

GALDERMA

EST. 1981

SKIN QUALITY DECODED:

A SCIENCE-LED GUIDE
TO HEALTHY AND
GLOWING SKIN AT
EVERY STAGE OF LIFE

9 in 10 people have skin quality concerns; Galderma is redefining how to address them



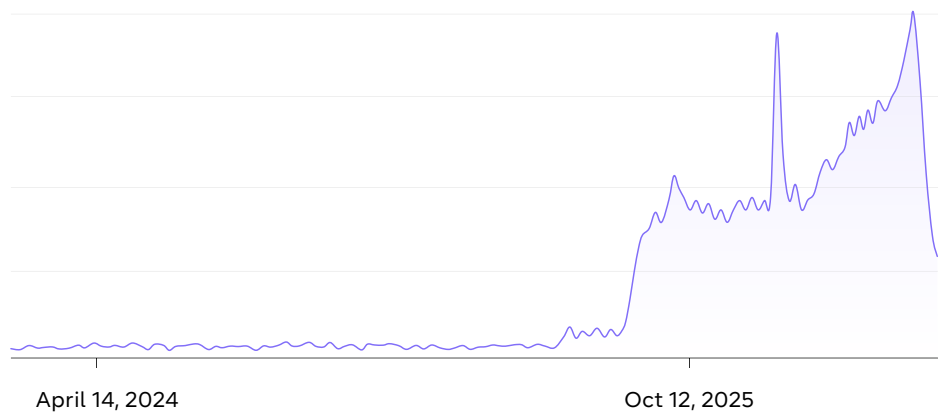
Healthy, youthful-looking, flawless skin is something many of us strive for, especially now that we're seeing ourselves up close more than ever thanks to social media and video calls.^{1,2} After all, the quality of our skin affects more than just how we look, it also shapes how we feel, see and present ourselves, with skin quality impacting quality of life for 85% of people.¹ This is driving a growing interest, with online searches related to skin quality soaring over the past year.³ In fact, 'skin quality' saw an over 70% increase in news mentions and a 96% increase in social media mentions in the first four months of 2026 compared to the previous four-month period.³ With 9 out of 10 people experiencing skin quality concerns, Galderma is sharing the first comprehensive guide to understanding and addressing them at all stages of life – built on real-world insights, comprehensive assessment and personalized solutions that are rooted in science.^{1,2}

The rise of skin quality: looking healthy & refreshed vs. young

“WHY SKIN QUALITY MATTERS SO MUCH AFTER WEIGHT LOSS”

“FORGET ANTI-AGING: ‘SKIN QUALITY’ IS THE NEW STANDARD”

“THE ESSENCE OF BEAUTY IS SKIN QUALITY”



SKIN QUALITY WEB SEARCHES OVER TIME

“SIMPLE TIPS TO IMPROVE HAIR AND SKIN QUALITY DURING WEIGHT LOSS”

“FROM SCARRING TO ROUGH TEXTURE, HOW THE EXPERTS DEAL WITH UNEVEN SKIN”

“FROM PUBERTY TO PERIMENOPAUSE, THE BEST WAY TO LOOK AFTER YOUR SKIN AT EVERY STAGE OF LIFE”

“ROUGH SKIN AND A DULL COMPLEXION COULD BE A SIGN OF UNEVEN SKIN TEXTURE – HERE ARE THE CAUSES AND HOW TO TREAT IT”

So, what exactly is skin quality? **Skin quality refers to how the skin looks, feels and functions on a day-to-day basis, including its hydration, elasticity, smoothness, radiance, firmness, and tone.**² As we get older, the make-up of our skin naturally changes, and this impacts its quality.⁴ This happens to everyone, but things like sun exposure, poor sleep and pollution, often shaped by local environment and culture, along with the use of prescription weight-loss medications, can accelerate skin quality deterioration.⁴⁻⁶ It can also be influenced by natural, internal factors, like hormone changes during puberty and menopause.⁷ All of this means that skin quality is highly personal and evolves throughout life.

Our holistic approach to enhancing skin quality

The diversity of skin quality concerns is why it's important for dermatologists and aesthetic practitioners to work with their patients to create long-term treatment plans that truly suit their individual needs – and we're committed to supporting that journey.

