

MENE SYSTEM & MOY SYSTEM

Skin Rejuvenation Program



Choosing Your Skin Care Routine with Mene & Moy

This is not intended, nor is it, a comprehensive regime to cover all the Mene and Moy products. Indeed, some of the products mentioned here are from other ranges. It is intended to give a basic idea of which products from the range may suit you best and may also form the building blocks for your skin care routine.

Whilst most skin in the UK and central Europe belongs to the resilient, non-pigmenting Group 1, many individuals have skin that is delicate and pigments easily in response to trauma, UV light, etc.

This second group, Group 2, pigmenting skin, requires gentleness and patience and too strong a programme may damage the skin. Many skin care programmes ignore this important classification but I believe that it is essential if you are to achieve the best results.

On a world-wide basis, there are far more skins that are delicate and prone to abnormal pigmentation. If you are in doubt about your skin type, err on the side of caution and classify yourself as in the delicate pigmentation, Group 2.

major skin group 1:

This group of skin does not pigment abnormally in response to trauma, UV light, hormones or stress. Pigmentation acquired from UV light is uniform, viewed as attractive and a normal response to UV exposure (i.e. a sun-tan). It fades naturally and leaves no marks. This type of skin is normally white or olive.

major skin group 2:

skin that pigments (scars) abnormally, irregularly with even minor trauma, UV light, hormones or stress, and fails to fade quickly is delicate, abnormally pigmentation skin.

This is the most important aspect of your skin type to appreciate. You fall into this group if your skin leaves pigmented marks on your face or body under the following conditions:

1. Melasma, chloasma - symmetrical pigmented marking on the face, sometimes associated with pregnancy, sun exposure, use of oestrogens in the contraceptive pill or hormone replacement therapy.
2. Dark skin, mostly Asian, African, some Mediterranean.
Cuts, spots, scratches and burns leave dark marks that take months to fade, if at all.
3. Oriental skin. Pigmentation appears early on the cheeks. Cuts, spots, scratches and burns leave that take months to fade, if at all.
4. Mixed parental of any of the already mentioned skin types.
5. Sun exposure. Sun damage can affect the melanocytes, the pigment-making cells, even in white skin. Cuts, spots, scratches that take months to fade, if at all.

Skin group 1: resilient skin – young, perfect skin::

You are less than 35 years of age, of any skin colour. You have not exposed your skin to excessive UV light. Your skin is perfect, line free. You have no problems with abnormal pigmentation.

Your skin does not need any make-up, powder or base. You would like to keep it that way.

At this point your skin requires only hydration, nutrition and protection from UV light to keep it in its pristine condition.

morning:

Cleanser: Mene & Moy Facial Gentle Silky Cleanser

Day Cream: Mene & Moy Stand By Cream C5 (very mild) or Facial Lotion C20 (stronger)

UV protection: Mene & Moy Facial Sunblock SPF30 or Inno-Derma Sunblock SPF50

evening: (as morning, but no UV Protection required)

Saturday Night Sparkle: Mene & Moy Facial Masque C10

not so perfect skin; early signs of sun-damage or smoke damage

You may be young or not so young, but have seen the sun and be showing some signs that it is catching up with you - fine lines, especially around the eyes, some early freckles again under and around the eyes. You may smoke or have smoked. Skin not quite so spongy and youthful-looking.

Some open pores. A little make-up such as powder or foundation perfects your skin. You would to start working a bit harder on your skin.

