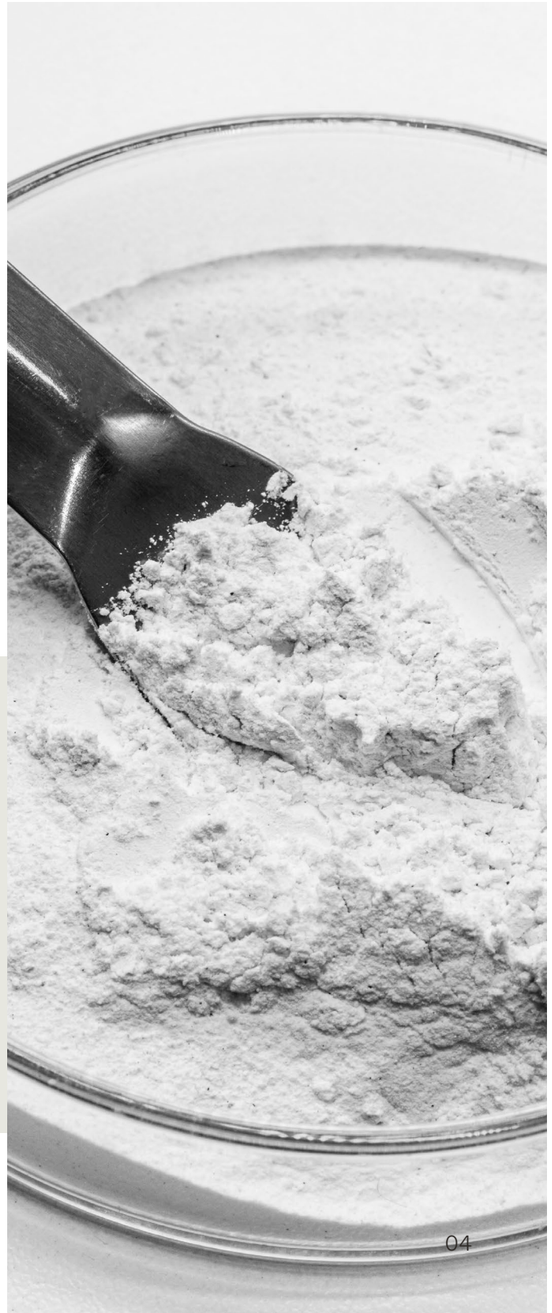


MANDELIC ACID
VS OTHER AHAs

Mandelic acid is one of the largest AHAs–twice the size of glycolic acid. As such, it penetrates the skin slowly, making it much gentler than other AHAs. This gentle touch lets you use it more frequently to achieve greater results with less risk of irritation.

It's also oil-soluble, which means it can slip passed the lipid-rich stratum corneum quickly and down into the lower layers of the epidermis, sometimes even reaching the dermis. This deep penetration allows this powerful AHA to produce long-lasting changes in your client's skin.

With this combination of gentle and deep penetration, mandelic acid makes it possible for those with sensitive skin or safety concerns to receive treatments they would otherwise not be able to have.

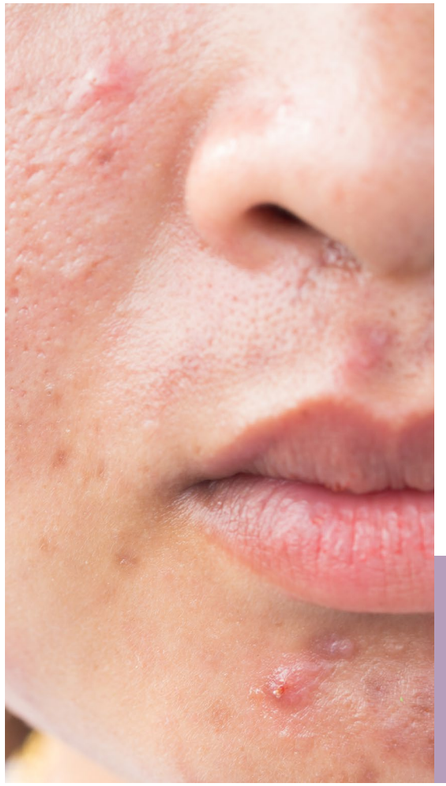


THE BENEFITS OF MANDELIC ACID

Mandelic acid has proven safe for all Fitzpatricks and skin types as well as expecting or nursing mothers. This inclusivity empowers you to help all your clients achieve optimal skin health.

This AHA is also inclusive in that you can use it for a variety of skin concerns, often improving these conditions simultaneously.

