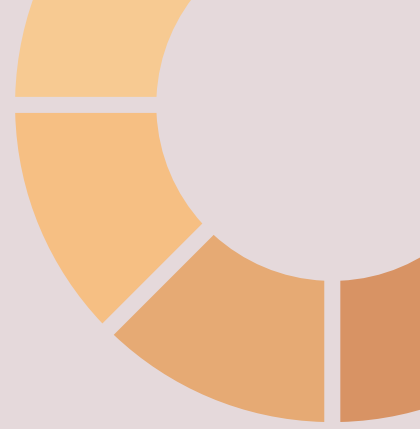




**Biomend  
Lifesciences Pvt Ltd.**



# **Skin Microbiome Testing Profile**





# About Skin Microbiome

our skin is more than just a surface—it's a living ecosystem. Housing over 1 million microbes per square centimeter, your skin microbiome consists of beneficial bacteria, fungi, and other microorganisms that:

- Protect against harmful pathogens
- Regulate your immune responses
- Support healing and maintain hydration

Recent clinical research shows that a balanced microbiome is essential for skin elasticity, anti-ageing, and barrier function. When this balance is disrupted (dysbiosis), it can lead to acne, dryness, premature ageing, and even chronic skin conditions.

We decode your skin's microbiome using Advanced sequencing methods to provide personalized skincare recommendations, improving skin health from both outside and within.

# The Need for Skin Microbiome Testing

Clinical studies have demonstrated strong links between microbiome health and skin conditions:



## 01

### Hydration & Barrier

A diverse skin microbiome supports natural moisturizers and strengthens the barrier, protecting against dryness and sensitivity. Testing helps detect imbalances early to prevent barrier damage and irritation.

## 02

### Skin Ageing

Microbial shifts with age can speed up wrinkles, pigmentation, and loss of firmness. Understanding these changes allows targeted interventions to preserve collagen and maintain youthful skin.

## 03

### Sebum & Acne

Excess oil fuels Cutibacterium acnes, causing inflammation and acne. Testing identifies harmful bacteria and guides treatments to rebalance sebum production.

## 04

### Gut-Skin Axis

Gut microbes influence hydration, elasticity, and inflammation, impacting overall skin health. Microbiome testing links gut and skin health, enabling inside-out skincare solutions.

# Common Skin Conditions Linked to

## Microbiome Imbalance



### Acne Vulgaris

Overgrowth of *Cutibacterium acnes* causes inflammation and pimples; affects 85% of teens/young adults.



### Seborrheic Dermatitis

Excess *Malassezia* yeast leads to flaky, itchy, oily patches on scalp and skin.



### Psoriasis

Altered skin microbiome disrupts immunity, causing thick, scaly, red patches.



### Chronic Wound Infections

Microbial imbalance allows harmful bacteria to delay healing and cause infections.



### Rosacea

Overgrowth of bacteria and mites triggers facial redness, bumps, and irritation.



### Premature Skin Ageing

Loss of beneficial bacteria weakens skin barrier, accelerating wrinkles and elasticity loss.



### Atopic Dermatitis (Eczema)

Imbalance with increased *Staphylococcus aureus* leads to itchy, inflamed skin; common in children.







## Skin Microbiome Testing Helps You:

- Identify root causes of skin issues
- Get personalized, science-backed skincare
- Reduce risks of ageing, acne, and inflammation
- Boost your skin's natural defenses

**Precision Skincare Powered by Microbiome  
Science**



# Who Should Get Skin Microbiome Testing?

Skin microbiome testing is ideal for anyone who wants to understand their skin health at a deeper, scientific level. It's especially recommended for:

- **People with persistent skin issues** – Acne, dryness, redness, sensitivity, eczema, or unexplained irritation.
- **Individuals noticing premature ageing** – Wrinkles, loss of elasticity, and pigmentation changes.
- **Those with frequent flare-ups** – Chronic conditions like dermatitis or psoriasis.
- **Users of multiple skincare products** – To check if cosmetics are disrupting the skin's microbial balance.
- **People with compromised skin barrier** – Recurrent infections or slow healing wounds.
- **Wellness enthusiasts** – Anyone seeking a data-driven, personalized skincare routine.



Testing empowers you to move from guesswork to precise, microbiome-based skincare solutions.

# How It Works

Our advanced microbiome testing combines next-generation sequencing with AI-powered analysis to give you the most accurate insights:



