

How to Prevent “The Uglies!”

Our chemist recommends using 1% copper peptides to avoid “the uglies” as described below. It has been working fantastically well for ModelSupplies. This means to use only 0.9 ml copper peptides per 30 ml / 1 oz cream.

How long until I see results

A lot of people experience a glow and generally healthier skin very quickly down to the repair of the skin barrier and CP’s anti-oxidant properties, but to see signs of renewed proteins, increased moisturisation and collagen you should give it 3 months at least.

Problems

Some people experience ‘the uglies’ where people get fine lines and sagging skin at some point during use. There’s no agreement about the cause and it seems to particularly afflict people in the eye area. One theory puts this down to irritation from using too much too quickly or general overuse, another that some individuals might be hyper-sensitive to copper and finally that in some individuals the damaged proteins and collagen are being removed but for some reason the skin function does not replace these quickly enough. Some people carry on using albeit more slowly and ‘the uglies’ vanish, others find continued use doesn’t sort out their problem.

This is a great “lay person” explanation of copper peptides:

Copper peptides are always naturally present in the skin and there are higher levels of it when the skin has been damaged which triggers repair. Products containing Copper Peptides (CPs) are a way of introducing this function topically and using the natural process of healing to accelerate skin renewal. In tests copper peptides have been shown to; remove damaged proteins and collagen and stimulate the production of new GAGs (water holding proteins), elastin and collagen. CPs are also both anti-inflammatory and a potent anti-oxidant so skin improvements should be achieved without the kind of skin barrier irritation typically experienced when using retinoids or AHAs. The long-term result should be thicker, firmer skin with better moisture retention and (maybe) a reduction in wrinkles. This process is often referred to as ‘remodeling’.

What are they used for?

Primarily anti-aging, but also scar reduction and sometimes mole reduction or elimination. Some users recommend them just for healing after peels and microdermabrasion.

Product confusion!!! Which to use?

There are two types of copper peptide used in skincare products which causes some confusion; First generation CPs which are used in most products including Osmotics and Neutrogena and second generation CPs which are only used in Skinbio’s products and they have slightly different properties (so see note below about what you can use them with). Both were invented by Doctor Pickart who first worked for Procyte and then set up Skinbio. More peer reviewed tests have been carried out on the ‘first generation’ CPs, but the products which use them have lower percentages than were used in those tests. The second generation CPs (Skinbio’s) only have tests behind them to prove healing not anti-aging so we can only assume that these will reduce wrinkles, but they do have the same percentages of the active in them.

What can't you use them with

First generation CPs (e.g. Neova/Neutrogena) are not stable when used with acids so you cannot combine them with AHAs, BHAs, Retin A etc.

CPs of both kinds cannot be applied to the skin at the same time as Vitamin C because Vitamin C is neutralized by copper, (but only on the surface of the skin not once it has absorbed and become part of the skin matrix. In fact both copper and Vitamin C are naturally present in the skin at the same time.) A lot of users do combine CPs and Vitamin C by using one in the evening and the other in the morning.

How do you use them?

They can be used AM (as they do not make you sun sensitive) or PM, or both. It's best to start with products with low concentrations until your skin is used to it. You can layer Skinbio's CPs with acids (acids first then CPs) or Retinoids (retinoids first then CPs) and many other actives to speed up renewal.

Warning: Skinbio has some extra strong products - Tri-reduction, SuperCP serum, Supercop cream and Supercop X 2 which can be highly irritating and should only be used after months of use of the lower level products.

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