To do this, we're working with the community at every stage of people's skin quality journeys to identify and address all the most common concerns:

- **Step 1: Identifying key concerns via a global survey and patient profiles**

We conducted the world's most extensive skin quality profiling survey of more than 11,000 people from across four continents, Europe, Asia, and the Americas, and have shared these real-world insights with the medical community to support meaningful treatment choices.¹ We've also used these insights to shape patient profiles that illustrate key skin quality needs, treatment behaviors, and how these change across a lifetime.

- **Step 2: Creating an assessment tool**

We supported research by creating a panel of ten global experts, which identified the most common skin quality attributes, resulting in the first-ever holistic skin quality assessment tool: the **Skin Quality Assessment Scale**.² The scale gives healthcare professionals a clear way to work with patients to align on priorities, manage expectations, and build a personalized long-term treatment plan together.²

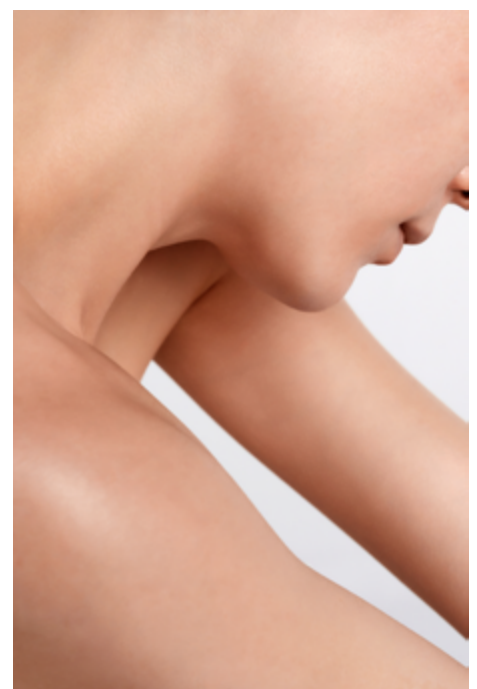
- **Step 3: Providing solutions**

Our portfolio, spanning the spectrum of dermatology from injectable aesthetics and dermatological skincare to prescription therapeutic dermatology medicines, is designed to work together to address all aspects of skin quality.

Most extensive skin quality profiling survey of

>11,000

people from **11 countries** across **4 continents** – Europe, Asia, and the Americas



Step 1: Identifying key concerns via the most extensive global skin quality profiling survey

Almost everyone has a skin quality issue they're concerned about, but what are the most common ones? Galderma's survey of more than 11,000 people across four continents found that **common issues include lines and wrinkles, dry skin, dull skin, and age spots, and, while they vary from person to person, they are widely seen as frustrating and hard to ignore.**¹ Scarring – including due to acne – and lines and wrinkles stand out as having the biggest impact, with more than 40% of people rating these as very bothersome.¹ For many, **poor skin quality also takes an emotional toll, with more than a third feeling self-conscious, insecure or anxious because of it.**¹

Rated as very bothersome:¹

46%

scarring

42%

lines and wrinkles

40%

decreased firmness

The survey found that people have similar levels of concern around the quality of the skin on their body as they do on their face.¹ While all skin quality issues mainly affect the face, the neck is the next most affected area, with people mostly focusing their efforts on improving skin quality across the face, neck, and hands.¹

The survey also showed just how much environment, lifestyle and culture shape skin quality concerns. People are much more likely to have concerns about their skin quality if they live in urban areas, and are on the whole more lifestyle conscious, following a diet, taking supplements, or exercising four or more times a week.¹ But they also spend more time on screens and experience higher stress levels.¹

Location also plays a key role. People who live in urban areas are more likely to have enlarged pores, oily skin, and reduced firmness compared to those living in rural areas.¹ Regional differences are evident too: individuals in North America and Europe tend to feel their skin quality is worse, while those in Asia and Latin America place greater importance on their skin quality and are more attentive to maintaining it.¹

