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Melanin skincare glamorous guide 101

By Dr. Eman Ahmedali,
Your melanin cosmetic and beauty scientist

Melanin cosmetic and beauty scientist Dr. Eman

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Glamorous start from knowledge,

here where beauty meet science

Authored by:

Dr. Eman A.M. Ahmedali

Head of Research & development | Pioneer



Melanin cosmetic and beauty scientist Dr. Eman

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Who I am

Glamorous starts from knowledge, here where beauty meet science.

I struggled with acne and hyperpigmentation during my teenagers and it followed me until mid twenties. I tired so many trendy market products, but nothing helped, so, I decided to find the solution myself. I used my mum's kitchen as my laboratory, and her garden herbs as ingredients, I even asked my grandma some traditional beauty tips. I kept making products and experimenting for years, until I finally found the right formula. In university studies, I was able to research more in order to be able to create products that address these issues for other women.

My name is **Dr. SSA. Eman Ahmedali**. I am a registered pharmacist, Pharmaceutical industry and technology, cosmetic dermatology and trichology scientist. I have spent the past 6 years, to be exact from 2020, developing products for companies worldwide, including haircare, skincare, functional cosmetics, and color cosmetics. However, the past 3 years have contributed a lot of career growth. Beside specializing myself in development of color cosmetic for melanin skin across Africa and America, I stepped into the role of technical manager to leading a team of 20 people across 4 technical departments, R&D, QC, Production and supply Chain. sometimes I even step forward to be the Scientific PR. I have operated at three levels; support, hiring, and training, put the company structure and lead the teams.

I come from a very rich scientific education background, not from the fancy universities in the world, but a decent once, I have dedicated over 10 years in university studies, the journey started in 2006, going through 4 universities, achieving 4 degrees in science, a Bachelor in chemistry, a master in pharma, pharmaceutical industry and technology, an advanced master in cosmetic science dermatology and trichology, last but not least, a master in Aesthetic medicine, all from international universities.

The goal was very clear; to understand the chemical compounds and their interaction within human body, and how many level of consumer satisfaction we could achieve through a cosmetic product, which introduced me to aesthetic medicine as an advance solution for skin problems.

I believe my rich experience combines technicality and administration skills, which started way back in 2006, as I have been working and studying at the same time. 20 years of growth, making mistakes and learning from it. Today I am here standing before you to support your growth.

My Journey

2006 -2010	Bachelor in Chemistry	Pharmaceutical industry, QC, QA	2007 -2009
2011 -2013	Master in Pharma	R&D, QC (HSC, QC)	2011 -2013
2013 -2016	Advanced Master in Cosmetic Science Dermatology & Trichology	UNICAL student community leader	2014 -2016
2016 -2018	Master in Aesthetic Medicine	R&D, PM in La Roche-posay, R&D elite cosmetic manufacturers, oversee production	2018 -2022
2021 -2023	Diploma in Aesthetic Medicine	IKA/Bellezuri R&D manager	2023 - present

Brands I personally worked in

IKA® | LA ROCHE-POSAY LABORATOIRE DERMATOLOGIQUE | EAU THERMALE Avène | L'ORÉAL GROUPE | Bella Zuri

Startups. | VICHY LABORATOIRES | Macroarm Spino | Pierre Fabre Laboratoires

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My Career Journey

Knowledge • Experience • Impact

2006 - 2010
SUST Chemistry

2007 - 2009
Pharmaceutical industry, QC, QA

2011 - 2013
Leadership School, marketing and sales

2011 - 2013
Central laboratory of R&D QC (HSC, QC)

2013 - 2016
UNICAL pharmacy and pharmaceutical industry

2014 - 2016
UNICAL student community leader

2016 - 2018
UNICAL Cosmetic chemistry, dermatology, trichology

2018 - 2022
R&D PM in La Roche posay, R&D elite cosmetic manufacturers, oversee production

2021 - 2023
Diploma in aesthetic medicine

2023 - present
IKA/Bellezuri
R&D manager

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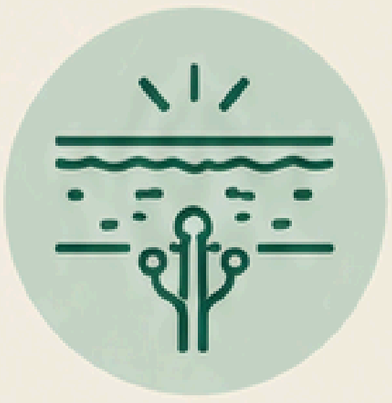
Myths Vs Fact when it comes to melanin skin



Myth

Black skin is thicker, and the nerve ending is deeper comparing to white skin.

