

# M89, A DERMOCOSMETIC COMBINING 89% VICHY VOLCANIC MINERALIZING WATER AND HYALURONIC ACID APPLIED ONCE DAILY FOR 4 WEEKS IS EFFECTIVE AND WELL TOLERATED AFTER PEELING PROCEDURES

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## INTRODUCTION

Chemical peels (CP) may cause local side effects such as erythema, irritation, crusts and subsequently post-inflammatory hyperpigmentation and may even alter the natural skin barrier.<sup>1</sup>

M89 contains 89% Vichy volcanic mineralizing water and hyaluronic acid in a minimalist formulation.

It was developed to reinforce the skin barrier and to protect against exposure.<sup>2-5</sup>

Recent interim analysis of this large international study conducted in subjects with inflammatory dermatoses or having undergone dermatological procedures confirmed the benefit and excellent tolerance of M89.<sup>6</sup>

## AIM

The aim of this poster is to present the efficacy and tolerability of M89 in a subgroup of adult subjects having undergone chemical peels.

## METHODOLOGY

A large international, multicenter observational study has been conducted in subjects either with facial dermatoses or post procedures, who received M89 once or twice daily for 4 weeks. Data from a subgroup of 463 subjects treated with superficial and medium depth CP was analyzed for demographics, skin characteristics, subject perception of efficacy, tolerance, as well as investigator and subject satisfaction.

## RESULTS

A total of 89.8% of the subjects were women; the mean age was 38.5±11.4 years. Subject demographics and skin characteristics are provided in Table 1. At baseline after CP, 43.8% of subjects had erythema, 44.3% desquamation and 59.2% irritation. On a scale from 0 to 10, subjects scored dryness 5.0±2.8, burning 2.9±2.9, itching 2.3±2.6 and stinging/tingling 2.4±2.7; 65.9% considered their skin insufficiently hydrated.

Incidence and severity of clinical signs are given in Table 2.

Subjects rated a significant improvement in dryness, burning, pruritus and stinging/tingling when present at baseline, with scores improving by 62.4%, 75.1%, 71.1% and 77.7%, respectively (all p<0.0001); Dermatologists observed an improvement of skin hydration in 74.7% of subjects (p<0.0001). After applying M89 for one week, 88.2% reported soothed or very soothed skin increasing up to 98.2% until week 4.

Figure 1 shows shifts of severity stages and Figure 2 shows mean symptom scores at study start and end of study.

At end of study, 98.0% of subjects were satisfied with the texture of M89. Subject satisfaction was high at week 4 with a score of 9.1 ± 1.4 out of 10. Tolerance was rated as good or very good by 98.5% of subjects.

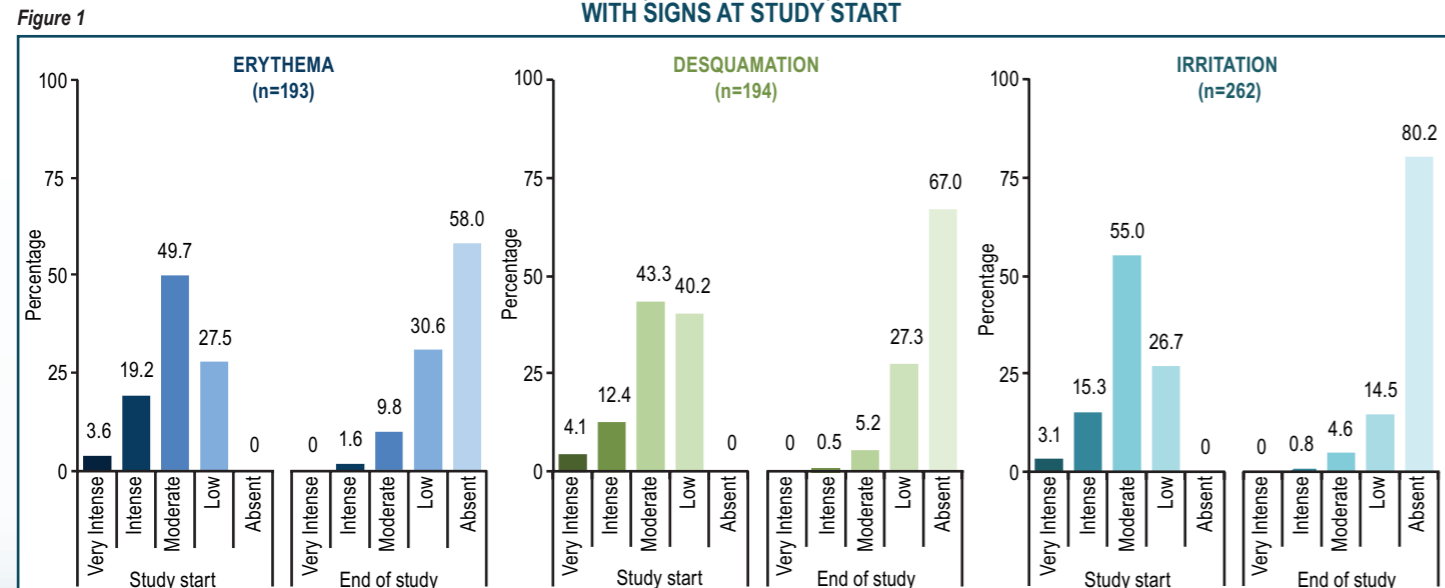
## DEMOGRAPHICS AND SKIN CHARACTERISTICS