ACROSS REGIONS, TOP CONCERNS INCLUDE:¹

North America

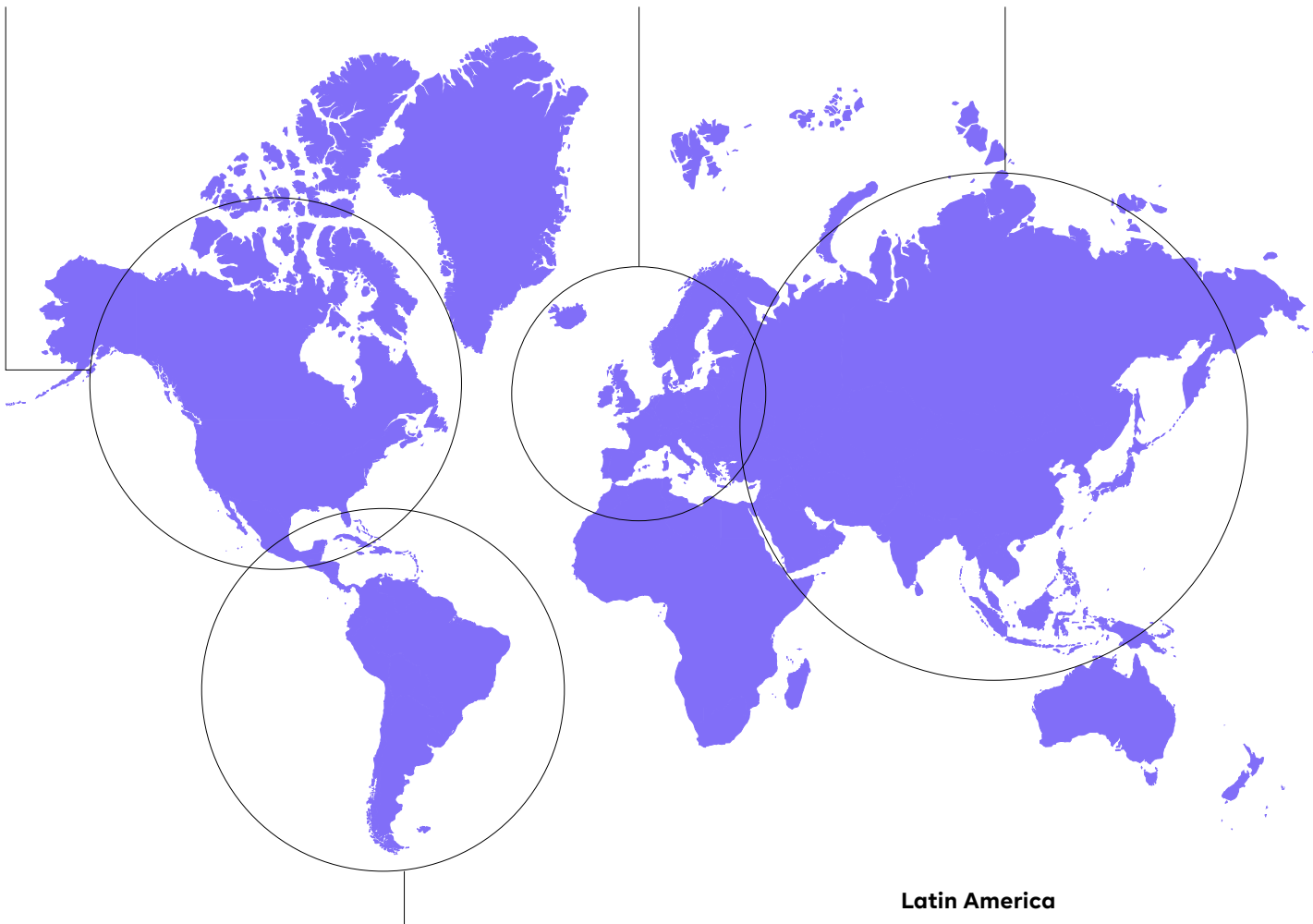
Dry skin – 44%
Lines and wrinkles – 37%
Age spots – 32%
Dull skin – 27%
Decreased firmness – 27%

Europe

Dry skin – 38%
Lines and wrinkles – 33%
Dull skin – 29%
Oily skin – 24%
Decreased firmness – 24%

Asia

Lines and wrinkles – 45%
Dull skin – 44%
Dry skin – 42%
Enlarged pores – 42%



Latin America

Lines and wrinkles – 42%
Oily skin – 41%
Age spots – 35%
Decreased firmness – 33%

People in Latin America are less affected by dry skin than people in other regions (27% versus the global average of 40%) and Europeans suffer less from age spots (22% versus the 34% global average).¹ Enlarged pores were found to be much more of an issue for people in Asia, impacting 42% of people compared to 20-25% in the other regions.¹

Identifying common skin quality profiles

The survey also found that people alike in age tend to share similar skin quality concerns.¹ Based on this, **we have developed five patient profiles that reflect the most common patterns in skin quality concerns, treatment-seeking behavior, and how these needs change over time:**



ENHANCEMENT

Main concerns:

Dry skin – 41%
Acne scars – 38%
Enlarged pores – 37%
Dull skin – 36%

Emotional state:

Insecure, self-conscious and anxious

Common complaint:

"I used to suffer from acne when I was a teenager. I use skincare products everyday, but I feel my skin has not improved as much as I expected. I feel insecure with my skin."



