

# cosmelan®



depigmenting solution  
by mesoestetic®



## trust the leader

the world's leading professional  
depigmentation method

mesoestetic®

# cosmelan®



## Proven efficacy

Efficacy tests support its results in any skin phototype (I-VI) and in all ethnicities

## High satisfaction

Excellent long-term results and high satisfaction for patients

## + 1 million patients

More than 1 million patients treated<sup>1</sup>

## International presence

Distributed on 5 continents<sup>1</sup>

## Satisfied professionals

Thousands of professionals already use cosmelan and recommend it to their patients

1. mesoestetic Pharma Group database



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the world's leading  
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## 1. The problem: dark spots

### Incidence and triggers

Pigmentation concerns are a growing, global issue; they affect more than 90% of adults over the age of 50. Regardless of skin colour they are a significant issue because of their unattractive appearance and negative impact at psycho-emotional level and affecting the quality of life.

Skin hyperpigmentation is caused by abnormal production of melanin, the pigment responsible for skin colour, and a consequence of uncontrolled, localised overproduction of melanin inside the melanocyte, which causes irregular skin colouration, and dark spots.

Numerous external and internal factors can cause hyperpigmentation:



Genetic  
tendency



Sun exposure



Inflammation



Hormonal  
changes



Ageing



Exposure to  
chemicals



Photosensitising  
medication



## Types of hyperpigmentation and their diagnosis<sup>1-2</sup>

<b>melasma</b>	<b>PIH</b> (Postinflammatory hyperpigmentation)	<b>solar lentigo</b> <b>senile lentigo</b>	<b>ephelides</b> (freckles)
			
<b>What triggers it?</b>			
    	  	  	 
<b>How does it look like?</b>			
<p><b>Shape and distribution:</b> Uneven and irregular with undefined edges. Frequently symmetrical. Shadow-like appearance.</p> <p><b>Appearance under UV light:</b></p> <ul style="list-style-type: none"> <li>Superficial-medium depth: darker under UV light.</li> <li>Medium-deep depth: disappear totally or partly under UV light. Often mixed.</li> </ul>	<p><b>Shape and distribution:</b> Irregular spots, asymmetric, flat, dark pigmentation, localised or dispersed.</p> <p><b>Appearance under UV light:</b></p> <ul style="list-style-type: none"> <li>Superficial-medium depth: dark tones, defined borders.</li> <li>Medium-deep depth: dark tone without defined edges.</li> </ul>	<p><b>Shape and distribution:</b> Oval or round spots, lentil-shaped, even, measuring 2-20 millimetres.</p> <p><b>Appearance under UV light:</b> More intense colour with perfectly defined shape.</p>	<p><b>Shape and distribution:</b> Small, flat, pigmented spots. Multiple and symmetrical. Light brown.</p> <p><b>Appearance under UV light:</b> More intense colour with perfectly defined shape.</p>
<b>Where do they appear?</b>			
 facial centre  cheekbone  jaw	 body  facial	 facial  hands  shoulders, arms, back and décolletage	 facial  décolletage and back of arms
<b>Who suffers from them?</b>			
90% women, particularly: <ul style="list-style-type: none"> <li>Pregnant women.</li> <li>Users of oral contraceptives.</li> <li>Users of hormone replacement therapy (HRT).</li> </ul>	More common in dark phototypes. After skin lesions (acne or dermatitis), injury (burns, surgery, trauma), beauty treatments (chemical peels, laser), upper lip depilation, photosensitising medications.	<b>Senile lentigo</b> persons + 50 years, due to the accumulated effect of the sun.  <b>Solar lentigo:</b> from 30 years, often in low phototype skins.	Common in low phototypes, with fair skin and blonde or red hair. Highly sensitive to UV radiation.

## 2. The solution: the cosmelan® method

### The cosmelan® method: what is it?

**cosmelan®** is a depigmenting method with an intensive corrective effect that regulates overproduction of melanin in the melanocytes, inhibiting and controlling the appearance of new dark spots. **It has a dual corrective and controlling action**, achieving short and long-term results by keeping hyperpigmentation under control.

