

Table of Contents

Abbreviations10
Introduction12

PART I BIOLOGY & PHYSIOLOGY OF SKIN PIGMENTATION

Chapter 1. How pigmentation forms14
1.1. Skin color14
1.2. Melanogenesis.....	.15
1.2.1. Melanocytes.....	.16
1.2.2. Stages of melanogenesis19
Melanin synthesis.....	.19
Pigment distribution in the epidermis21
1.3. Melanin functions22
1.4. Melanogenesis-regulating mechanisms24
Chapter 2. Differences in skin pigmentation28
2.1. Skin phototypes28
2.2. Ethnic skin types30
Chapter 3. Pigmentation-affecting factors35
3.1. Hormones, stress, and inflammation35
3.1.1. Endocrine factors35
3.1.2. Inflammation.....	.36
3.1.3. Stress36
3.1.4. Nutrient deficiencies.....	.37
3.2. Solar radiation and tanning.....	.37
3.2.1. UV radiation38
3.2.2. Tanning.....	.41
Immediate pigment-darkening (IPD)41
Persistent pigment-darkening (PPD)41
3.3. Visible and infrared radiation42
3.4. Air pollution.....	.44

Chapter 4. Evolution of pigmentation: adaptation to UV radiation	46
4.1. Internal «levers of pressure» in the evolution of pigmentation	47
4.1.1. Why sunburn, cancer, and vitamin D overproduction are not evolutionary «levers» of pigmentation	47
4.1.2. Folate is the key	49
4.1.3. Vitamin D is the next candidate for the internal «lever» of natural selection	50
4.2. External force of natural selection: UV radiation	51
4.2.1. Geographic variations of UV radiation	51
4.2.2. UV as a driving force of selection in the pigmentation evolution	54
4.2.3. UV radiation and the evolution of the skin's ability to tan	56
4.3. Conclusion	57
References	60

PART II

CLINICAL PICTURE & PIGMENTATION ANALYSIS

1.1. Pigmentation disorders	68
1.1.1. Pigmentation disorders associated with an increase in the number of melanocytes	69
Pigmented nevi	70
Lentigo	70
Peitz-Jeghers-Touraine syndrome	71
Mongolian stain	71
Nevus of Ota	71
Nevus of Ito	71
1.1.2. Pigmentation disorders associated with an increase in melanin	71
Café-au-lait spots	71
Freckles	72
Melasma	72
Drug-induced pigmentation	73
Post-inflammatory pigmentation	75
Periorbital pigmentation	78
Phytophotodermatoses	78
Ashy dermatosis	78
1.1.3. Non-melanin-related skin color changes	79

Ochronosis79
Argyria79
Jaundice79
1.1.4. Hypomelanoses80
1.2. Pigmentation analysis80
1.2.1. Anamnesis.....	.81
1.2.2. Examination.....	.82
1.2.3. Instrumental evaluation of pigmentation when planning aesthetic treatment82
Mexametry83
UV visualization84
3D visualization85
1.3. What pigmentation can an aesthetician work with?86

PART III

AESTHETIC METHODS FOR PREVENTING AND TREATING PIGMENT SPOTS

Chapter 1. Cosmetic products92
1.1. Depigmentanting and lightening agents92
1.1.1. Targets in the skin.....	.92
1.1.2. Obsolete and dangerous95
Mercury.....	.95
Phenol compounds95
Hydroquinone.....	.96
1.1.3. Active substances in modern topical pigmentation correctors97
Azelaic acid97
Arbutin98
Kojic acid99
Ascorbic acid99
Niacinamide	100
N-acetylglucosamine	100
Tranexamic acid	100
Lignin peroxidase (lignase)	101
Cinnamic acid	101
Ferulic acid	101
Glycolic acid	102

Resveratrol	102
Fatty acids	102
1.1.4. Plant extracts with a complex lightening effect.....	103
Soybean	103
Licorice	103
Aloe	103
Mulberry.....	104
Green tea	104
Shiitake mushrooms	105
1.1.5. Retinoids	105
1.1.6. Cosmetic whitening formulation is always a combination of ingredients addressed to different targets	106
1.2. Sunscreens	107
1.2.1. Filtering ultraviolet.....	107
1.2.2. Protection against visible light.....	110
1.2.3. Safety of UV filters	110
1.2.4. Requirements for sunscreen products.....	111
UVB protection: SPF — sun protection factor.....	113
UVA protection: PPD — persistent pigment-darkening reaction.....	116
DNA PF — DNA protection factor	116
IPF — immune protection factor	116
1.2.5. Development of sunscreen formulation	117
Combination of several UV filters — maximum protection and minimum concentration	117
Product base — a guarantee of stability and good textural properties	117
Substances with additional valuable properties.....	118
1.2.6. How to choose the right sunscreen	119
1.3. Antioxidants	123
1.3.1. Natural antioxidants in cosmetic products	125
Vitamin E (tocopherol)	125
Vitamin C (L-ascorbic acid).....	125
β-Carotene	126
α-Lipoic acid (thioctic acid).....	126
Coenzyme Q ₁₀ (ubiquinone).....	126
Antioxidant herbal compositions.....	127

1.3.2. The art of antioxidant formulation	128
1.3.3. Selection algorithm for antioxidant skincare products.....	129
Antioxidant composition (primary antioxidant protection)	130
Protection of antioxidants against oxidation and degradation (secondary antioxidant protection)	132
1.4. Cosmetic camouflage.....	133
References.....	134
Chapter 2. Energy-based technologies for pigmentation disorders treatment	141
2.1. Light therapy.....	141
2.1.1. Skin preparation for laser treatment.....	141
2.1.2. Mechanism of action.....	142
2.1.3. Light technologies for treating pigmentary lesions.....	144
Green light.....	146
Yellow light	147
Red light.....	147
Near-IR light	148
Intensive pulse light (IPL)	149
Laser resurfacing and fractional photothermolysis	149
2.1.4. Low-level laser radiation	151
2.1.5. Effectiveness of laser treatment of pigmentation disorders	153
2.2. Mechanical methods	154
2.2.1. Microdermabrasion	154
2.2.2. Gas-liquid microdermabrasion	155
References.....	156
Chapter 3. Injectable methods.....	159
3.1. Microneedling	159
3.2. Biorevitalization	161
3.3. PRP therapy.....	161
References.....	163
Chapter 4. Nutraceuticals for skin lightening	164
4.1. Glutathione	164
4.2 <i>Polypodium leucotomos</i> fern extract	165
4.3. Tranexamic acid	165
References.....	166

PART IV
VITILIGO

1.1. Light therapy.....	170
1.1.1. Narrow band UVB (311 nm)	170
1.1.2. Focused microphototherapy (Bioskin Evolution®)	170
1.1.3. B-band (XeCl) narrow-band UVB (308 nm) excimer laser	170
1.1.4. PUVA therapy	171
1.1.5. Photodynamic therapy.....	171
1.1.6. Sunscreens	172
1.2. Pharmacotherapy	172
1.3. Cosmetic and nutraceutical ingredients	173
1.4. Surgical methods	175
1.5. Depigmentation	175
1.6. Cosmetic camouflage.....	175
1.7. Treatment efficacy and prognosis	176
References.....	177
Conclusion	178