PREVENTION

Main concerns:

Dry skin – 44%
Dull skin – 40%
Enlarged pores – 40%
Lines and wrinkles – 36%

Emotional state:

Insecure, self-conscious and feeling unattractive

Common complaint:

"I've started noticing changes in my skin, including lines I didn't have before! I want to keep my youthful appearance as much as I can."



REJUVENATION

Main concerns:

Lines and wrinkles – 53%
Decreased firmness – 43%
Dull skin – 43%
Dry skin – 40%

Emotional state:

Insecure, self-conscious and occasionally depressed

Common complaints:

"I don't look the way I feel. My face doesn't look as firm as it used to, and I've noticed lines on my chest when I wear collarless tops. I feel insecure with my appearance. I'd love to look 10 years younger."

"I'd like to look more relaxed with an effortless, long-term solution."



AGING GRACEFULLY

Main concerns:

Lines and wrinkles – 60%
Decreased firmness – 53%
Age spots – 41%
Dry skin – 36%

Emotional state:

Self-conscious, feeling unattractive and insecure

Common complaint:

"I want to keep being attractive and look my best for my age with a balanced, healthy appearance for both my face and body. People often say that your hands reveal your true age!"

Step 2: Creating an assessment tool: the Skin Quality Assessment Scale

Because skin quality issues can have such a strong emotional impact, most people either think about or actively look for ways to address them.¹ **As everyone's experience with skin quality is personal, that journey should begin with a proper skin evaluation by a healthcare professional,** who can help identify the main concerns a person is experiencing and guide them towards the approach that's right for them.

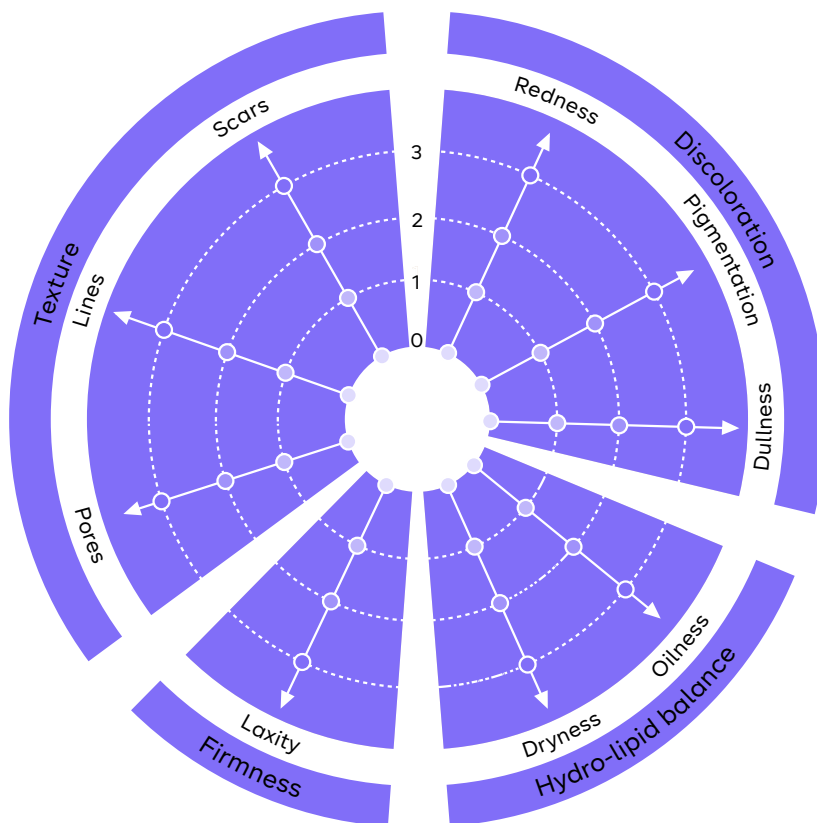
This is where the **Skin Quality Assessment Scale** comes in – a simple and quick tool that healthcare professionals can use to holistically assess a person's skin quality and support discussions around treatment priorities.² It was developed by a panel of ten international experts, with support from Galderma.