Fact

Modern science has approved that there is not difference between race when it comes to thickness of the skin and the number of the cells under beneath, the difference lays in the activity of these cells and their component production.



Myth

Because of your melanin, you are fully protected from sun.

Fact

Melanin block UVB, but not UVA, in whom responsible of cell and DNA damages, the average UVR protection from the melanin you have is between 9 to 15 SPF which consider to be basic sun protect.



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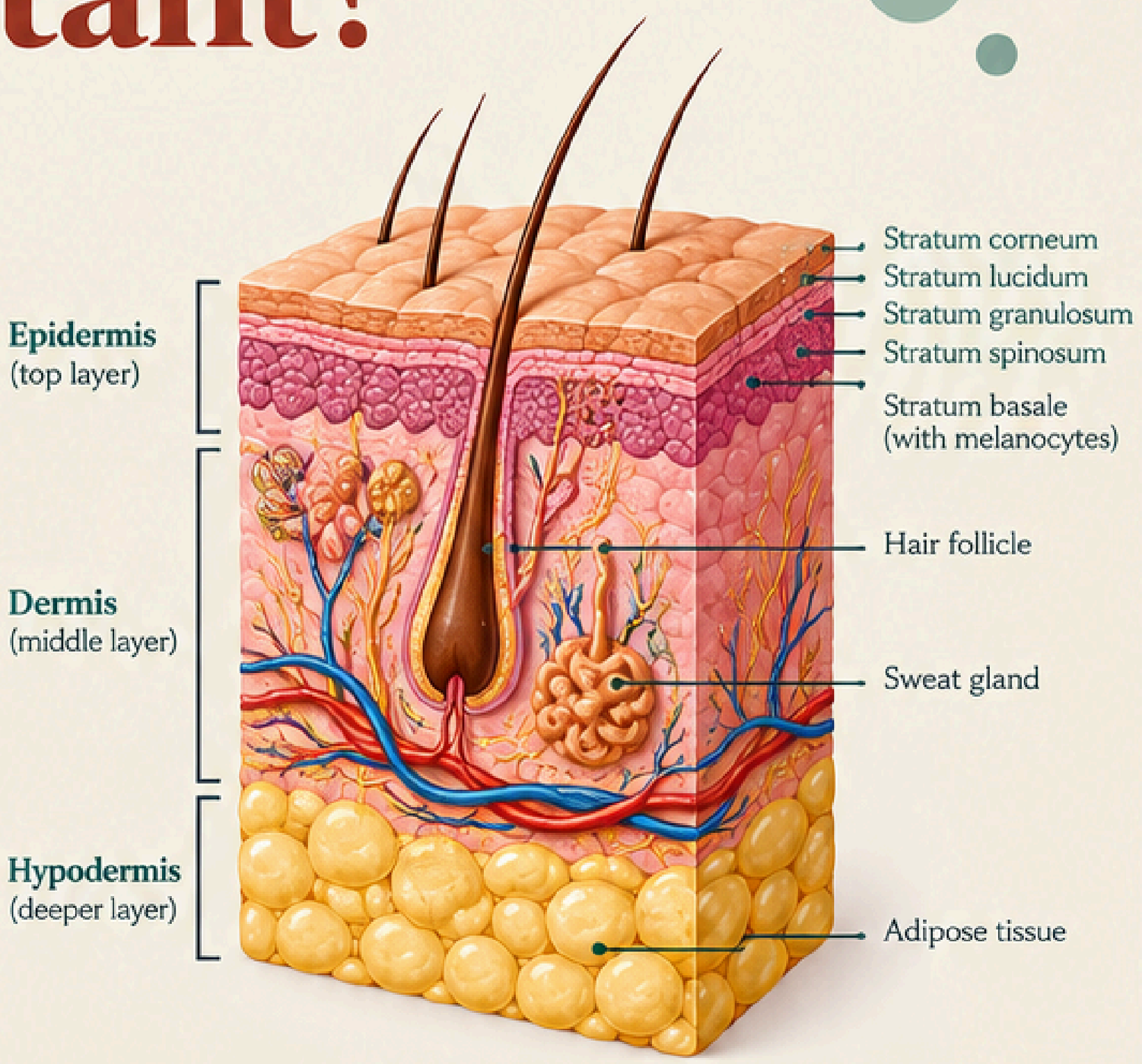
Why is your skin so important?

