

# SKININC.<sup>®</sup>

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has been shown to smooth wrinkles by increasing collagen and glycosaminoglycan production, along with the described dermal matrix components.<sup>5,6</sup> It also inhibits photocarcinogenesis and imparts anti-inflammatory benefits in acne, rosacea and synthetically induced irritation. Indeed, niacinamide is suggested for many disorders relating to epidermal barrier functioning, aging skin, acne-prone skin and even to improve hyperpigmentation and

shown to reduce pore size and sebum production;<sup>6</sup> and in relation, several mechanisms involved in acne. For one, it acts as a potent anti-inflammatory agent. One report found that after eight weeks of use, 82% of subjects with inflammatory acne showed an improvement in papules/pustules (-60%) and acne severity (-52%).<sup>11</sup> According to the lead researcher, many practitioners use niacinamide as a treatment, citing both a combination of efficacy and lack of

spots, improve skin tone and lessen rosacea.

At Maison Esthetique Christiane Bourque Spa in Danvers, Massachusetts, niacinamide brightens the skin in its 24 Karat Brightening Facial (80 min., \$175) along with AHAs, bearberry, kojic acid, licorice, mulberry and vitamin C.

Dolce Vita Medical Spa, with three locations in Connecticut, mixes its own Acne Gel in-house for treatments with a combination of 2% niacinamide, 5% spironolactone and 0.025% tretinoin.

When it comes to professional skin care products, niacinamide is a star ingredient with benefits for acne, aging and dry skin.

To start, Rhonda Allison addresses acne with niacinamide in its B3 Booster, a powdered blend of vitamin B3, beta glucans and cornflower extract that helps heal problematic skin to reduce the risk of scarring. In addition to reducing inflammation and redness, the booster is said to improve the look of age and reduce the appearance of large pores.

Dull, congested skin is tackled by niacinamide with Bioelements' Kerafole, a purging facial mask for radiant skin. While it stimulates the skin and improves pores, congestion and texture, it also helps deliver the product's "tingle" experience.

Vivant formulates with niacinamide in a number of its products, including Derm-A-Renew. In the product, B3 has both a firming effect and anti-inflammatory properties.

Niacinamide is part of the healing formula in Institut DERMED's Bio-Derm Nutri Gel Serum. The formulation is designed to support skin

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red blotchiness and skin yellowing (sallowness), compared with the control.<sup>10</sup>

#### Anti-acne Effects

Niacinamide also has been

Hotel Hershey in Hershey, Pennsylvania combines B3 with A, C, E B5 and D in its Vitamin Infusion Facial Treatment (50 min., M-Th \$155/F-Su \$165), which is said to reduce wrinkles, improve acne, lighten brown