Here's how it works:²

1. **Nine aspects of skin quality, grouped into four main areas, are assessed** based on how severe they are – none, mild, moderate, or severe. These include:

- **Texture** (pores, lines, scars)
- **Discoloration** (redness, pigmentation, dullness)
- **Firmness** (laxity)
- **Hydro-lipid balance** (oiliness, dryness)

2. Based on the assessment, healthcare professionals will work closely with their patients to agree on treatment priorities that matter to them most, set realistic expectations and build a personalized, long-term treatment plan.



① ② ③
none mild moderate severe

3. **The scale can then be used in follow-up visits to track treatment progress over time** as shown in this case study:

For this 37-year-old woman, the Skin Quality Assessment Scale identified scarring and redness as the main concerns, along with pigmentation, dullness, oiliness, and pore size. When her skin was reassessed 90 days after treatment, there was a clear improvement across all these areas, particularly in the main concerns of scarring and redness.²

To see how the scale works in practice, watch this video for a live skin quality assessment.

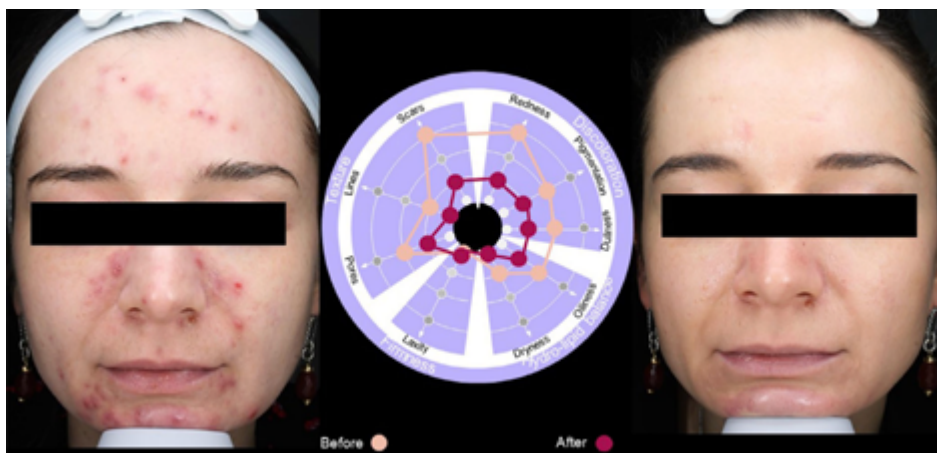


Image sourced from: Martschin C, et al. Development and Validation of a Novel Holistic Skin Quality Assessment Scale. *J Cosmet Dermatol.* 2025;24(1):e16615



“We developed this dynamic and comprehensive scale to address the clear need for a standardized methodological approach to assessing skin quality. This accessible tool has been validated by over 40 healthcare professionals, 98% of which deemed it valuable for their clinic. I believe this should become an essential part of dermatology practice to help build treatment plans that are truly reflective of the diversity and variability of skin quality needs.”

DR. KULDEEP MINOCHA
Aesthetic Physician, L'ART By Dr M
United Kingdom

Step 3: Providing solutions

How do we improve skin quality? There's no one-size-fits-all solution. Guided by Galderma's profiling insights, robust clinical evidence and a thorough assessment using the Skin Quality Assessment Scale, **healthcare professionals can work with patients to create a treatment plan that's tailored and adaptable, helping them reach their goals at any stage of life and whatever their current situation may be.** To support this, there is a whole arsenal of solutions across injectable aesthetics, dermatological skincare and therapeutic dermatology that all work in different ways and can complement each other to address diverse skin quality concerns.

“Improving skin quality is like building a house. If you only focus on how it looks on the outside, the results won't last – so you have to start with a strong foundation. When we assess skin quality, we look beneath the surface to understand what's driving the issues. By strengthening that foundation, through a thoughtful combination of solutions, we can achieve longer-lasting, and more holistic and personalized results.”

