

AIR POLLUTION &
SKIN HEALTH

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INTRODUCTION

Air Pollution & Skin Health¹



Chronic exposure to air pollution can negatively affect skin health. The findings of a randomized, regimen-controlled study demonstrate that a dual-day/night regimen can provide meaningful protection to skin exposed to urban air pollution. Regular use of the regimen helped strengthen the skin's barrier function and reduced markers of oxidative stress, which are known to accelerate visible aging. Participants using the dual-antioxidant system showed improvements in skin tone uniformity, brightness, and overall radiance compared with the control group. The combined formulation appeared to support both daytime defense against environmental aggressors and nighttime recovery from oxidative damage. Importantly, the study highlights that pollution-related skin stress is a modifiable factor when addressed with targeted antioxidant strategies. These results suggest that consistent antioxidant support can play a valuable role in maintaining skin health in high-pollution environments. While the study was limited to Chinese women and a short evaluation period, the protective trends observed were clear. Future research could further validate these benefits in broader populations and longer-term use. Overall, the dual-day/night regimen emerges as a promising approach for comprehensive daily skin protection.

WHY DAY NIGHT SKINCARE?²

DAY & NIGHT SKINCARE ROUTINE: WHY SKIN NEEDS TWO DIFFERENT APPROACHES

1. SKIN HAS DIFFERENT NEEDS IN THE DAY VS. NIGHT

- Skin follows a natural circadian rhythm, behaving differently across the 24-hour cycle.
- **Daytime:** Skin focuses on defending itself against UV rays, pollution, heat, humidity, and oxidative stress.
- **Nighttime:** Skin shifts into repair mode, enhancing cell turnover, DNA repair, barrier restoration, and deeper absorption of actives.



2. MORNING SKINCARE MUST SHIELD THE SKIN

- Daytime exposure to UV, blue light, and airborne pollutants accelerates pigmentation, dullness, sensitivity, and premature aging.
- A morning routine should minimize this damage and keep the skin hydrated and balanced throughout the day.

3. ESSENTIAL STEPS IN A MORNING ROUTINE

- **Gentle Cleanser:** Removes oil/impurities without stripping the skin.
- **Antioxidant:** Vitamin C, niacinamide, resveratrol, or botanical antioxidants neutralize free radicals and prevent collagen breakdown.
- **Hydrating, Lightweight Moisturizer:** Locks in moisture without heaviness.
- **Sunscreen (Broad Spectrum SPF 30+):** The most critical daytime step—prevents 80% of visible aging caused by UV damage.

4. BENEFITS OF A GOOD MORNING ROUTINE

- Strengthens daily skin resilience.
- Reduces photoaging, tanning, dark spots, and uneven tone.
- Minimizes pollutants settling into pores.
- Keeps skin brighter, smoother, and protected all day.



NIGHTTIME ROUTINE:
REPAIR, RECOVERY & RENEWAL

5. EVENING SKINCARE IS DESIGNED FOR REPAIR

- At night, skin temperature rises, and microcirculation improves, allowing better penetration of active ingredients.
- The body increases collagen synthesis and DNA repair as you sleep, making nighttime the best window for treatment-focused skincare.

6. ESSENTIAL STEPS IN A NIGHT ROUTINE

- Deep Cleanser / Double Cleansing: Removes sunscreen, pollution, sweat, dust, and makeup accumulated through the day.
- Targeted Regimen: Retinol, peptides, AHAs/BHAs, hyaluronic acid, or brightening agents work best at night without UV interference.
- Nourishing Moisturizer / Night Cream: Richer textures help replenish lipids, restore skin barrier, and maintain overnight hydration

7. BENEFITS OF A NIGHTTIME ROUTINE

- Repairs accumulated environmental damage.
- Supports collagen production and fade-out of pigmentation.
- Strengthens the skin barrier for improved morning freshness.
- Enhances softness, smoothness, and overnight glow.

8. A BALANCED DAY-NIGHT ROUTINE ENSURES 24-HOUR SKIN HEALTH

- A well-designed dual routine creates a complete 24-hour cycle of protection and renewal.
- Morning care defends the skin from daily assaults, while nighttime care boosts recovery and long-term skin vitality.
- Consistency in both routines delivers visible benefits: better texture, even tone, reduced signs of aging, and stronger overall skin health.

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ROVISOME®
Delivery Technology

Advanced intelligent
delivery system, retinol
directly reaching
the active layers of
the skin

2

Nighttime Skincare Routine with Retinol: Proven Steps for Radiant Skin



1. WHY RETINOL WORKS BEST AT NIGHT

- Retinol is **light-sensitive** and breaks down in sunlight, so nighttime application preserves potency.
- Skin's **natural repair cycle peaks at night**, allowing retinol to boost cell turnover, collagen production, and regeneration more effectively.

2. PREP THE SKIN FOR GENTLE RETINOL ABSORPTION

- Begin with a **mild cleanser** to remove impurities without stripping moisture.
- Pat skin dry completely - retinol absorbs better on dry skin and reduces irritation.

3. APPLY RETINOL THE RIGHT WAY

- Apply **1 hour before sleeping**, spread evenly across the face.
- Begin **2–3 nights a week**, gradually increasing frequency as the skin adapts.
- Avoid sensitive areas like corners of the mouth, nose, eyes, and unless using retinal/eye-safe formulations.

4. SEAL WITH A NOURISHING MOISTURIZER

- Retinol can increase **dryness and sensitivity** — follow with a barrier-repairing moisturizer or combine retinol with a moisturizer.
- The moisturizer reduces potential irritation and locks in hydration through the night.

5. CONSISTENCY = VISIBLE RESULTS

- Noticeable improvement in **texture, fine lines, and glow** begins around 4–6 weeks.
- Long-term use leads to clearer, smoother, and firmer skin.

6. DON'T FORGET THE MORNING AFTER

- Retinol makes skin more sensitive to sunlight - use a **broad-spectrum SPF 30+** every morning.
- A gentle, hydrating daytime routine complements nighttime repair.

7. KEY DO'S & DON'TS

DO: start slow, apply at night, moisturize generously.

DON'T: layer with strong acids, exfoliants, or benzoyl peroxide on the same night.

8. KNOW WHEN TO ADJUST

- Mild dryness is normal, but persistent irritation means reducing frequency.
- For pregnancy or intense sensitivity, switch to gentler alternatives like **bakuchiol**.



PRO-TAURINE is a 10% dilution of an optimized (predictive molecular design) photo-protective compound. PRO-TAURINE displays antioxidant and electrophilic scavenging properties. It has demonstrated its ability to detoxify any skin layer, hence limiting UV and IR-induced cutaneous damages.

Designed for performance that ensures

- Better Bio-availability - Able to reach intracellular skin compartment, hence providing a 4 fold increased UV protection.
- Broad spectrum antioxidant activity - Able to efficiently protect fibroblasts from noxious radicals
- Photoconversion into an active compound: taurine - Ability to cooperate with melanin (a natural solar radiation absorber) in order to protect keratinocytes' DNA and therefore, prevent UV-induced apoptosis.
- Safe byproducts release after scavenging

TAKE THE AAD QUIZ⁵

A What fabric should be worn by dry skin patients?
a. Tight-fitting clothes b. Rough fabrics like wool
c. Loose-fitting clothes made of a breathable fabric like cotton

B What kind of moisturizer should be preferably applied to dry hands?
a. Fragrance-free hand cream b. Fragrant lotion
c. Deodorant containing alcohol

C How much should be the bathing time for patients with dry skin?
a. No time limit b. 5 or 10 minutes in lukewarm water
c. Long baths in hot water



Answers A.c B.a C.b

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