Providing that you give up smoking and stop sun exposure (you may already have) full recovery is possible. At this point your skin needs nutrition, hydration, protection from UV light but also the key element - repair. For this we add glycolic acid.

morning:

Cleanser: Mene & Moy Facial Gentle Silky Cleanser or Facial Cleanser 4% Glycolic Acid

Day Cream: Mene & Moy Facial Lotion C20

UV protection: Mene & Moy Facial Sunblock SPF30 or Inno-Derma Sunblock SPF50

evening:

Cleanser: Mene & Moy Facial Gentle Silky Cleanser or Facial Cleanser 4% Glycolic Acid

Night Cream: Mene & Moy Facial Lotion C20 or Enhanced Cream (stronger)

Weekly pick-me-up: Mene & Moy Facial Masque C10

moderately sun, smoke or environmentally-damaged skin

You have seen the sun or the elements and definitely show the signs; lines and wrinkles, open pores, freckles, less bounce and elasticity in the skin. The bloom of youth has gone and the skin looks tired. You may have smoked or still smoke. Foundation is essential if you want a flawless looking skin.

You can still achieve good results at home and should see an improvement in two or three weeks. Avoid UV exposure from this point on and you will be glad in the long run. Your skin needs nutrition, hydration, protection from UV light but also the key element - repair. For this we add glycolic acid in increased quantities.

For even better results, ask your therapist about gentle glycolic acid peeling (no down time) or stronger TCA peeling with an element of time off.

morning:

Cleanser: Mene & Moy Facial Cleanser 4% Glycolic Acid or Face & Body Cleanser 15% (strongest)

Day Cream: Mene & Moy Facial Lotion C20 or ProMedic Retiderm K

UV protection: Mene & Moy Facial Sunblock SPF30 or Inno-Derma Sunblock SPF50

Weekly boost: Mene & Moy Glycolic Acid Mask 10%

evening:

Cleanser: Mene & Moy Facial Cleanser 4% Glycolic Acid or Face & Body Cleanser 15% (strongest)

Night Cream: Mene & Moy Enhanced Cream or ProMedic Retiderm K

severely sun, smoke or environmentally-damaged skin

There is no doubt that you have enjoyed the sun. Perhaps you smoke or have done. There are lines, wrinkles, open pores, surface irregularities such as red veins, pigmentation marks, sun spots. The texture is open and tired. The colour is grey-yellow. Make-up such as powder and foundation is no longer of benefit, sitting in the lines and accentuating the problem.

You can still achieve results at home and should see an improvement in three to four weeks. Sometimes the creams make the skin worse before better, the skin becoming dry and irritable. Persevere and this will settle or add a gentle moisturiser (Mene and Moy Standby Cream C5 or SkinRenu Wrinkle Reducing Formula) on top. Avoid UV exposure from this point on. Stop smoking (or at least, try to).

You will benefit from asking your therapist to help you to develop your skin care, ask about TCA peeling with an element of time off. Otherwise, go slowly with gentle Glycolic Acid or Mene and Moy Alpha & Beta Complex Gel peeling.

morning:

Cleanser: Mene & Moy Facial Cleanser 4% Glycolic Acid or Face & Body Cleanser 15% (strongest)

Day Cream: Mene & Moy Facial Lotion C20 plus SkinRenu Wrinkle Reducing Formula (for very dry skin) or ProMedic Retiderm K

UV protection: Mene & Moy Facial Sunblock SPF30 or Inno-Derma Sunblock SPF50

Weekly treatment: Mene & Moy Glycolic Acid Mask 10%

evening:

Cleanser: Mene & Moy Facial Cleanser 4% Glycolic Acid or Face & Body Cleanser 15% (strongest)

Night Cream: Mene & Moy Enhanced Cream or ProMedic Retiderm K or Mene & Moy Advanced Cream (strongest)

Skin group 2: delicate, abnormally pigmented skin –

These types of skin need to be treated gently to avoid further trauma (and so more pigmentation). The melanocyte stabilising agents kojic and phytic acid, morus alba, busserole and liquorice are all natural plant-based products that do not harm the delicate pigment-making melanocytes. All of these are used in varying combinations to achieve results in skin that pigments.

perfect skin - young skin (up to age 35) fine skin, freckled children and teenagers, early pigmentation changes

morning:

Cleanser: Mene & Moy Facial Gentle Silky Cleanser

Day Cream: Mene & Moy Stand By Cream C5 (very mild)