Here are a few examples of what it can do for the skin:



REDUCE ACNE

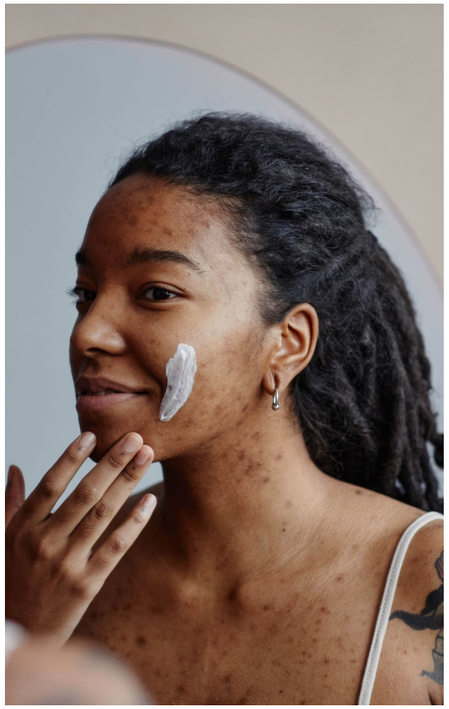
Mandelic acid's antibacterial properties make it an excellent acne fighter. It kills acne-causing bacteria while also unclogging pores, controlling sebum production and dissolving blackheads and comedones.

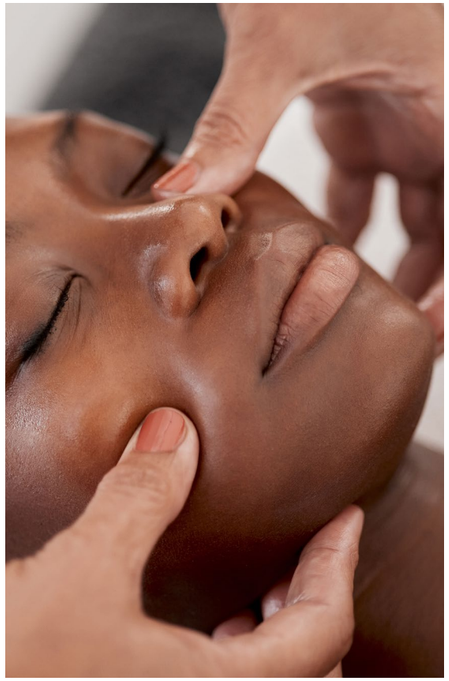
A study in 2019 found 30% salicylic acid vs 45% mandelic acid peels are equally effective at treating mild to moderate acne vulgaris. However, mandelic acid is safer and more tolerable with fewer side effects. The study also suggested mandelic acid is better at treating inflammatory lesions.

COMBAT AGING

A study in 2013 found mandelic acid combats signs of aging by stimulating collagen and elastin production. As the amount of protein increases, the skin becomes firmer and tighter with fewer lines and wrinkles.

Mandelic acid also regulates sebum levels, which helps prevent the dryness you often see in aged skin.





FADE HYPERPIGMENTATION

Ellen Marmur, a board-certified dermatologist, told Allure that mandelic acid is one of the best acid solutions for hyperpigmentation, especially in darker skin tones. It lightens dark spots without killing healthy melanocytes, which would worsen discolored skin. Use it to reduce hyperpigmentation caused by acne, medication, sun exposure or other factors.

DECREASE REDNESS AND INFLAMMATION

Mandelic acid's anti-inflammatory properties can provide much-needed relief for clients with eczema, rosacea and psoriasis. By reducing redness and inflammation, it softens the effects of these chronic skin conditions.

BRIGHTEN THE SKIN

Mandelic acid breathes life back into the skin by accelerating cellular turnover. As it sheds dead skin cells, it reveals a fresh layer of skin that better reflects light, giving your client a glowing complexion.

EVEN SKIN TEXTURE

Along with brightening the skin, exfoliation also evens the skin's texture. Skin becomes uneven when dead cells build up on the surface. By using mandelic acid to remove this buildup, your client's skin looks and feels so much healthier!



DOES MANDELIC ACID HAVE ANY SIDE EFFECTS?

Like any AHA, mandelic acid can irritate the skin, causing:

- Redness
- Itching
- Swelling
- Tenderness
- Photosensitivity

However, most people tolerate mandelic acid better than other AHAs, so there's less risk of your client experiencing these side effects.



HOW TO USE

Generally, clients can use cleansers and serums with mandelic acid daily and chemical peels once or twice a week. It all depends on the acid percentage and your client's tolerance level.