**1**

## Sample Collection

Simple cheek swab, done at home

**2**

## DNA Sequencing

Identifies beneficial and harmful microbes

**3**

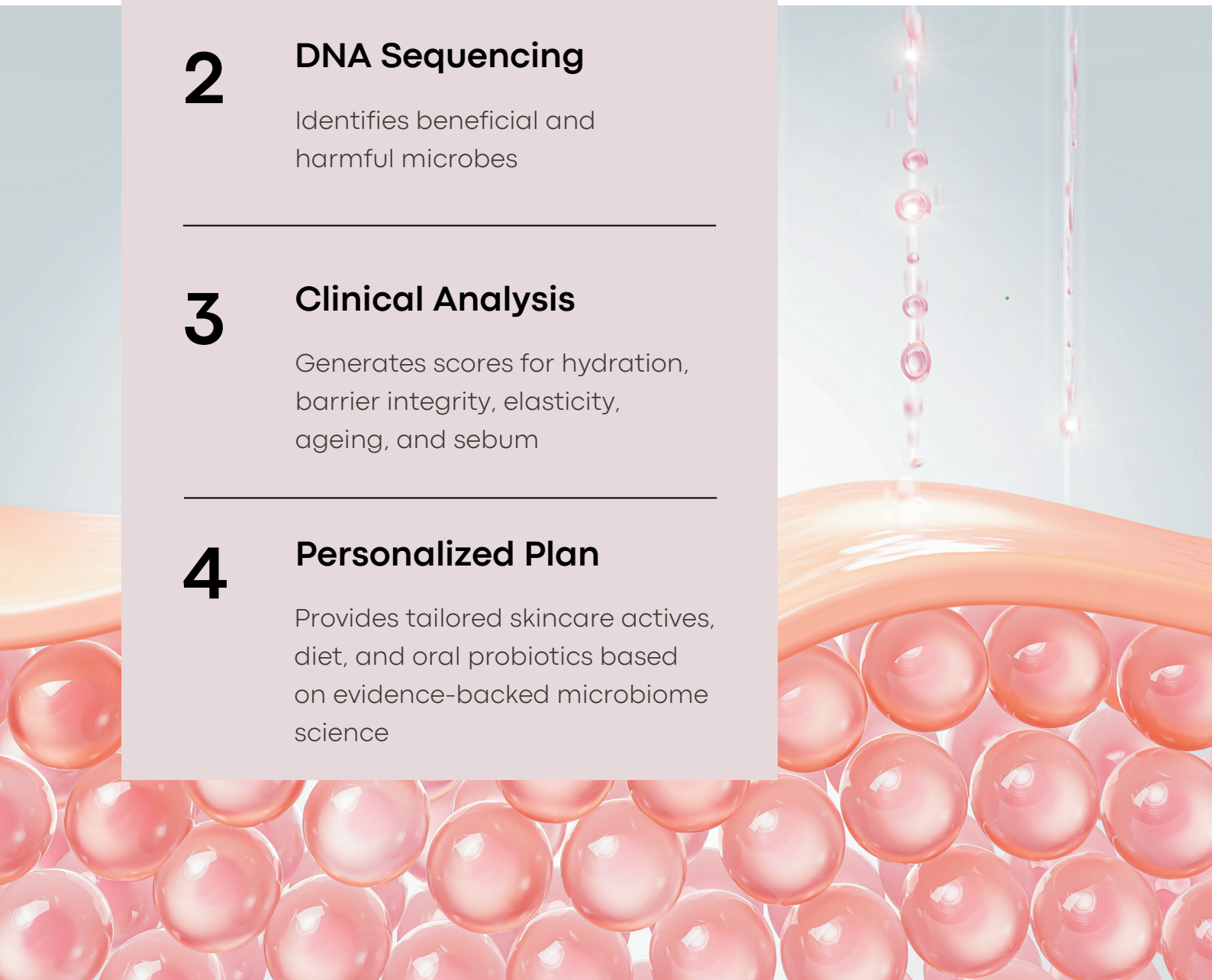
## Clinical Analysis

Generates scores for hydration, barrier integrity, elasticity, ageing, and sebum

**4**

## Personalized Plan

Provides tailored skincare actives, diet, and oral probiotics based on evidence-backed microbiome science







# What You will Recieve

## Detailed Skin Health Report:

Hydration | Barrier Strength | Elasticity | Healthy Ageing | Sebum Production  
Opportunistic pathogen detection for proactive care

## Personalized Topical Ingredients

Bakuchiol, Niacinamide, Hyaluronic Acid, Vitamin C – clinically shown to boost collagen, reduce wrinkles, and balance oils.

Probiotic Lysates including *Lactobacillus plantarum* and *Bifidobacterium longum* to improve hydration and barrier restoration.

## Nutritional Recommendations

Omega-3 rich foods, polyphenols, and targeted probiotics shown to enhance skin elasticity and hydration.



# Why Choose Us ?

Unlike basic 16S rDNA-based tests that detect only bacteria and archaea — and typically provide genus-level resolution — our platform uses Advanced Metagenome Next-generation Sequencing. This enables comprehensive identification of bacteria, fungi, viruses, and other microbes in your sample, with species- and strain-level precision.

## Functional Analysis

Species & Strain-level precision.

## Microbial Diversity Mapping

comprehensive Identification

## Personalized Insights

Science-backed Interpretations





# Frequently Asked Questions (FAQs)

## **1. What is the skin microbiome and why is it important?**

Your skin microbiome is a community of microorganisms that protect against harmful bacteria, support hydration, and maintain barrier function. A healthy microbiome is essential for clear, youthful, and resilient skin.

## **2. What does skin microbiome testing reveal?**

The test analyzes the balance of beneficial and harmful microbes, assessing factors like hydration, barrier strength, elasticity, ageing signs, and acne risk.

## **3. Who should consider skin microbiome testing?**

Anyone facing skin concerns like acne, dryness, sensitivity, eczema, or premature ageing, or those looking to personalize their skincare routine for optimal results.

## **4. How is the sample collected?**

It's simple and non-invasive. A swab is used to gently collect skin samples from targeted areas for advanced microbiome analysis.

## **5. Will I receive personalized recommendations?**

Yes. You'll get science-backed topical skincare actives, nutritional advice, and lifestyle tips tailored to your unique skin microbiome.



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# GET IN TOUCH

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We are ready to assist you

Take the first step toward better health. We're here to support your journey and guide you with care, science, and personalized solutions.



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