Why skin is very important?

The skin is the largest organ on your body, made up of several different components, including water, protein, lipids, and different minerals and chemicals.

In fact, your skin will regenerate itself approximately every 28 days.



Skin layers

Epidermis:

- Stratum corneum, 20-30 cell layer.
- Stratum lucidum, 2-3 cell layers.
- Stratum granulosum, 3-5 cell layers.
- Stratum spinosum, 8-10 cell layers.
- Stratum Basale: is the deepest layer, separated from the dermis by the basement membrane (basal lamina). this layer also contains melanocytes.

Dermis:

- It consists of two layers.
- The papillary layer is the upper layer, thinner, composed of loose connective tissue and contacts epidermis.
- The reticular layer is the deeper layer, thicker, less cellular, and consists of dense connective tissue/ bundles of collagen fibers.
- The dermis houses the sweat glands, hair, hair follicles, muscles, sensory neurons, and blood vessels.

Hypodermis:

- It is the deepest layer of skin and contains adipose lobules along with some skin appendages like the hair follicles, sensory neurons, and blood vessels.

Essential elements of our skin

1 Keratin

is the strongest protein in your skin. It's also dominant in hair and nails. Keratin is what forms the rigidity of your skin.

keratinocytes produce the protein known as keratin, the main component of the epidermis.

2 Melanin

is the pigment that produce by the Melanocytes.

Melanin protects human skin from incoming UV rays from sunlight. This prevents DNA damage. Melanin has the property of converting the absorbed light energy into heat energy within a few femtoseconds.

3 collagen

is found in the dermis and is the most abundant protein in the skin, making up 75% of this organ.

This is also your fountain of youth. It's responsible for warding off wrinkles and fine lines.

4 Elastin

is critical skin protein, it combines with microfibrils to form elastic fiber that provide stretch and recoil to the skin, elastogenesis is the process of elastin formation.

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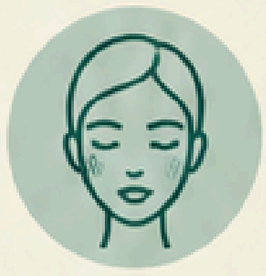
How to identify your skin type?



Skin types

There are five main skin type according to how it looks and feel:
Normal, oily, combination, dry and sensitive, but we have to be very careful with this type of classification , as the skin can be oily, sensitive and dehydrated at the same time.

Skin's oiliness can change over time and may also be influenced by factors such as stress, genetics, fluctuating hormones, and humidity. These changes can be especially noticeable during the tween and teen years—learn how to support younger skin in our tween & teen skincare.





How to test at home

1. **Clean:** your face with a gentle, mild cleanser.
2. **Dry :** Pat your face dry gently with a clean towel. Do not put on any toner, serum, or moisturizer.
3. **Wait:** Leave your skin completely bare for 30 minutes.
4. **Observe:** Look in the mirror and see how your skin feels and looks.

T zone and U zone, evaluating the oiliness, dryness, and texture of your T-zone and U-zone. Then, press blotting sheets to various areas of your face, and hold the sheets up to the light to see the oil markings as you go. If the sheets soaked up an abundance of oil from all areas of the face, you probably have oily skin. If they absorbed little to no oil, then you likely have dry skin. Sheets that pick up oil only from your T-zone signify combination skin. And, if you see minimal oil from every area of your face, you most likely have normal skin.

Healthy skin starts with knowing your skin. ♡

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Skin tone VS Skin undertone

Skin

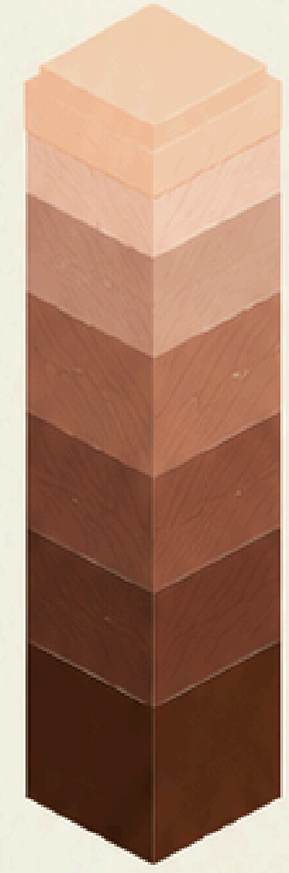
Skin tone is determined by the amount of melanin in your epidermis. It can change with sun exposure.