DR. MICHAEL SOMENEK
Double Board-Certified Facial Plastic Surgeon
United States



Improving skin quality is becoming an increasingly important aesthetic goal. People are moving away from seeking dramatic transformations, as was popular a few years ago, and towards natural-looking results that support healthy, good-quality skin and work alongside everyday beauty regimens.^{8,9} This was shown in our research, which found that improving skin quality is now the second most important factor that people look for in an ideal aesthetic treatment, chosen by one third of respondents.⁹

Two injectable aesthetic treatments that have been proven to enhance skin quality are Galderma's Restylane® Skinboosters™ and Sculptra®, which work synergistically.¹⁰

The hyaluronic acid (HA) skin quality injectable **Restylane Skinboosters revitalizes the skin** across two layers for an immediate and sustained effect, and enhances six key aspects of skin quality: deep hydration, reduced fine lines and wrinkles, improved skin texture and evenness with fewer visible pores, brighter skin tone, and reduced appearance of acne scars.¹⁰⁻²¹

On the other hand, **Sculptra, the first proven regenerative biostimulator**, works across three skin layers for a progressive and long-lasting effect, addressing three key needs: firmness, renewed volume, and radiant skin.²²⁻²⁸

Both treatments aren't just for the face, they have also been approved for use on the body in some countries, including for the décolletage (chest area) and hands, which often show early signs of aging.^{23,29-31*} In one study, conducted by Dr. Andreas Nikolis, Board-Certified Plastic Surgeon, Canada, the treatments were shown to work together to meaningfully improve skin quality in women going through menopause – a time when skin quality deterioration typically speeds up.¹⁰

There are other moments and factors, like menopause, that can accelerate skin quality deterioration.⁴⁻⁷ It's important to be aware of this as preventative treatment can minimize the impact of these changes on the skin and maintain its quality for longer.^{32,33} To help bring these changes to life, we've identified real patient examples that reflect each of the profiles who have been treated with Restylane Skinboosters and/or Sculptra to help address their individual skin quality concerns.



Skin quality evolution told through real patient journeys

Enhancement

Treatment goal:

Improve acne scarring and skin glow

Patient treatment plan:

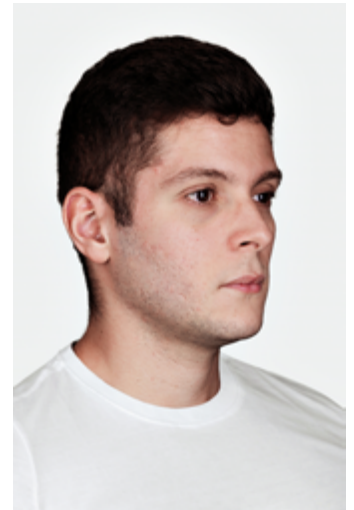
2mL of Restylane Skinboosters Vital in the first session and 1mL in the second session

Impact:

"My confidence was low because I got rid of my acne but it left marks on my face. Now my skin looks smooth and healthy." – Matheus, 27 years old



BEFORE



AFTER 2 MONTHS

Acne scarring

Acne is one of the most common skin diseases and can lead to permanent scarring in up to 95% of people affected.^{34,35}



"Acne scarring can have a significant impact on quality of life. The feelings that often develop when people have active acne – generally in their mid-to-late teens – such as negative body image, low self-esteem, and social avoidance, can be prolonged to later in life for those who develop acne scarring. Complementary treatments can help address the uneven skin tone and textural changes associated with scarring, for example using a combination of cleansers, moisturizers, prescription acne creams and hyaluronic acid fillers can help to enhance skin quality."

DR. CHRISTOPH MARTSCHIN
Dermatologist
Portugal

Prevention

Treatment goal:

Prevent the signs of aging

Patient treatment plan:

Four vials of Sculptra in two sessions

Impact:

"I'm not afraid of getting old anymore. I feel confident in my own skin and good when I look at myself. To look in the mirror and enjoy what I'm seeing is such a blessing." – Sara, 34 years old



BEFORE



AFTER 12 MONTHS



Rejuvenation

Treatment goal:

Renewed volume

Patient treatment plan:

Four vials of Sculptra in two sessions

Impact:

"I used to look very tired. Now, every morning when I look at myself in the mirror, I feel ready to tackle a tiring day, because I feel strong, fresh, and radiant." – Loïc, 46 years old



