



Seventh Consultation Levels of Rubin Scale / Photodamage & Pigmentation Assessment

Date: _____

Name: _____

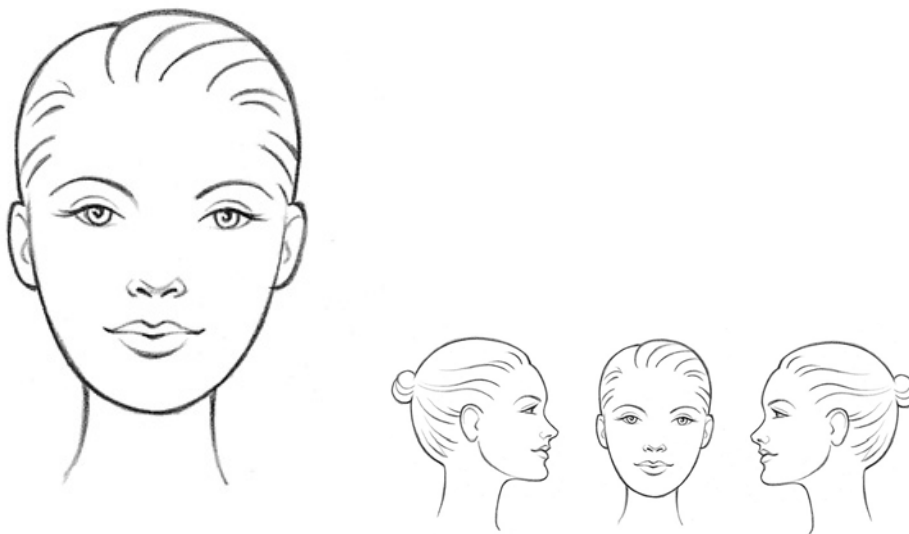
Address: _____

Email: _____

Cell: _____

Name of Person with different Levels of Rubin / Photodamage & Pigmentation Disorders

(Provide a Picture)



Rubin 1st 2nd 3rd

Hyperpigmentation ☐ Hypopigmentation ☐

Birthmarks ☐ Some Freckling ☐ Heavy Freckling ☐ Generalized Post Traumatic Dyschromia

☐ Albinism ☐ Melasma

☐ Gravidarum ☐ Lichen Simplex Chronicus ☐ Vitiligo ☐ Hemochromatosis ☐
Lamellar Ichthyosis

Case Study Week 10B - #347 Seventh Skin Analysis & Consultation- Rubin Scale & Antioxidant



Rubin Scale Classification- Photodamage

Benefits

- Retinoid are beneficial because they stay in the skin longer than some other ingredients
- Hydroxy acids exfoliate the skin
- Antioxidants fight free radicals to protect the skin
- Peptides signal bio activity in the skin
- SPF protects skin from damaging UVA and UVB rays

Rubin Method of Photodamage Classification

Level	Clinical Signs	Abnormalities	Explanation
Level one (least severe)	Alterations in the epidermis only	Pigmentation and texture (freckles, lentigines, a dull rough texture resulting from increased thickness of the stratum corneum)	Freckles, perhaps some lentigines, beginning of a thicker stratum corneum; rarely have wrinkles. We do not define a chronologic age for these patients because this patient can be 20 years of age, or he or she might be 45 years of age, depending upon the amount of sunlight exposure.



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Level two (more severe)	Alteration in the epidermis and papillary dermis	Same as those with level one damage; however, pigmentary and texture changes are more marked. In addition, patients may have actinic keratosis, liver spotting, and definite increase in wrinkling.	In addition to freckles and lentigines, marked change in irregularity of the skin color are present. The stratum corneum is thicker and more irregular. More wrinkles can be found around the eyes and in the nasolabial fold (smile line). Skin will begin to look “crinkled” at this level.
Level three (most severe)	Alterations in the epidermis, papillary dermis, and reticular dermis	Same as those with level one and two damage in addition to a thick leathery appearance and feel, a yellowish tint, and a pebbly texture and open comedones.	The skin is wrinkled at rest; many dyschromia are present. The skin is thick and leathery in appearance and to the touch. Yellow, dull, sometimes gray-colored skin. The histologic changes in this category penetrate to the reticular dermis. Solar damage has some open comedones.



Location





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Seventh Skin Analysis- Woods Lamp

Almond Oil	provides lipids, hydrating, an emollient
Aosa	natural marine derived protein known for its skin firming benefits
Apricot Kernel Oil	provides lipids, also an emollient
Avocado Oil	helps to rebuild lipids, hydrating
Artichoke Extract	helps to rebuild cell lipids, also helps irritations, anti-inflammatory, rejuvenating
Balm Mint Extract	stimulating, increases circulation
Beech Tree Extract	stimulates all skin functions
Birch Extract	firming, stimulating
Cardamom	stimulating, used in body products and cellulite treatments
Colostrum	mimics natural elastin from animal product, builds immune system
Coneflower Extract	provides immune enhancing properties
Corn Germ Oil	contains Vitamin E, hydrating, antioxidant
Daisy Extract	helps to build up cells, reduces swelling, good for eye contour products
Echinacea	provides immune enhancing properties
Elastin	protein, hydrating, emulsifier, from plant or animal
Ginseng Extract	helps to regenerate, reduces swelling
Ginkgo Extract	antioxidant
Hazelnut Oil	softening, replaces oil/sebum in the skin
Hibiscus Extract	firming, restricts pores
Hydrocotyl Extract	helps to stimulate production of healthy collagen
Karite Butter	often used as basic ingredient, hydrating
Lanolin	from wax of sheep wool/, used for both an oil base of a cream and active ingredients
Lecithin	contains Vitamin. E, strong antioxidant, helps in cell division
Lysine	amino acid, good moisturizer, helps to build up new tissue
Macadamia Nut Oil	stimulates all skin functions, good emollient
Marine plasma Extract	contains a lot of vitamins and mineral, also used as cream thickener
Mimosa Bark Extract	regenerating, repairing
Mink Oil	Lubricates animal source
Olive Oil	lubricate, good emollient
Panthenol	Vitamin B5, tissue repair strengthening cells, used for emollients



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Peanut Oil	Contains Vitamins A and E, contains folic acid (vitamin F), emollient
Pine Oil	stimulating, increase turnover of epidermal cells, irritating, don't use if abrasion is present
Placenta Extract	stimulates cell metabolism, contains all vitamins animal source
Polyamino Sugar Condensate	amino acid rich skin conditioner and humectants
Retin A	is Vitamin A acid, reduces corneum layer tremendously, reduces sebum production
Retinol	is Vitamin A, balances sebum production, balances pH
Royal Jelly	Queen Bee food, builds up new cells, high in protein
Saint John's Wort	healing, calming
Seaweed Extract	revitalizing, helps to get rid of waste products, contains vitamins, minerals, rejuvenating
Sorbitol	excellent moisturizer, prevents the skin from drying
Soy Bean Oil	contains plant proteins, Vitamin A, B, K, (Vitamin K to strengthen capillaries)
Thymus Extract	from baby cows, improves all cell functions
Urea	Amino acid, protein, helps to moisturize, anti-aging, exfoliants
Vitamin A	regulates sebum production, retinal exfoliates
Vitamin B Complex	repair of sun damage
Vitamin C	whitening, fight free radicals
Vitamin D	helps strengthen bones with calcium, fight ageing skin
Vitamin E	natural antioxidant, increase cell division
Vitamin F	folic acid, linoleic acid, good lipids for dry skin
Wheat germ	high content of vitamin E and folic acid fights dryness and increases cell division