The method comprises **4 treatment phases**, and its full compliance ensures excellent results for patients



oil removing solution\*



cosmelan 1  
facial mask\*



cosmelan 2  
cream\*\*



mesoestetic®

melan recovery

Soothing and restoring balm  
relieves reddened and sensitive skin.

50 ml / 1.69 fl. oz.



mesoestetic®

melan 130+  
pigment control  
mesoprotech®

UNA UVB HEV IR

SPF 50+ very high protection.  
Tinted emulsion. All skin types.

130+

50 ml / 1.69 fl. oz.

in office treatment



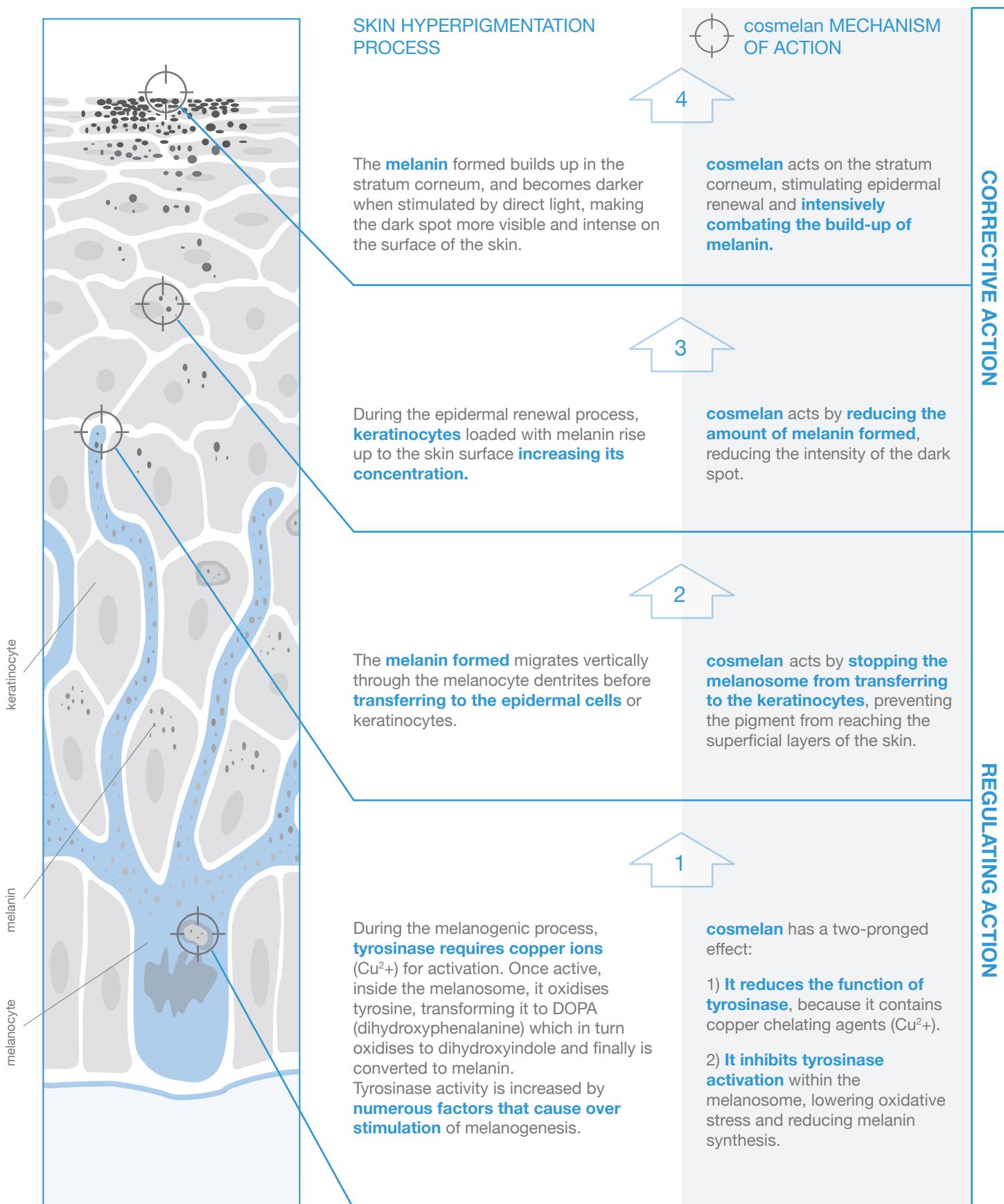
in home treatment



This dual corrective and regulating action makes it a unique, all-round treatment

## The cosmelan® method: the formula, how does it work?

**cosmelan** contains an exclusive combination of active substances with proven efficacy, which **act on all phases of the hyperpigmentation process** totally eliminating existing hyperpigmentation, preventing its reappearance and also stopping the appearance of new dark spots. An all-round, effective result.



### 3. The cosmelan® method products

The cosmelan method involves a professional salon treatment phase followed by three home treatment phases:

The synergic action of the method's products ensures greater depigmenting efficacy, greater comfort during treatment, and less risk of repigmentation. Completing the treatment affords more potent and lasting results.



#### In office treatment



#### oil removing solution

10 ml

This solution removes excess oil from the stratum corneum to facilitate active substances penetration and improve the efficacy of the treatment for an all-over result.

**Instructions for use:** Apply to clean, dry skin with a gauze.



#### mesoestetic recommends:

- Previous cleanse of the affected area prepares the skin for treatment
- After cleansing, **protect the sensitive areas** around the eyes and lips by applying a protective film of **mesolips protector**.

#### cosmelan 1 facial mask

10 g