1. Light
2. Fair
3. Medium
4. Dark

your skin tone may change, according to the season.

Undertone

Skin undertone, is the subtle cool, warm or neutral color beneath your skin's surface that shines through onto your face.



1. Cool (C,P,R)
2. Warm (Y, G)
3. Neutral (N)

your undertone will always be the same.

How to determine Skin tone VS Skin undertone

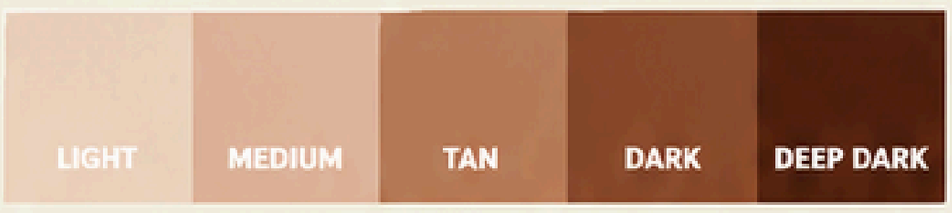
Skin tone

1 LOOK AT YOUR JAWLINE IN NATURAL LIGHT:

Grab a mirror and take a good look at your skin in natural light.
you should be able to determine if your skin tone is light, fair, medium or dark.

2 HOW DOES YOUR SKIN REACT TO THE SUN?

If you tan easily, you've likely got a medium or dark skin tone, while if you're prone to burning then your skin tone is probably light or fair.



Undertone

If you have warm undertones, it means that your skin is predominantly yellow, gold and olive.
IF YOU ARE cooler colouring have skin composed of pink, blue or red tones.
you'd be classed as **neutral** (and the colour world's your oyster).

1 THE VEIN TEST

look at the veins on your wrist, If your veins look blue, you're cool and if they have a greener tint, this is due to your warm undertone,
If they're neither one thing nor the other, you might be neutral-toned.

2 THE JEWELLERY TEST

If silver makes your skin look luminous, you're cool – while if gold is more flattering, you have warm or golden tones. Both look just as good? You have neutral undertones.

3 THE WHITE T-SHIRT TEST

Hold a white t-shirt up to your skin. If your skin looks a bit rosy next to it, you're likely to be cool toned.
If your face looks more yellow, you're likely to be warm toned. If you don't see a change, you're probably neutral.

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Impact of Pollution on our skin

- Dehydration
- Acne
- Disturbed skin microbiome
- Premature aging
- Destroy skin barrier
- Skin cancer



Photo aging

Solar aging:
it happens in the deep layer of skin (dermis) that why it can take many years before it can be visible.

The signs:

- Wrinkling
- Pigmentation changes such as age spots, liver spots (solar lentigines) and freckles.
- Loss of skin tone (decreased elasticity).
- Rough, uneven skin texture.
- Broken capillaries (spider veins), usually around the nose and chest.
- Redness and blotchiness.

How we protect against it

- Products that use anti-oxidants
- Avoid direct sun exposure
- Drink enough water
- Exercise
- Don't smoke
- Reduce pollution

Healthy skin is always in.

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The 5 Best ingredients for your melanin skin no matter what is your age

1



Niacinamide

2



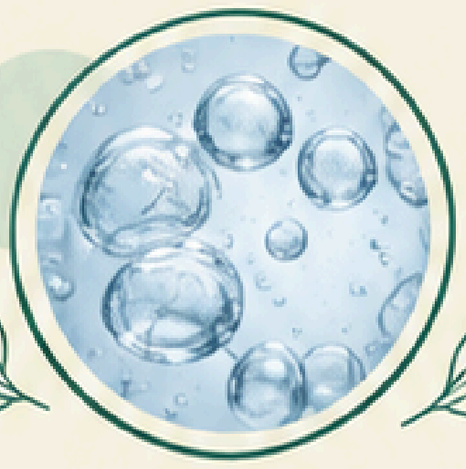
Vitamin C

3



Retinol

4



Hyaluronic Acid

5



AHAs and BHAs

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Niacinimide

Benefits

- Antioxidant
- anti-inflammatory
- anti- microbial
- Reduces the sebum production.
- Skin lightening effect
- Skin barrier enhancement
- Anti-Aging Activity

