



PRODUCT, DESCRIPTION AND EVIDENCE

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REFRESH

Contains the natural clinically proven AHAs - Glycolic and Citric Acid - to gently remove the build-up of dead skin cells, together with Salicylic Acid to remove impurities and excess oil. This combination will cleanse the skin and increase cell turnover revealing new younger-looking skin, while preparing the skin for your daily skincare regime.

KEY BENEFITS

- Contains a trio of alpha-hydroxy acids to improve appearance of skin texture, reduce the signs of ageing and blemished skin.
- Formulated with L-arginine, a potent amino acid that protects the skin and supports increased production of collagen.
- Supports the skin's natural moisturising factor.
- Calms irritated skin.

DIRECTIONS FOR USE

Massage onto damp skin. Leave on the skin for a few minutes to get to work before rinsing with warm water and patting dry. An SPF must be worn daily when using this product.

WARNINGS

Do not use as an eye makeup remover. For external use only. Avoid contact with eyes. If this occurs wash affected area thoroughly with water. If irritation occurs, discontinue use. Products containing AHAs can increase the skin's susceptibility to UV damage. Appropriate UV protection measures should be taken when using products such as this. Store this product below 40°C.

INGREDIENTS

Aqua, PPG-26-Buteth-26, PEG-40 Hydrogenated Castor Oil, Glycolic Acid, Glycerin, Cocamidopropyl Dimethylamine, Aloe Barbadensis Leaf Juice, Sodium Gluconate, Xanthan Gum, Silybum Marianum Ethyl Ester, Salicylic Acid, Saccharide Isomerate, Salix Nigra Bark Extract, Butylene Glycol, Punica Granatum Fruit Extract, Glycyrrhiza Glabra Root Extract, Melaleuca Alternifolia Leaf Oil, Lavandula Angustifolia Herb Oil, Tocopherol, Leuconostoc/Radish Root Ferment Filtrate, Didecylidimonium Chloride, Parfum, Sodium Citrate, Potassium Sorbate, Sodium Benzoate, Citric Acid, Limonene, Linalool.

ACTIVE INGREDIENTS

Glycolic Acid 5%
Salicylic Acid 2%

GLYCOLIC ACID

Glycolic acid occurs naturally in sugar cane and has the best track record of all the Alpha Hydroxy Acids. Glycolic acid is an alpha hydroxy acid (AHA) which has an effect on the epidermis by dissolving the bonds of thickened dead skin cells on the surface of the skin causing exfoliation of the upper surface to reveal newer hydrated healthy skin. AHA's have also been shown to effect the deeper layers of the skin by increasing the gel matrix and creating plumper looking skin, they also reduce pore size and fine lines and wrinkles and can have an effect on reducing the signs of acne prone skin.

<https://www.ncbi.nlm.nih.gov/pubmed/26032934>

It also has significant effects on the process of keratinization and stratum corneum exfoliation, and has demonstrated anti-aging benefits by increasing synthesis of dermal matrix components including collagen and glycosaminoglycans

(e.g., hyaluronic acid). Additional beneficial effects on skin include antioxidant effects, skin barrier strengthening and MMP inhibition. It is the most researched AHA and studies show that glycolic acid, demonstrates the most impressive results for all ages and skin types. Glycolic acid is special because of its small molecule size which enables it to easily penetrate through the top layers of skin and reveal healthier-looking skin. Glycolic acid also has the ability to hydrate skin and to 'teach' skin to retain its natural moisture. When used in concentrations of 5% and upwards, glycolic acid can also improve firmness and resilience while lessening other signs of sun damage.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6017965/>

Glycolic acid has also been shown to show an effect on cell proliferation, thus thickening and strengthening the feel and appearance of the skin

<https://www.ncbi.nlm.nih.gov/pubmed/9563274>

Studies demonstrated that topical glycolic acid provides a photoprotective effect to pre treated skin yielding an SPF of approximately 2.4. In addition, when glycolic acid is applied to irradiated skin, it accelerates resolution of erythema. The data obtained from both studies support the hypothesis that glycolic acid acts as an antioxidant.

<https://www.ncbi.nlm.nih.gov/pubmed/8634805>

SALICYLIC ACID

Salicylic Acid is a Beta Hydroxy acid. It is considered to have aspirin-like, anti-inflammatory properties and is a popular ingredient in acne treatment formulas and is extracted from willow bark. Salicylic Acid is one of several beta hydroxy acids, and works as a keratolytic by exfoliating the skin, causing the cells of the epidermis to shed more readily, preventing pores from clogging up, and allowing room for cell growth. It is considered especially effective because of its ability to penetrate the follicle, clearing the pores of debris at a deeper level and reducing blockage and in turn, acne flare ups and breakouts, it also has antimicrobial properties. It is also well documented that salicylic acid can improve skin thickness, barrier functions, and collagen production, making it very useful for acne prone skin.

<https://www.ncbi.nlm.nih.gov/pubmed/1535287>

<https://www.ncbi.nlm.nih.gov/pubmed/30173582>

ALOE BARBADENSIS LEAF JUICE

The botanical name of Aloe Vera is Aloe barbadensis miller. It belongs to Asphodelaceae (Liliaceae) family, and is a shrubby or arborescent, perennial, xerophytic, succulent, pea-green colour plant. It grows mainly in the dry regions of Africa, Asia, Europe and America. Aloe barbadensis is a useful additive for cosmetics as it has many different properties to counteract the effects of ageing and to protect the skin. Aloe barbadensis, or aloe Vera, is a succulent plant which offers many benefits and is suited for all skin types, especially dry, damaged, broken, sensitive and irritated skin. It offers anti-inflammatory, antimicrobial, antioxidant, humectant and soothing and anti-itch properties for skin. Aloe Vera contains vitamin B complex, folic acid, vitamin C and carotene, which is a precursor of Vitamin A.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2763764/>

CITRIC ACID

Citric Acid (AHA) is a member of the alpha hydroxy family of molecules that are derived from the use of the acids in lemons, limes, oranges, and grapefruits. Topical citric acid produces changes similar to those observed in response to glycolic acid and retinoic acid including increase in epidermal and dermal glycosaminoglycans and viable epidermal thickness. Citric Acid exfoliates the skin, to remove dead skin cells and in addition it is an astringent and can also increase the moisture levels of the skin.

<https://www.ncbi.nlm.nih.gov/pubmed/9256916>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6017965/>

MELALEUCA ALTERNIFOLIA LEAF OIL

Complementary and alternative medicines such as tea tree (melaleuca) oil have become increasingly popular in recent decades. This essential oil has been used for almost 100 years in Australia but is now available worldwide both as neat oil and as an active component in an array of products. The primary uses of tea tree oil have historically capitalized on the antiseptic and anti-inflammatory actions of the oil. It has antimicrobial and anti-inflammatory properties.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1360273/>