**cosmelan 1** works effectively on existing melanin, degrading and eliminating dark spots while inhibiting the melanin formation process. This prevents recurrence and the appearance of new spots.

**Instructions for use:** Apply a thick layer of **cosmelan 1** facial mask to clean skin and let it work for the length of time established under professional criteria. Avoid the eye contour area.



Depigmenting power



Regulating power

#### mesoestetic recommends:

- **The mask application time** depends on the skin phototype, sensitivity and the condition of the skin to treat. This is determined by the professional.
- The intensity of the treatment depends on the thickness of the layer of product applied.  
**For optimal efficacy, we recommend applying all the product, 10 g.**
- Apply the mask **evenly and all over the face**, not just to hyperpigmented areas.
- Keep the mask **moist** while in place to prevent cracking. Use a water spray to do this, without removing the product.

#### Application times of cosmelan 1:

	dry skin	normal/combination skin	oily skin
Phototypes I and II	8 hours	8 hours	10 hours
Phototypes III and IV	8 hours	10 hours	12 hours
Phototypes V and VI	10 hours	12 hours	12 hours

mesoestetic recommended application times for guidance purposes only.



**Once the mask has been applied the patient can go home.** During the application time and after removing the mask, the patient must avoid exposure to sources of light and heat.

After the time prescribed by the professional is over, the patient must remove the **cosmelan 1** mask at home, carefully cleansing the application area with plenty of lukewarm water. Never exceed the recommended application time.

## At home



**48 hours** after removing the mask, the method continues at home. The patient must follow the Instructions for use to ensure the desired result. Home care products:

### cosmelan 2 cream

30 g

**cosmelan 2** cream boosts the depigmenting result of **cosmelan 1**, keeping the production of new melanin under control, preventing the reappearance of the dark spots treated and controlling the appearance of new spots.

**Instructions for use:** apply **cosmelan 2** on clean, dry skin, massaging in gently, according to the Instructions for use in the "cosmelan method protocol" on the following page.



