Clinical Efficacy of a New Sonic Skin Care Brush Using a Mild Cleanser

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clarisonic
skin care brush

Objective

The objective of the study was to compare the efficacy and safety of a sonic skin care brush (the Clarisonic™ Skin Care Brush), and manual cleansing when used with a mild over-the-counter cleanser.

Methods

Thirty consenting healthy adult subjects, between 18-55 years of age, with moderate to high sebum levels (a surrogate for evaluating dirty skin) participated in a single-visit, two-group, split-forehead study. The study compared the Clarisonic Skin Care Brush to manual cleansing, with both groups using the same mild cleanser. Moderate to heavy casual sebum levels required for participation were verified using sebum indicator strips (Sebutape® Skin Indicator). Subjects were requested not to cleanse their face for at least 6 hours or partake in strenuous exercise for 4 hours prior to the clinical visit. A baseline sebum sample was collected from the center of the forehead below the hairline prior to cleansing. In order to standardize the cleansing method and reduce variability between individuals, all cleansing was conducted by an esthetician. The side of forehead to be cleansed manually or with the Clarisonic was selected via a randomization schedule. After cleansing, a customized mask identifying 6 equally-spaced locations was placed on the subject's forehead, and pre-labeled (subject number and location) sebum indicator strips were then used to sample the residual casual sebum. Three samples of casual sebum were collected from each treatment side of the forehead. Sebum levels were quantified using NIH digital image processing to capture the area of residual sebum coverage on the Sebutape strips. The results of the 6 samples taken were averaged within treatment and compared statistically.

Results

The amount of surface casual sebum remaining after cleansing with the Clarisonic and cleanser was found to be significantly less than that remaining after cleansing manually with cleanser ($p<0.001$*). The median area coverage of residual sebum present after manual cleansing was measured at 2.34 times that of the side cleansed with the Clarisonic.

No adverse events were reported or observed during the course of the study. In fact most subjects commented on how clean and alive their skin felt.

* p-value taken from a mixed effects model having fixed effects for visit, treatment, forehead side and a random effect for subject.

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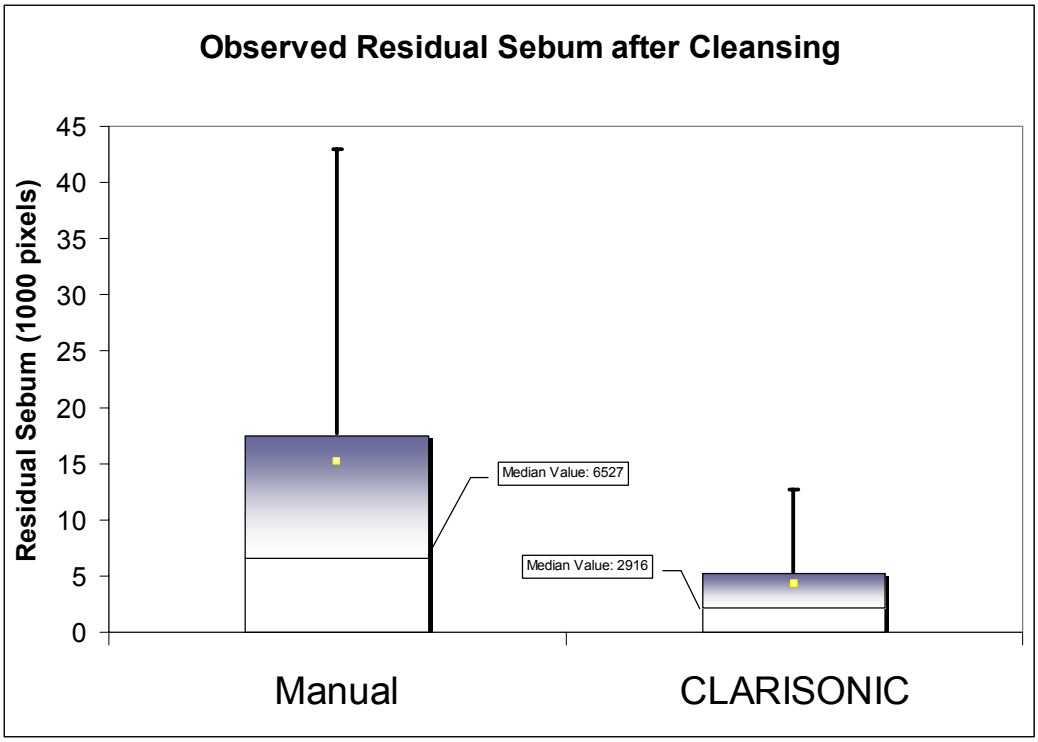

Conclusions

- The Clarisonic in conjunction with a mild liquid cleanser was significantly (2.34 times) more effective at removing surface casual sebum than manual cleansing with the same cleanser.
- Clarisonic was found to be safe and effective.