BEFORE



AFTER 12 MONTHS

Medication-driven weight loss

Medication-driven weight loss, linked to the rapid rise in the use of prescription weight-loss drugs, can leave the skin looking dull, feeling dry, or appearing less firm.⁶



"I know that my patients' skin quality needs change over time, so I always make sure to check in on where they are in life and what they feel is holding them back. Recently, I've seen more patients using prescription weight loss medications, which, if not planned for, can bring unexpected changes to the skin that don't always match what they expect or hope to look like after losing weight. Through open conversation and a growing understanding of the biological drivers of these aesthetic changes, we can craft individualized treatment plans, rooted in regenerative approaches, that maintain skin quality before, during and after weight loss."

DR. SABRINA FABI
Cosmetic Dermatologist
United States

Treatment goal:

Smoother, firmer skin with a healthy glow

Patient treatment plan:

Four vials of Sculptra in two sessions and 4mL of Restylane Skinboosters Vital Light in two sessions

Impact:

"I was entering perimenopause, and I was feeling quite down. I feel so much happier! My skin is a lot firmer than before. I see myself more beautiful than before and I feel like regaining my confidence back." – Youny, 50 years old



BEFORE



AFTER 12 MONTHS

Menopause

During menopause, the levels of hormones that support skin health begin to fall with fluctuations starting in the peri-menopausal stage.^{36,37} As a result, skin can become drier, lose firmness and be more prone to lines and wrinkles.^{36,37}



"Compared with other menopause symptoms, the skin changes that happen during this transition are often less understood or discussed, but they have a real impact on quality of life. Many women feel self-conscious as their skin changes, which affects their sense of beauty and self-confidence. That's why skin health should be an integral part of menopause conversations between patients and healthcare professionals, especially as there are effective solutions available that can enhance skin quality and help women feel and look their best during what can be a challenging time of life."

DR. DORIS DAY
Board-Certified Dermatologist
United States

As the years go by, skin quality concerns often extend beyond the face to other visible areas. In your 40s, neck lines often become more noticeable; in your 50s, the décolletage may show fine lines, dryness and pigmentation; and in your 60s, the hands and arms can also experience dryness and pigmentation.¹

Aging gracefully

Treatment goal:

Improve lines for smoother skin in the décolletage

Patient treatment plan:

2mL of Restylane Skinboosters Vital in the first session and 1mL in the second session

Impact:

“My décolletage was not in harmony with my face. The skin of my décolletage is very smooth and even now.” – Raquel, 72 years old



BEFORE



AFTER 2 MONTHS



Skincare can also be a powerful partner to aesthetic treatments in addressing skin quality needs, with products like Galderma's Alastin® and Cetaphil® offering tailored solutions.^{38,39}



The versatile **Alastin range is designed to set a new standard in regenerative skincare** with both peri-procedural and daily products that help restore a youthful appearance and enhance the visible outcomes of aesthetic and surgical procedures.^{38,40,41}

Many of these products have been shown to provide skin quality benefits, including:

Restorative Skin Complex with TriHex+™, which supports the skin's natural production of new, healthy collagen, elastin and HA.³⁸ It has been shown to visibly plump the skin like the equivalent of 1cc of HA.³⁸



BEFORE



AFTER 12 WEEKS

HA IMMERSE Serum, which amplifies the skin's natural ability to increase its own HA production, with patients seeing an 85% increase in skin hydration levels after eight weeks.⁴²



BEFORE



AFTER 4 WEEKS

C-RADICAL Defense Antioxidant Serum, which supports the skin's natural ability to conserve elastin and protect from environmental stressors, with an up to 74% reduction in damage caused by free radicals.⁴³