Depigmenting power

Regulating power

#### mesoestetic recommends:

- Completing the treatment regimen. Abandoning the treatment can result in the reappearance of existing spots or the appearance of new spots, and the duration of the desired effects cannot be guaranteed.
- Patients often describe a **sensation of heat and stinging**. This is to be expected and is a sign that the method is working. This can be relieved by applying cool air to the face.

### melan recovery

50 ml

NEW

Soothing and restorative balm for sensitive, reddened skin.

Combats the reactive signs of inflammation, reddening or irritation, affording a sensation of instant relief. Reduces skin sensitivity and strengthens the skin defences. Restores skin barrier balance, providing comfort, elasticity and smooth skin.

**Instructions for use:** Apply evenly to the skin and massage until completely absorbed; always use after **cosmelan 2**.



Soothing action

Regulating power

#### mesoestetic recommends:

- During treatment with **cosmelan 2**, it is normal for the skin to feel much drier, with tightness and scaling.
- Applying **melan recovery** lessens such effects and restores skin comfort. Apply as often as necessary.

### melan 130+ pigment control

50 ml

NEW

Very high coloured sun protection that helps to control skin pigmentation.

With **mesoprotech complex**, which affords tested protection against UVB (131) and UVA (67) exposure, with a biological antioxidant action.

Its formula contains a depigmenting ingredient that helps regulate melanin synthesis, reinforcing the anti-spot preventive action on a daily basis.

The coloured texture affords a natural tone that attenuates imperfections, unifying the skin tone.

**Instructions for use:** apply after **melan recovery** during the daytime applications in a uniform manner, and repeat application in the event of direct exposure.



Protective action

Regulating power

#### mesoestetic recommends:

- Throughout **cosmelan** treatment, effective and constant solar protection is required using **melan 130+ pigment control**. Failure to use solar protection reduces or invalidates the efficacy of the treatment.

## 4. New melan products: how do they improve the method?

mesoestetic has developed new '**melan**' products that have been specifically developed to complement the method's core activity by adding two main synergic effects:



\* Post-inflammatory hyperpigmentation

## 5. The cosmelan® method protocol

**Phase 1: intensive depigmentation**

Deep cleanse with **oil removing solution** then apply **cosmelan 1** with highly concentrated active ingredients for a powerful depigmenting effect. The product must be applied by a professional who will decide on the application time for each case. After the recommended application time, the patient must remove the product at home to complete the first phase.

**STEP 1: preparation**  
**oil removing solution**

**Instructions for use:**  
apply to clean, dry skin with a gauze.

**STEP 2: intensive treatment**  
**cosmelan 1**

**Instructions for use:** apply all 10 g of the cosmelan 1 mask and leave to work as instructed by the professional for 8-12 hours, as shown in the table above.

**STEP 3: facial mask removal**

**Instructions for use:** rinse carefully with plenty of lukewarm water and repeat as required, avoiding direct contact with the eyes.

In case of erythema, tightness or irritation, we recommend you apply a layer of **melan recovery** and allow to work for 10-15 minutes.

**Phase 2: continuous depigmentation**

After 48 hours of the **cosmelan 1** mask removal, continue with daily depigmentation to ensure the corrective action of the method and to control melanin production inside the melanocyte.

**APPLICATION PROTOCOL 1 month** after the salon treatment:

**1 month**

**cosmelan 2**      **melan recovery**      **melan 130+ pigment control**

In case of extreme sensitivity during this phase, consider spacing cosmelan 2 applications, without completely withdrawing the treatment.

**Phase 3: pigmentation regulation**

At this point, it is important to treat the root cause, controlling melanin production through constant melanocyte control. This controls both intra and intercellular melanin availability and prevents repigmentation.

**APPLICATION PROTOCOL 2 months:**

**2 months**

**cosmelan 2**      **melan recovery**      **melan 130+ pigment control**

**Instructions for use:** apply **cosmelan 2** morning and night, followed by **melan recovery**, and **melan 130+** during the day. In case of continuous sun exposure, reapply UV protection at midday.