Concentration: some brands sells upto 10 % Niacinamides

Application: morning and evening



La Roche-Posay Mela B3 Serum

Best products



La Roche-Posay Mela B3 Serum



The INKEY List Niacinamide Serum 30ml



Kiehl's Ultra Pure High-Potency 5.0% Niacinamide Serum



Neutrogena Hydro Boost+ 10% Niacinamide Serum



COSRX The Niacinamide 15 Serum



L'Oréal Bright reveal niacinamide dark spot serum



The ordinary Niacinamide 10% + Zinc 1%



Dr. Barbara STURM niacinamide serum

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Vitamin C

Benefits

- Vit. C effects on collagen and elastin synthesis in human skin fibroblasts and vascular smooth muscle cells
- Fighting skin aging
- Fighting pigmentation
- Fighting photoaging

Best concentration:
vitamin C topical concentration could get up to 15 % depends on the problem, that address.

Application:
better in evening unless the brand says other way.

Precautions:
Vitamin C is photo sensative, so make sure to used it with SPF cream, and avoid the direct exposure to the sun. Also make sure to buy vitamin C that sell in a dark bottle.

Storage condition:
keep it in dry and dark place away from the light, because vitmin C loses ist efficacy when its expose to the Light.



Vichy Liftactiv
Vitamin C serum

Best products



Vichy Liftactiv
Vitamin C serum



Paula's Choice
C15 Super Booster



La Roche-Posay
Pure Vitamin C12 Serum



SkinCeuticals
C E Ferulic



Avène Vitamin Activ Cg
Radiance Correcting Serum



CeraVe Skin Renewing
Vitamin C Serum



The ordinary
Vitamin C



Dr. Barbara STURM
The good C

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Retinol

Benefits

- Working against photoaging.
- Improve wrinkles and aging spots.
- Preventing the clogged pores for acnes,
  Increasing the skin turnover.
- Retinol compete against acne spot.
- Retinol fight the hyperpigmentation.
- Retinol also can help reducing the stretch mark.



Side effects

- Dry, irritated skin.
- Itching or burning.
- Redness, peeling, flaky or scaly skin.
- Sunburn.

Best products



Vichy Liftactiv
Retinol Specialist
Serum



Dermalogica
UltraCalming
Serum Concentrate



CeraVe
Skin Renewing
Retinol Serum



Avène RetrinAL
Advanced Correcting
Serum



INKEY List
Retinol Serum

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Retinoid VS. Retinol VS Tretinoin VS Vitamin A

Medical Retinol

Retinol and retinoid are vitamin A derivatives used to improve the texture and appearance of skin. The main difference is how strong they are. Retinol is widely available over the counter in serums, creams and is even used as an ingredient in some cosmetics. Retinoids are made at higher concentrations, and are available by prescription only with one notable exception. You can buy adapalene (Differen®) at your local drug store. It's a retinoid used to treat acne.

Tretinoin is a retinoid available by prescription only. It's been used for decades to treat acne and signs of premature aging from sun exposure (photoaging). It's stronger than the retino

Vitamin A is a fat-soluble vitamin found in many foods and supplements that plays several important roles in your body. It helps with your organs and is involved in your immune system, vision and reproduction. Retinol is a form of Vitamin A that can be put on the skin to improve its tone and texture.



Main medical retinoid

- Adapalene (Differin®, Epiduo®).
- Alitretinoin (Panretin®).
- Bexarotene (Targretin®).
- Tazarotene (Tazorac®, Avage®).
- Tretinoin (Atralin®, Avita®, Refissa®, Renova®, Retin-A®, Tretin-X®).



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Low vs high molecular weight topical hyaluronic acid