UV protection: Mene & Moy Facial Sunblock SPF30 or Inno-Derma Sunblock SPF50

Evening: (as morning, but no UV Protection required)

Saturday Night Sparkle: Mene & Moy Facial Masque C10

all other skin, sun-exposed skin, acne damage, older skin (35+), pigmentation changes

morning:

Cleanser: Mene & Moy Facial Gentle Silky Cleanser or Facial Cleanser 4% (stronger)

Day Cream: Mene & Moy Facial Lotion C20

UV protection: Mene & Moy Facial Sunblock SPF30 or Inno-Derma Sunblock SPF50

evening:

(as morning, but no UV Protection required)

Night Cream: Mene & Moy Phytic Acid Cream

Weekly Boost: Mene & Moy Facial Masque C10

advanced skin care routine

These types of skin need to be treated gently to avoid further trauma (and so more pigmentation). The melanocyte stabilising agents kojic and phytic acid, morus alba, busserole and liquorice are all natural plant-based products that do not harm the delicate pigment-making melanocytes. All of these are used in varying combinations to achieve results in skin that pigments.

A few notes on Peels

TCA Chelated Lotion 20% / TCA Chelated Lotion 30%: This is a formulation containing trichloroacetic acid (TCA) and glycolic acid, made in such a way that it cannot penetrate too deeply into the skin, but deep enough so as to make these peels useable even for the removal of tattoos.

TCA should not be used on people with dark skin, or those with melasma. Peels not to be used if pregnant or breastfeeding or by those already on a chemical peeling or laser skin rejuvenation programme, or using retinol products.

Recent scarring, depilation (hair removal) and sun burn are also not suitable for chemical peel treatment, along with skin infections, such as herpes.

If considering professional peeling:

Try to use home treatment products containing glycolic acid for about two weeks before the start of any professional peeling treatment. This will act as a preliminary skin exfoliation and will enable the practitioner to evaluate the skin's tolerance to glycolic acid.

A course of 6 to 8 peels is suggested, spaced by 12 to 15 days. After that, with most peel products, repeat. Another peel is by using **Salicylic Acid**, which is a beta hydroxy acid that is synthetically made. It is used in many of cosmetic applications, but one of its main uses, is to treat acne. Salicylic acid peels can be used to treat acne, fine wrinkles, minor skin discoloration and sun damage. A salicylic acid peel is an alternative to glycolic peels, which are more common. Salicylic acid peels can be done at home or by a skin professional.

Mandelic acid is recommended for sensitive skins and darker skins that do not tolerate other alpha-hydroxyacids with a smaller molecule, which may penetrate deeper inside the skin and irritate sensitive skins. Mandelic Acid produces less prickling sensations during application due to its higher molecular weight. It is suitable for sensitive skins and darker skins. The bacteriostatic action helps stabilise acne-prone skin. A variation of this is, of course, Lactic acid (or Fruit acid) peel

Phenol is the strongest of the peels and produces a deep peel. Of course, this may only be undertaken by medical professionals under strict conditions and that may include sedation. It is used mainly to treat patients with coarse facial wrinkles, areas of blotchy or damaged skin caused by sun exposure, or pre-cancerous growths. Since phenol sometimes lightens the treated areas, skin pigmentation may be a determining factor as to whether or not this is an appropriate treatment. Phenol is primarily used on the face; scarring may result if it's applied to the neck or other body areas. With a phenol peel, the new skin frequently loses its ability to make pigment (ie tan). This means that not only will the skin be lighter in color, but you'll always have to protect it from the sun. Phenol may pose a special risk for those with a history of heart disease.

NOTE: "All chemical peels carry some uncertainty and risk. Chemical peel is normally a safe procedure when it is performed by a qualified, experienced plastic surgeon. However, some unpredictability and risks such as infection and scarring, while infrequent, are possible" A very important point as made by the American Society of Plastic Surgeons. Do not try and undertake any sort of major peeling unless you have taken proper, professional advice - and have your peel undertaken only by a professionally qualified practitioner!