| Table 1               | Total       |            |
|-----------------------|-------------|------------|
|                       | n           | %          |
| <b>Gender</b>         | <b>460</b>  | <b>100</b> |
| Female                | 413         | 89.8       |
| Male                  | 47          | 10.2       |
| <b>Age</b>            | <b>453</b>  | <b>100</b> |
| Mean ± SD             | 38.5 ± 11.4 |            |
| Median                | 38.0        |            |
| Min;Max               | 18.0;75.0   |            |
| <b>Phototype</b>      | <b>178</b>  | <b>100</b> |
| I                     | 29          | 6.3        |
| II                    | 173         | 37.5       |
| III                   | 185         | 40.1       |
| IV                    | 57          | 12.4       |
| V                     | 17          | 3.7        |
| <b>Skin type</b>      | <b>461</b>  | <b>100</b> |
| Very dry              | 28          | 6.1        |
| Dry                   | 121         | 26.2       |
| Normal                | 96          | 20.8       |
| Combination           | 159         | 34.5       |
| Oily                  | 54          | 11.7       |
| Very oily             | 3           | 0.7        |
| <b>Sensitive skin</b> | <b>253</b>  | <b>100</b> |
| Yes                   | 253         | 55.2       |
| No                    | 205         | 44.8       |

## CLINICAL SIGNS ASSESSED BY THE INVESTIGATORS AT STUDY START

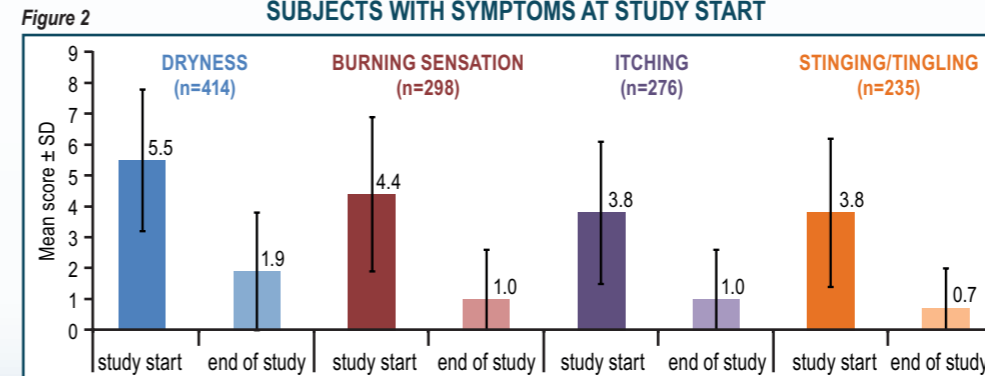
| Table 2             | Total      |            |
|---------------------|------------|------------|
|                     | n          | %          |
| <b>Erythema</b>     | <b>455</b> | <b>100</b> |
| Very intense        | 7          | 1.5        |
| Intense             | 38         | 8.4        |
| Moderate            | 97         | 21.3       |
| Low                 | 54         | 11.9       |
| Absent              | 259        | 56.9       |
| <b>Desquamation</b> | <b>453</b> | <b>100</b> |
| Very intense        | 9          | 2.0        |
| Intense             | 24         | 5.3        |
| Moderate            | 85         | 18.8       |
| Low                 | 78         | 17.2       |
| Absent              | 257        | 56.7       |
| <b>Irritation</b>   | <b>454</b> | <b>100</b> |
| Very Intense        | 8          | 1.8        |
| Intense             | 41         | 9.0        |
| Moderate            | 145        | 31.9       |
| Low                 | 72         | 15.9       |
| Absent              | 188        | 41.4       |

## SHIFT OF SEVERITY GRADES OF CLINICAL SIGNS (% OF SUBJECTS) FROM STUDY START TO STUDY END IN SUBJECTS WITH SIGNS AT STUDY START



The difference in prevalence of subjects with improved clinical signs was statistically significant (p<0.0001) after 4 weeks compared to study start.

## MEAN CLINICAL SYMPTOM SCORES AT STUDY START AND AT END OF STUDY FOR SUBJECTS WITH SYMPTOMS AT STUDY START



The decrease of mean scores at study end was statistically significant (p<0.0001).

## CONCLUSION

Daily use of M89 for 4 weeks in subjects having undergone chemical peeling resulted in a very high user satisfaction along with objective and subjective skin improvements. M89 is an effective and well tolerated post procedure skin care.

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## Conflict of interest

Delphine Kerob is an employee of Vichy Laboratories France. Jerry Tan, Martina Kerscher, Julieta Spada, Cecilia Orlandi and Elena Araviiskaia were members of advisory boards organized by Vichy Laboratories, France. The other authors have no conflict of interest to disclose.

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