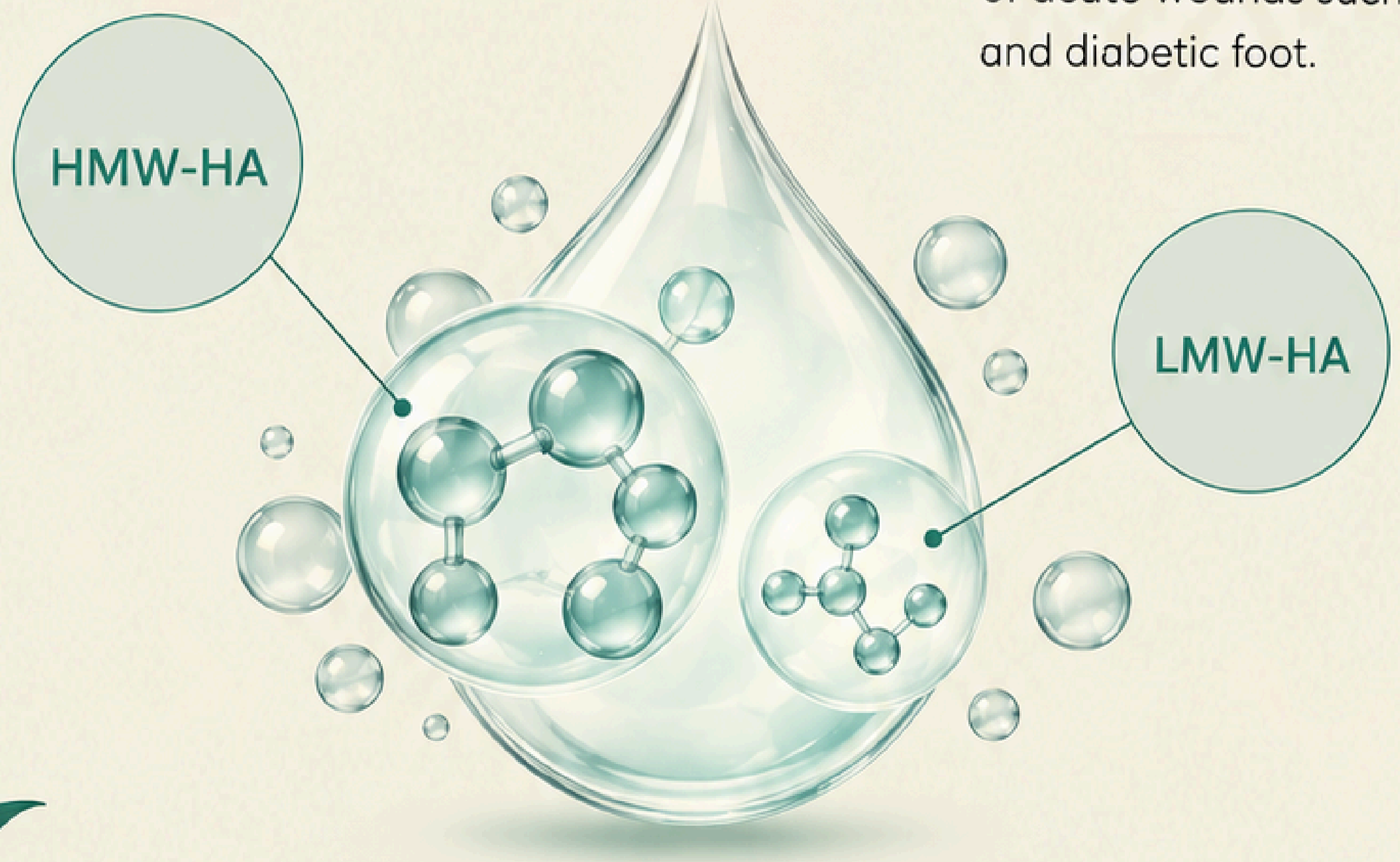
High

HMW-HA has very limited permeability through the skin and primarily stays on the skin's surface, forming a thin protective hydration layer, HMW-HA is usually added in cosmetic formulations to increase formulation viscosity and improve the stability of composition film when applied on skin.

Low

LMW-HA can permeate the stratum corneum, epidermis, and deeper dermal layers to give the following benefit:

- Skin rejuvenation
- Hyaluronic fight against aging and reduces the fine wrinkles.
- HA possesses healing properties and thus is an important tool in the treatment of acute wounds such as burns and diabetic foot.



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Hyaluronic acid

Benefits

- Reduce fine lines and wrinkles
- Retain skin moisture
- Pantothenic acid and coenzyme A to heal wounds and reduce scars



Bellazuri Hyaluronic Acid Serum
developed by Dr. Eman, no. 1 ha in Africa

Bellazuri hyaluronic acid

This includes both high and low moleculur weight hyaluronic acid, in order to cover both benefits.
It helps with;

- Hydration and moisturizing
- Reducing wrinkles
- Calming and soothing the skin

developed by Dr. Eman, no. 1 ha in Africa

Best products

- Bellazuri Hydrating Hyaluronic Acid Serum
- La Roche-Posay Hyalu B5 Serum
- Avène Hyaluron Activ B3 Concentrated Plumping Serum
- The Ordinary Hyaluronic Acid 2% + B5
- Dr. Barbara Sturm Hyaluronic Serum
- The Ordinary Hyaluronic Acid 2% + B5