**Phase 4: reappearance control**

There is a constant risk of developing dark spots. During control phase, the treatment prevents the reappearance of treated dark spots and the formation of new ones, for longer-lasting success.

Once the method is complete, we strongly recommend continuous use of sun protection as a permanent cosmetic treatment.

**APPLICATION PROTOCOL 3 months:**

**3 months**

**cosmelan 2**      **melan recovery**      **melan 130+ pigment control**

**Instructions for use:** apply **cosmelan 2** followed by **melan recovery** at night. During the day, apply **melan 130+**, and reapply in case of continuous sun exposure.

In office

At home

## 6. The results of the cosmelan® method

The efficacy of the **cosmelan** method has been demonstrated in specific *in vitro* and *in vivo* studies under medical supervision.

### In vivo results: phototypes I - III

Age: 44 · Type of spot: solar lentigo



Age: 44 · Type of spot: melasma and solar lentigo



Age: 47 · Type of spot: senile lentigo



## In vivo results: phototypes IV - VI

Age: 42 · Type of spot: melasma



Age: 51 · Type of spot: ephelides



Age: 50 · Type of spot: PIH\*



Age: 46 · Type of spot: melasma\*



Age: 25 · Type of spot: post acne PIH\*\*

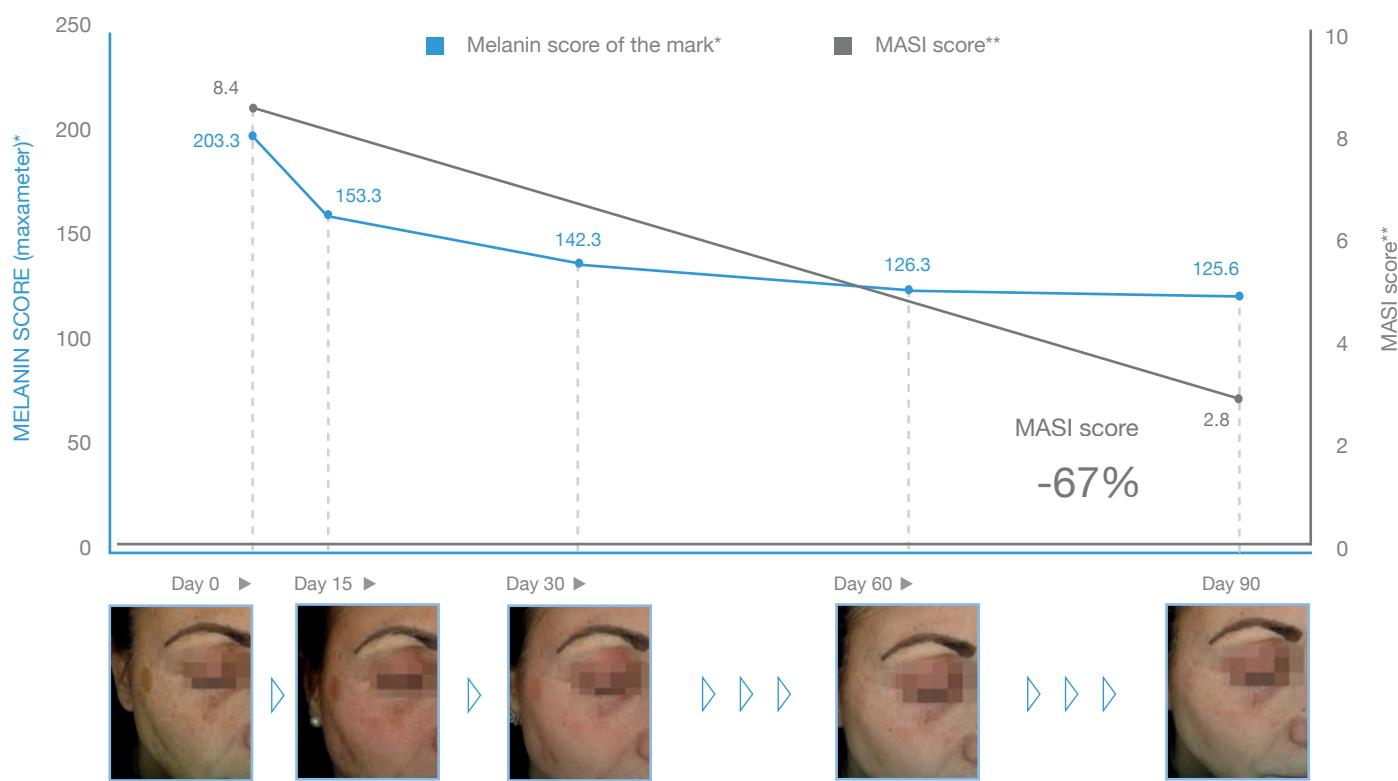


Age: 41 · Type of spot: PIH\*\*



## Measurement of *in vivo* results

In *in vivo* studies, pigment reduction in the spot was measured during treatment with the **cosmelan** method:



\* **Melanin index:** measured with MPA580 mexameter probe (Courage Khazaka electronic GmbH). Melanin measurement in hyperpigmented area.

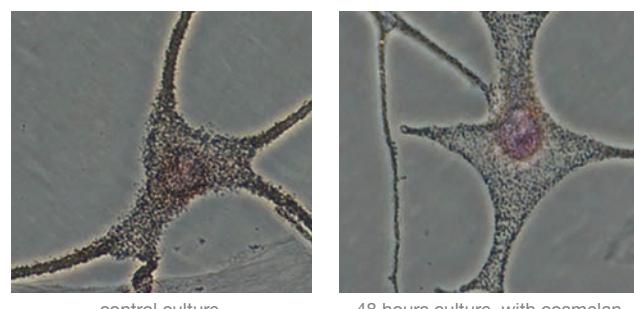
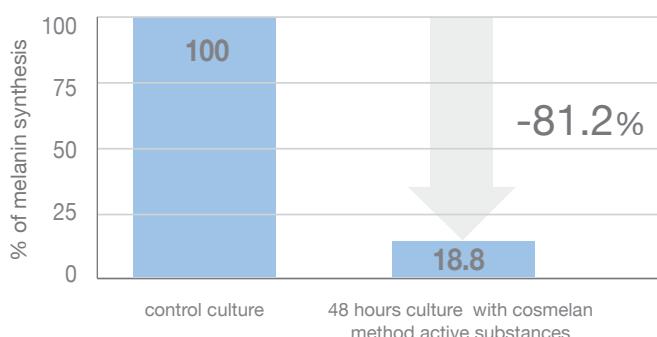
\*\* **MASI:** (MASI score: Melasma Area and Severity Index) is a specific measuring system to evaluate melasma severity. It consists of assessing four specific areas: forehead, malar (cheekbone) (left and right) and chin. A subjective score is assigned to determine the melasma severity. These assessments were always made by same professional.

## Results of *in vitro* studies

The capacity of the active substances in the **cosmelan** method to inhibit melanin production was assessed *in vitro* in melanocyte cultures.

### -81% of melanin synthesis at 48 hours:

An 81% reduction in melanin levels in a melanocyte culture, and effective inhibition of melanin synthesis was measured after 48 hours of exposure to the active substances in the **cosmelan** method.



**Biotechnology Unit.** *In vitro* spectrophotometric study of melanin synthesis. mesoestetic Pharma Group, S.L. 2014.

**Biotechnology Unit.** *In vitro* study of melanin synthesis using Fontana-Masson staining. mesoestetic Pharma Group, S.L. 2014.

# Annexed

## 7. Additional recommended treatments

in office



### mesopeel melanostop

50 ml

In cases of severe hyperpigmentation, or to boost the results of cosmelan, professionals may consider using a peel in advance to inhibit melanogenesis in hyperactive melanocytes.