BEFORE



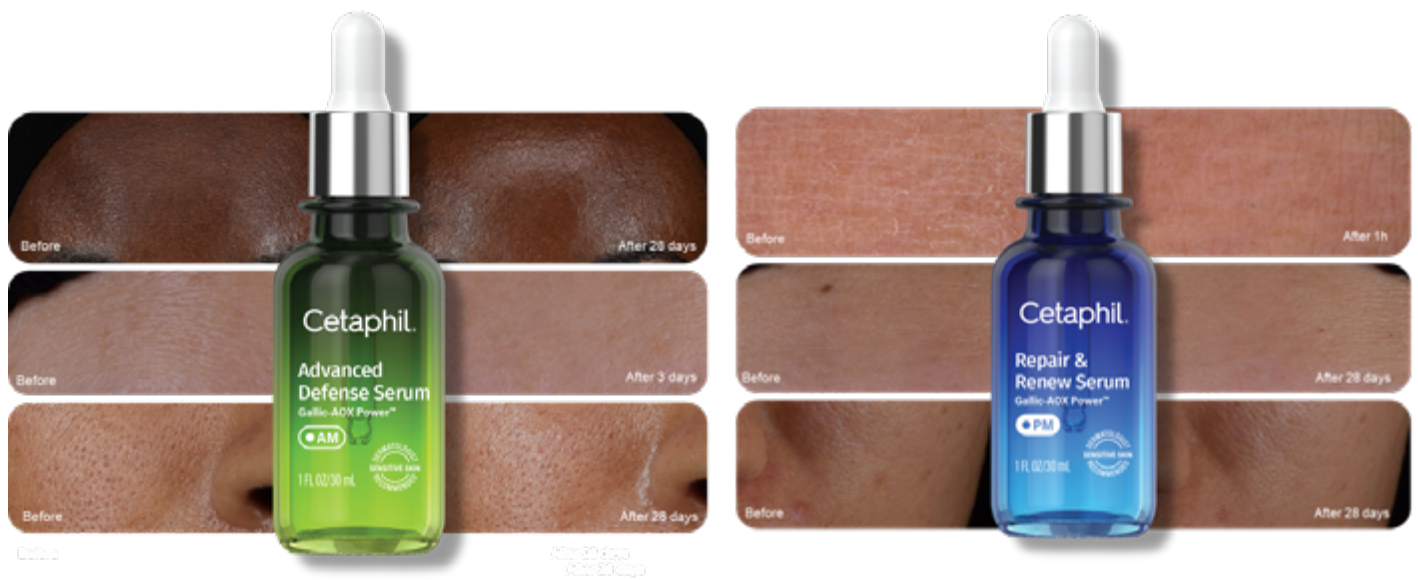
AFTER 12 WEEKS

Cetaphil, meanwhile, is designed for those with sensitive skin to help restore, protect and maintain the skin's health every day, building longevity and resilience over time.^{39,44-46}

The latest biology-driven solutions in the range are Cetaphil AM/PM Antioxidant Serums, which help protect sensitive skin from stressors during the day and support accelerated repair at night, and the Cetaphil Skin Activator Hydrating & Firming Line that works by waking up sleeping surface skin cells, which can be the cause of skin quality issues like fine lines, dehydration, and looser skin.⁴⁴⁻⁴⁶

Cetaphil Advanced Daily Defense Serum

Cetaphil Repair & Renew Serum



Cetaphil Skin Activator Hydrating & Firming Lotion



If you have a diagnosed skin condition, then doctors may also prescribe treatments that directly target conditions like acne and eczema that lead to skin quality issues such as scars and redness.^{34,47}

Embracing the positive effects of enhanced skin quality

As people strive to live better and healthier lives for longer, skin quality shouldn't be left out of the conversation. Effectively identifying and addressing problems with skin quality can help maintain healthy and functional skin for the long term and make a positive impact on everyday life.² **With more than a third of people saying that good skin quality makes them feel more confident, happy, attractive, glowing and relaxed, Galderma is using its unique dermatology expertise, insights and solutions to make this achievable for everyone.¹**

“At Galderma, we want to help everyone in their pursuit of healthy, glowing skin. We see ourselves as a true partner to healthcare professionals, drawing on decades of dermatology expertise to generate meaningful insights, support research and provide a wide palette of solutions designed to address every skin quality need. Through this approach, we want to help people understand the full range of options available, so they can find the solution that's right for them and feel comfortable and happy in their own skin at every stage of life.”

ANNE-CÉCILE CHEVRIER
Global Head, Injectable Aesthetics
Galderma



**Not all products mentioned are approved in all countries/regions. Sculptra is only approved for use on the body (gluteal area, posterior thighs, décolletage, and upper arms) in the European Union and Australia. Restylane Skinboosters is only approved for the décolletage in Canada, the European Union, Latin America, and the United Kingdom, and for the hands in China, the European Union, Latin America, and United Kingdom – it is not approved in the United States.*

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