La Roche-Posay Hyalu B5 Serum



Avène Hyaluron Activ B3 Concentrated Plumping Serum



The Ordinary Hyaluronic Acid 2% + B5



Dr. Barbara Sturm Hyaluronic Serum



The Ordinary Hyaluronic Acid 2% + B5

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AHAs and BHAs

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The best spf



ISDIN FotoUltra 100
Spot Prevent Fusion Fluid
SPF 50+



La Roche-Posay Anthelios
UVmune 400 Invisible Fluid
SPF50+



CeraVe Facial
Moisturising Lotion



Avène Cleanance Sun Care
SPF 50+ 50ml tube

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Your Skincare routine

The Minimalist basic routine

Day Time!

- Cleansing
- Hyaluronic Serum
- Day cream spf antioxidant



Night time!

- Cleansing
- Eye serum
- Vitamin C serum
- Night Cream

Oily / Large pores routine

Day Time!

- Cleanser with AHA/BHA
- Oil control toner
- Niacinamide serum
- Day spf zinc oxide cream



Night time!

- Cleanser
- Oil control toner
- Anti-imperfection eye serum
- Night cream

Mature skin routine

Day Time!

- Gentle cleanser
- Niacinimide serum
- Light anti-aging gel
- Day sp cream, anti dark spot



Night time!

- Cleanser
- Peptide serum
- D panthol gel
- Oil serum
- Intense anti-aging cream

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Your monthly revitalizing routine



Deep cleanser



Peeling mask



Gentle scrub



Calming antioxidant sheet mask



Repairing and regenerating serum



Intense cream with ceramide

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Eat your way to a glow

Beneficial sources of skin glow in food!

Fatty Acids

The presence of these fatty acids has been shown to relieve skin inflammation and dryness.



Salmon, mackerel, sardines, avocado, nuts, seeds, olive oil

Vitamin C

Celebrated for brightening skin, even tone, and enhancing radiance.



Citrus fruits, berries, kiwi, bell peppers, broccoli

Vitamin E

Is a robust defender against UV.



Almonds, sunflower seeds, avocado, olive oil, spinach

Vitamin A and Carotenoids

Retinoids enhance collagen, balance melanin, and hydrate the skin.



Carrots, sweet potato, pumpkin, spinach, kale

Polyphyenols

Polyphenols inhibit enzymes that degrade collagen and elastin, thus improving skin quality and maintaining the skin's structural integrity.



Green tea, berries, pomegranate, dark chocolate, red wine

Zinc

Zinc's important role in maintaining skin homeostasis, and has an anti-inflammatory role.



Oysters, pumpkin seeds, chickpeas, nuts, whole grains

Copper

Copper has antimicrobial properties and copper peptides have been shown to regenerate skin tissue and decrease oxidative damage in the skin.



Nuts, seeds, lentils, dark chocolate, shellfish

Selenium

Supplementation of selenium has been shown to be effective in patients with psoriasis.



Brazil nuts, fish, eggs, mushrooms, whole grains

Healthy lifestyle that supports beauty

- Drink plenty of water and mineral
- Exercise 2 to 3 times a week
- Avoid alcohol and cigarette
- Have enough sleep
- Detox regularly.
- Avoid sugar and Junk food.
- Take complimentary supplement of need it
- Avoid stress.

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Lymphatic drainage massage and skin glamorous

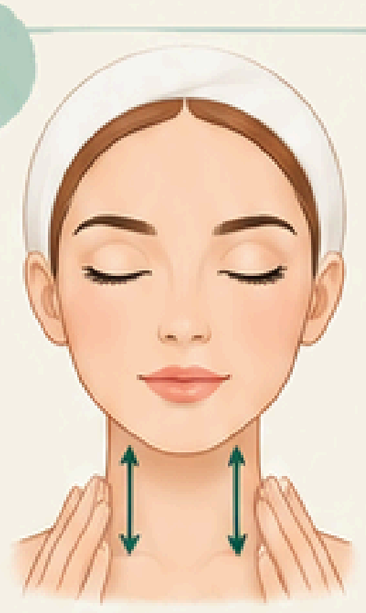
Benefits

Lymphatic drainage facial massage combined with skincare

- Reduces puffiness
- Improves circulation
- Supports detoxification
- Enhances glow
- Relieves facial tension
- Improves jawline definition

