

SPLIT FACE, RANDOMIZED, CLINICAL EVOLUTION OF THE EFFICACY OF A FACIAL REGIMEN ALONE vs. A FACIAL REGIMEN USED WITH A SONIC CLEANSING BRUSH

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INTRODUCTION

Dull and pigmented skin associated with aging and exposure to extrinsic conditions is a growing concern and presents cleansing challenges. Removal of dirt, oil, and bacteria while brightening and improving skin texture are important attributes when cleansing compromised skin with specific hyperpigmentation/texture conditions. Pacific Bioscience Laboratories has developed a Radiance Kit(cleansing regimen) for skin brightening and improvement of skin texture. This kit consists of a sonic skin care brush (with specially designed extra soft brush head) to be used with an AM cleanser, PM exfoliating cleanser, and a skin brightening serum. The AM cleanser contains Gingo Biloba, Peppermint Leaf, and Licorice Root Extracts, the PM cleanser contains glycolic acid and lipohydroxy acid for exfoliating the skin and the skin brightening serum contains Ellagic Acid and Phenylethyl Resorcinol. This cleansing regimen is designed for twice daily cleansing and treatment of dull, pigmented skin.

OBJECTIVE

To evaluate the efficacy of a facial regimen for skin brightening and improved texture, manual was compared to sonic cleansing in a randomized, split-face, 2-week study. Each side of the subject's face was randomized to a cleansing regimen (manual cleaning vs. sonic cleansing) using the AM cleanser, PM cleanser and skin brightening serum on both sides of the face.

MATERIALS & METHODS

This 2-week, split-face, randomized study evaluated the efficacy of a facial regimen for skin brightening and improved texture alone (manual cleansing) compared to the regimen used with sonic cleansing.

Twenty-nine women between the ages of 35-65 years, Fitzpatrick skin types I-III, with mild to moderate signs of hyperpigmentation, uneven skin tone, and skin roughness/texture were enrolled in this, single-center investigator-blinded 4 visit study. The study visits consisted of a baseline visit (pre cleansing assessment and 15 minute post cleansing assessment using the AM cleanser and brightening serum), 8 hour post baseline visit/assessment (using the PM cleanser and brightening serum) a 1 week and 2 week visit. Evaluations included objective and subjective tolerance grading, clinical grading of facial skin attributes for brightness/radiance/luminosity, skin tone evenness, skin texture/smoothness, skin clarity/fairness, skin transparency and overall appearance of hyperpigmentation. Participants were instructed on the use of the study cleanser (AM & PM serums) for 30 seconds on each side of the face; cleansing one side manually and the other side of the face randomized to sonic brush (sonic brush on low power setting for AM cleanser and high power setting for PM cleanser). Following cleansing, participants applied 2 pumps of the skin brightening serum equally to both sides of their face. Participants were instructed to use the products twice daily for the 2 week duration of the study.

MEASUREMENTS AND ANALYSIS

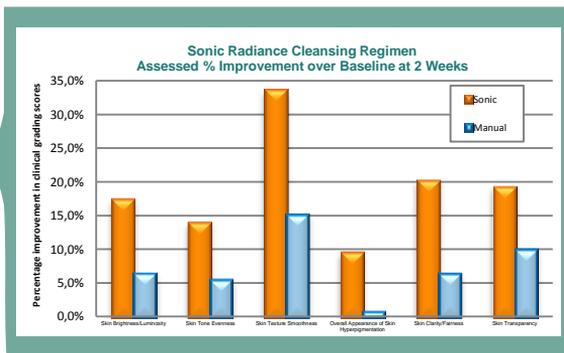
When subjects arrived at the testing facility, they were instructed to equilibrate for 15 minutes to the temperature and humidity of the facilities' environment prior to clinical assessments. A clinical grader blinded to the cleansing regimens visually assessed the facial skin using a 0 -9 point scale for skin radiance/brightness/luminosity, skin tone evenness, skin texture smoothness, overall appearance of skin hyperpigmentation, skin transparency, and skin clarity/fairness.

The clinical grading data was statistically compared between the two cleansing regimens (manual vs. sonic cleansing) and to baseline measurements using Wilcoxon Signed-Rank Test.

RESULTS

The results of this study showed statistically significant improvements in brightness/radiance/luminosity, skin tone evenness, skin texture smoothness, and skin transparency after 2 weeks when compared to baseline for both cleansing regimens. Additionally at 2 weeks, the side of the face treated with the sonic regimen had statistically significant improvements from baseline in overall appearance of hyperpigmentation and skin clarity/fairness.

When comparing the sides of the face cleansed with the sonic brush and the sides of the face cleansed manually, the sides of the face cleansed with the sonic brush outperformed the sides of the face cleansed manually in brightness/radiance/luminosity ($p<0.01$), skin tone evenness ($p<0.01$), skin texture smoothness ($p<0.01$), overall appearance of hyperpigmentation ($p=0.0123$), skin clarity/fairness ($p<0.01$) and skin transparency ($p<0.01$).



CONCLUSION

Both cleansing methods, along with the brightening regimens, were well tolerated by the subjects after 2 week of product use.

Objective Tolerance Assessments

There were no significant changes between baseline and post baseline scores (baseline post application, Day 1 PM, Week 1 and Week 2) for erythema, dryness, edema, and peeling for both the sonic cleansing regimen and manual cleansing regimen.

Subjective Tolerance Assessments

There were no significant changes between baseline and post baseline scores (baseline post application, Day 1 PM, Week 1 and Week 2) for itching, stinging, burning and tingling for both the sonic cleansing regimen and manual cleansing regimen

Expert Assessments

When comparing the sonic regimen to the manual regimen after 2 weeks of use, the side of the face treated with the sonic regimen showed a significant improvement in brightness/radiance, skin tone evenness, skin texture smoothness, overall appearance of hyperpigmentation, skin clarity/fairness, and skin transparency compared to the manual cleansing regimen.

REFERENCES

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« The authors declare no conflict of interest »