

cosmelan® method:

Safety and efficacy of a comprehensive depigmenting treatment for the most resistant types of skin hyperpigmentation

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INTRODUCTION

Skin hyperpigmentation is a common problem affecting all ethnicities and phototypes. Depending on genetic predisposition and external factors such as UV radiation, melanocytes can generate an abnormal accumulation of melanin, resulting in different types of hyperpigmentation, including **melasma**, **post-inflammatory hyperpigmentation (PIH)**, **ephelides** and **lentigines**.

Many depigmenting treatments (e.g. lasers, intense pulsed light (IPL), chemical peels and acid creams) remove the superficial build-up of melanin but do not address the source of the problem.

cosmelan® provides a differential value due to its dual action: it provides a **corrective** action by eliminating melanin deposits from the most superficial skin layers and a **regulatory** action by regulating melanocytes through two main active ingredients:

- **cosmesome®**, a complex with apigenin and phloretin, flavonoids that have been demonstrated to offer protection against hyperpigmentation and ageing.^{1,2,3}
- **melaphenone®**, a new tyrosinase inhibitor designed using a 3D model of human tyrosinase that accurately targets melanin synthesis.

OBJECTIVE

To evaluate **the efficacy and safety of the cosmelan® method** to treat **hyperpigmentation** with a topical formula containing specific active ingredients that act through a dual mechanism of action: corrective and regulatory.

MATERIALS AND METHODS

Clinical study

A multi-ethnic clinical study was conducted between February 2023 and June 2024 involving 50 male and female volunteers with an average age of 44 years. The study included individuals with phototypes II-IV and melasma, lentigines, IPH and/or ephelides.

The **treatment protocol** consisted of a consultation session (phase 1) and a 6-month home protocol (phase 2):

- **Phase 1:** application of the full **cosmelan®1** intensive depigmenting mask over the entire face at a beauty salon. Removal of the mask with lukewarm water at home after 8 hours, or 6 hours in the case of moderate hyperpigmentation on dry, sensitive or thin skin.
- **Phase 2:** 7 days after removing the mask, the 6-month home treatment with **cosmelan®2** applied twice a day is initiated, together with the adjuvants **melan recovery** and **mesoprotech® melan 130 pigment control** to regenerate and moisturise the skin and protect it from solar radiation, respectively.

However, the treatment is dose-dependent and, therefore, should be adjusted based on individual reactivity.

APPLICATION PROTOCOL

in-cabin



intensive depigmentation

6-8 h

7 days

exposure time

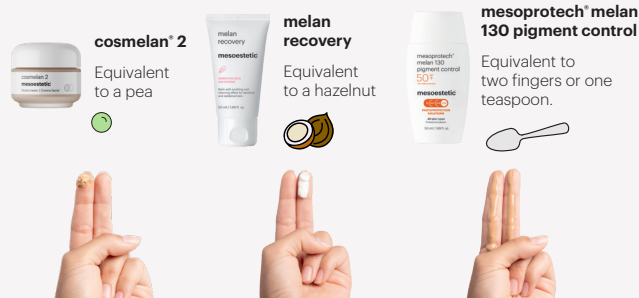
cosmelan® 1



severity \ skin	normal/combination oily	dry/sensitive or thin
	Moderate	Severe
Moderate	8h	6h
Severe	8h	8h

at home

dose



at home

standard (2 daily doses)

6 MONTHS



continuous depigmenting and regulation of hyperpigmentation

modulation

mild (1 dose per day)



mild (every other day)



(every other night)

paused (rest days)



RESULTS

Clinical study

After completing the treatment protocol, a final clinical evaluation was carried out using VISIA photographic skin analysis system, revealing significant improvements in terms of **uniformity of the basal tone and reduction of hyperpigmentation** in all skin types and phototypes. A 49% average **reduction in the mMASI melasma index** and a **21% average decrease in melanin measured** with the Mexameter® probe was obtained. Patients reported high satisfaction with the results achieved in terms of improved pigmentation and **skin quality**.



Clinical case with Dr Zeenit Sheikh



Clinical case with Dr Zeenit Sheikh

After the end of treatment, the patients continued to apply **mesoprotech® melan 130 pigment control daily**, and **cosmelan® 2 twice a week** to prevent relapses. After 6 months of following this **maintenance regimen**, the results obtained remained stable.



CONCLUSIONS

- ▶ **cosmelan® is the pioneering depigmenting method** that combines the therapeutic synergy of a professional and home protocol to provide a **comprehensive approach to hyperpigmentation**.
- ▶ This innovative treatment is **safe and effective for all phototypes**.
- ▶ It offers a **significant improvement in skin quality** and depigmenting efficacy.
- ▶ A long-term maintenance regimen with **mesoprotech® melan 130 pigment control and cosmelan®2** helps to maintain **lasting results**.

REFERENCES

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