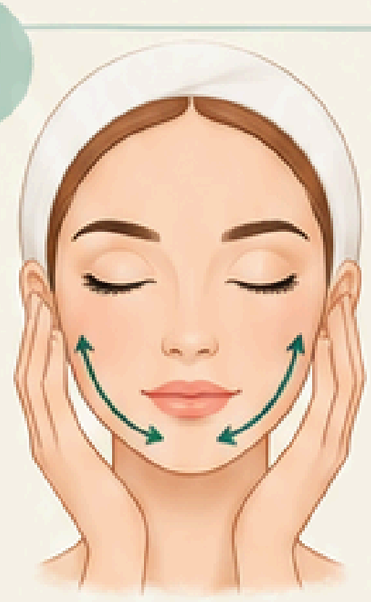
Step-by-Step Guide

1



Start by gently massaging the neck downward, from the jawline to the collarbone.

2



Move to the chin and jawline, using gentle upward strokes from the center outward to the ears.

3



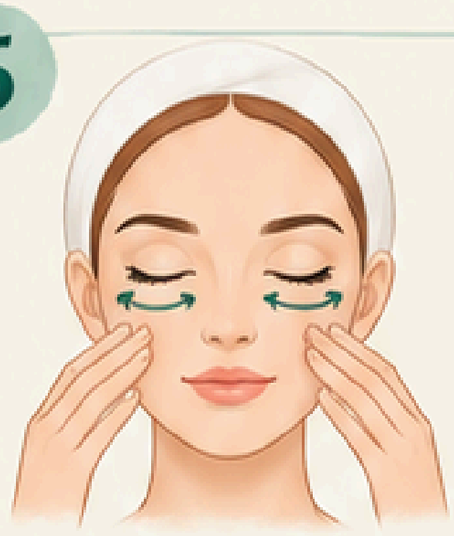
Gently circle under the eyes from the inner corner to the outer corner, then toward the temples.

4



Massage the forehead with upward strokes from the brows to the hairline.

5



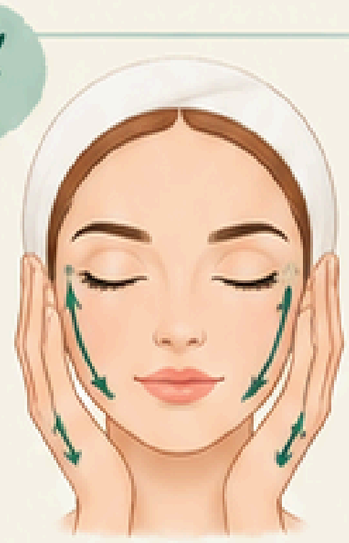
Circle around the nose and cheeks, moving from the center outward to the ears.

6



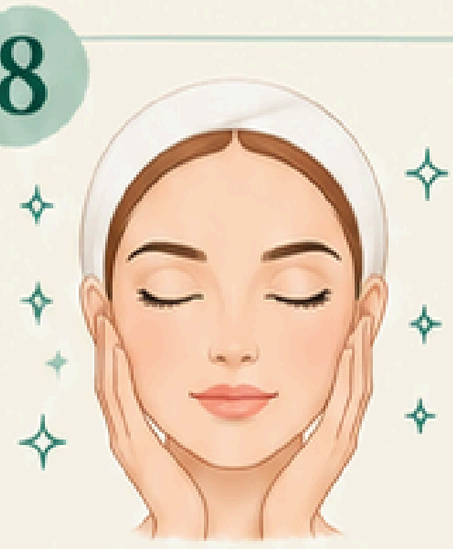
Use gentle circles on the temples to release tension.

7



Finish with light upward strokes from the jawline to the temples and hairline.

8



Your skin will look refreshed, de-puffed and naturally radiant!

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Learn more!



Thank you!

You made it, thank you for your attention!

If you would like to learn more about cosmetics, you can join one of my online courses in Udemy:

Access the courses!

→ Introduction Course to Cosmetic & Beauty Industry **Here**!

→ Masterclass In Cosmetic Industry from beaker to consumer **Here**!

If you would like to read more scientific articles, I would invite you to connect with me on linkedin;

Dr. Eman Ahmedali

Please follow and support me on Facebook , YouTube, Instagram, Tiktok:

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Check out my YouTube channel!

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Find me on!

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TikTok: @melaninglamorousmatter

eMail: melaninglamorousmatter@gmail.com

My courses!

Introduction course to cosmetic and beauty industry

Master class in cosmetic industry from beaker to consumer