**Instructions for use:** use the peel at least 48 hours before treatment with cosmelan.



### post-peel crystal fiber mask

5 x 25 ml

Latest-generation face mask designed to enhance the cell renewal process, restructure the water-lipid layer and increase skin moisture levels.

**Instructions for use:** apply the mask and allow to work for about 20 minutes.



At home



### melanogel touch

15 ml

For localised hyperpigmentation, **melanogel touch** roll-on is a suitable solution. It inhibits melanin-producing enzymatic mechanisms, optimising the whitening effect on cutaneous hyperchromia.

**Instructions for use:** Apply locally on the dark spot and repeat throughout the day.



### post-procedure fast skin repair

50 ml

In case of intense erythema or irritation, we recommend alternating the use of **melan recovery** with **fast skin repair** cream, which has regenerative properties. The formula encourages reepithelialisation and healing of tissues damaged by the treatment.

**Instructions for use:** apply after cosmelan 2, massaging in gently until fully absorbed. Finish the treatment by applying **melan 130<sup>+</sup>** pigment control.



### COSMELAN AND LASER TREATMENTS<sup>1</sup>

Laser is a commonly used, highly effective treatment for skin hyperpigmentation. It is particularly effective for low and medium phototype skins (I-III) where hyperpigmentation is more visible on the skin surface. Even so, the professional must recommend a maintenance treatment to the patient to prevent the reappearance of the spots. **The combination of laser treatment and the “cosmelan method” home maintenance regime makes the treatment more successful, by correcting and controlling excess melanin production; providing both a short and long-term solution.**

In higher phototypes (IV-VI), laser is less effective and the likelihood of triggering an HIP is higher. In such cases, the home method should be used before and after laser treatment to keep the dark spots under control. Moreover, in patients at high risk of PIH, we recommend you consider using **the cosmelan method rather than laser, which is better tolerated, more efficient and involves a lower risk of recurrence and a longer-lasting result.**

1. Skin Therapy Lett. 2016 Jan;21(1):1-7.



- **LEADER IN DEPIGMENTATION**

Its trajectory, distribution, international presence and leadership support the credibility of the method.

- **UNIQUE, DUAL-ACTION SOLUTION**

Cosmelan has a dual effect, corrective and regulator, achieving short and long-term results by keeping pigmentation under control and preventing any recurrence.

- **PROVEN RESULTS**

Empirical evidence shows the high degree of efficiency of the method. More than 100 cases evaluated under medical control guarantee its short, medium and long-term efficacy.

- **HIGH DERMAL SECURITY**

Strict quality standards and numerous *in vivo* studies demonstrate its excellent safety profile and skin tolerance.

- **HIGH PROFESSIONAL REPUTATION**

Thousands of professionals around the world already treat pigmentation with the cosmelan method.

- **CUSTOMER SATISFACTION**

Visible results from the first week of treatment and a long-lasting effect mean high satisfaction, well-being and enhanced patient quality of life.



#### ADDITIONAL RECOMMENDATIONS

#### mesoestetic®

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made in Spain

The cosmelan method is not recommended in the following cases: pregnancy and breastfeeding, patients with skin conditions or who are allergic to any ingredients in the formula, patients with post-solar rash (avoid exposure to UV radiation 15 days before the treatment), patients with bacterial, viral, fungal infections or active herpes.

Potential undesired, expected and transitory effects, related to cosmelan treatment: Oedema/Erythema: are among the post-treatment effects. This is temporary and completely normal. Flaking: this is one of the effects of the treatment. It usually happens after 2-3 days it may continue for several days until complete renewal. Stinging / Burning: there may be a burning sensation, depending on skin sensitivity, both during the intensive salon treatment, and during application of cosmelan 2 during home treatment. Tightness: Treatment with cosmelan causes changes in skin tightness. That is why a tight feeling is common as a consequence of these changes and of skin renewal.