TIPS TO AVOID SKIN IRRITATION

- Start off slow. Use low concentrations of mandelic acid, then build up to higher concentrations as the skin acclimates.
- Use products as directed. Instructions are on the packaging and on glymedplus.com.
- Avoid over-exfoliation. Using mandelic acid with retinol and other AHAs can dry out the skin. Try alternating between mandelic acid and other exfoliants to avoid irritation.
- If you or your client are concerned about photosensitivity, tell them to only use mandelic acid at night.
- Always apply sunscreen after using mandelic acid. Make sure your client's home care regimen includes a high-quality broad-spectrum sunscreen, such as:
  - *Hydrating Protection Cream SPF 30*
  - *Moisturizing Protection Cream SPF 30*
  - *Oil-Free Protective Moisturizer SPF 30*

Do **NOT** use mandelic acid if:

- Client has an almond allergy
- Patch test shows skin irritation
- Other negative reactions occur

GLYMED MANDELIC PRODUCTS

These formulas contain the purest and most effective pharmaceutical-grade ingredients infused with natural botanicals. Each is third-party tested for quality, so your clients are sure to reap the benefits of mandelic acid. As you use them for home care or in-clinic treatments, your clients will see life-changing results.



IDYLLIC CLEANSER

with 3% Mandelic Acid

GM74
8.0 fl. oz. | 236 mL

Our preferred home care cleanser. Idyllic Cleanser contains 3% Mandelic Acid, and is formulated to gently exfoliate, control acne-causing bacteria, and brighten the skin. This cleanser provides anti-aging and gentle exfoliation benefits. It is recommended for mild to moderate concerns. Suitable for all skin tones, acne grades, and skin types, this mild-active cleanser can be used every day.

Safe for pregnant or nursing mothers.

RECOMMENDED FOR

All skin types and all skin conditions. Great for mild to moderate acne.

DIRECTIONS

Dispense and emulsify with water to create foam. Gently massage area to be cleansed, avoiding eye area. Rinse with water. Begin using once a day and increase if needed.

KEY INGREDIENTS

Mandelic Acid: Derived from almonds, this larger AHA gently helps to diminish surface cells to reduce buildup.

Comfrey: An herb. The content of allantoin and mucilages provides soothing, antibacterial and anti-inflammatory properties.



Chamomile: Anti-inflammatory and antibacterial.

Green Tea: High in antioxidants, effective antibacterial and anti-inflammatory agent.

INGREDIENTS

Aqua (Water), Sodium C14-16 Olefin Sulfonate, Cocamidopropyl Betaine, Glycerin, Peg-18 Glyceryl Oleate/Cocoate, Mandelic Acid, Decyl Glucoside, Propanediol, Peg -120 Methyl Glucose Dioleate, Panthenol, Pentylene Glycol, Symphytum Officinale (Comfrey)Rhizome/Root Extract, Camellia Sinensis (Green Tea) Leaf Extract, Anthemis Nobilis (Chamomile)Flower Extract, Tocopherol, Caprylyl Glycol, Hexylene Glycol, Phenoxyethanol, Ethylhexylglycerin

ELITE

Step Two: Treat

RADIANT SERUM

with 1% Mandelic Acid

GM73
1.69 fl. oz. | 50 mL

Lightweight, hydrating and anti-aging, Radiant Serum exfoliates the skin gently and brightens the overall tone of your skin. Radiant Serum leaves the skin silky smooth, while it reduces the appearance of fine lines, protects against free radical damage, and prevents acne by decreasing dead skin buildup.

Safe for pregnant or nursing mothers.

RECOMMENDED FOR

All skin types. Great for mild to moderate acne.

DIRECTIONS

After cleansing, apply to face, neck and décolleté, followed by additional serums and moisturizers. Can be used once a day, preferably at night. Start using 2–3 times a week, slowly increasing until it is part of your daily regimen.

KEY INGREDIENTS

Mandelic Acid: Derived from almonds, this larger AHA gently helps to diminish surface cells to reduce buildup.

Palmitoyl Tripeptide-38: Often referred to as a “wrinkle-filling” peptide. Peptides such as this are found in collagen VI and laminins, and they help to smooth wrinkles from the inside by stimulating macromolecule production in the DEJ.

Palmitoyl Tripeptide-5: Peptide that stimulates collagen synthesis and helps reduce the apperance of wrinkles.

Palmitoyl Dipeptide-5 Diaminobutyroyl Hydroxythreonine: Anti-aging peptide cocktail that stimulates the proteins of the Dermal-epidermal junction (DEJ) including laminin, collagen and integrin, and provides strength.

Comfrey: An herb. The content of allantoin and mucilages provides soothing, antibacterial and anti-inflammatory properties.

Chamomile: Anti-inflammatory and antibacterial.

INGREDIENTS

Aqua (Water), Glycerin, Polysorbate 20, Pentylene Glycol Propanediol Sodium Hyaluronate, Palmitoyl Tripeptide-38, Palmitoyl Tripeptide-5, Palmitoyl Dipeptide-5 Diaminobutyroyl Hydroxythreonine, Panthenol, Hydroxypropyl Cyclodextrin, Tetradecyl Aminobutyroylvalylaminobutyric Urea, Trifluoro-acetate, Mandelic Acid, Camellia Sinensis (Green Tea) Leaf Extract, Symphytum Officinale (Comfrey) Rhizome/root Extract, Anthemis Nobilis (Chamomile) Flower Extract, Citrus Aurantium Dulcis (Orange) Peel Oil, Citrus Grandis (Grapefruit) Peel Oil, To-copherol, Xanthan Gum, Carbomer, Phenoxyethanol, Ethylhexylglycerin, Sodium Hydroxide



PROFESSIONAL USE ONLY

PROFESSIONAL PEPTIDE PERFECTION EXFOLIATOR

GM113
2.0 fl. oz. | 59 mL

Activate protein turnover through proteasome stimulation to help maintain the regeneration, proliferation, and migration of skin. An advanced peptide formula that helps prevent DNA oxidation and fights environmental aging.

Known as our “walk in welcome” peel, Professional Peptide Perfection Exfoliator is safe enough to introduce to clients on the first visit prior to their recommended home care providing that the Skin Care Questionnaire is obtained and evaluated, and caution is taken regarding the length of initial treatment.

RECOMMENDED FOR
All skin types.

DIRECTIONS
Dispense approximately 1 tsp. into a small dish. Saturate either cotton pad or gauze in product. Apply product across the forehead, down the sides of the face, over chin, upper lip, nose and finish over cheeks. Allow to sit for 5–15 minutes. Remove with cool towels and continue with post-treatment products.

KEY INGREDIENTS

Mandelic Acid: Derived from almonds, this larger AHA gently helps to diminish surface cells to reduce buildup.

Malic Acid: Derived from apples, this larger AHA gently helps to diminish surface cells to reduce buildup in addition to providing antibacterial properties.

Lactic Acid: Derived from tomatoes and/or sour milk, this small AHA increases water content, gently exfoliates, and brightens superficial hyperpigmentation.

Palmitoyl Tripeptide-1: A peptide that initiates the stimulation of collagen and glycosaminoglycan (hyaluronic acid) production while also supporting connecting tissue to firm and tighten.

Palmitoyl Tripeptide-7: A peptide that reduces inflammation that is responsible for weakening protein production. It also helps to influence healing and tissue regeneration.

Acetyl SH-Heptapeptide-1: Protective peptide that prevents against DNA oxidations while also turning on the master switch to slow aging and neutralize free radical damage.

Acetyl Hexapeptide-8: A neuro peptide that diminishes creases and wrinkles by preventing the signal protein, catecholamine, from connecting to the cell.

Copper Tripeptide-1: A wound healing peptide that delivers essential nutrients crucial for tissue regeneration.

INGREDIENTS
Water, Sd Alcohol 40-b, Pentylene Glycol, Mandelic Acid, Malic Acid, Lactic Acid, Glycerin, Polysorbate 20, Propanediol, Sodium Hydroxide, Hydroxyethylcellulose, Palmitoyl Tripeptide-1, Palmitoyl Tetrapeptide-7, Acetyl Sh-heptapeptide-1, Acetyl Hexapeptide-8, Copper Tripeptide-1, Panthenol, Sorbitol, Glycine, Hydrolyzed Soy Protein, Butylene Glycol, Hydrogenated Lecithin, Phenyl Alcohol, Mucor Miehei Extract, Butyrospermum Parkii (Shea) Butter, Carbomer, Caprylyl Glycol, Hexylene Glycol, Phenoxyethanol, Ethylhexylglycerin, Sodium Hydroxide, Silver



CONCLUSION

With mandelic acid, you can help anyone who walks into your treatment room. They can have oily skin or dry skin, Fitpatrick Skin Type I or VI, acne or rosacea, and you'll be able to improve their skin health, which is what you live for!

Add mandelic acid to your treatments and home care regimens and watch it work its magic! You'll fall in love with this gentle exfoliant as it reduces acne, aging and hyperpigmentation while brightening and firming the skin at the same time.

Order mandelic products at glymedplus.com/products.

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