

Whitepaper January 2024

# Skin *in the Game*



**SKINX**<sup>®</sup>



This white paper demonstrate the intersection of sports and dermatology, shedding light on the importance of skin resilience across training, gameplay, and recovery. Highlighting the challenges for athletes and sport practitioners and introducing the SKINX solution.

## ***Introduction***

In the dynamic world of sports, athletes push their bodies to the limits, facing challenges that go beyond the field or arena. One often-overlooked aspect of an athlete's well-being is the resilience of their skin, subjected to rigorous conditions during training and gameplay. This paper delves into the crucial dimension of "Skin Resilience" in sport and everyday training. Exploring the impact of physical activity on skin health and the negative effects that can lead to disruption in performance, worst case... downtime. Recommendations also look at the innovative solutions that can safeguard athletes from; heat, sweat, and friction related, skin damage and bacterial issues.

*"Athletes are more prone to mechanical trauma, infection, and contact dermatitis due to the use of occlusive clothing, excessive sweating, frequent skin-to-skin contact, and communal use of equipment and facilities."*

**Skin Disorders in Athletes: Professional and Recreational Sports** - R. Blake Steele, James S. Taylor & Savina Aneja



## ***The Challenge***

Athletes face a myriad of challenges related to their skin, such as abrasions, irritations, and potential bacterial issues. The continuous friction, exposure to environmental elements, and intense physical exertion during sports activities can take a toll on the skin, affecting performance and overall well-being. Sport practitioners, including coaches, trainers, and medical staff, are constantly seeking innovative solutions to address these challenges and optimise athletes' skin health.

## ***In the Research***

“The prolonged periods of sweating so often experienced by athletes during physical activity can lead to the development of moisture-related skin damage”.

**UK Health Protection Agency**

“Skin issues can take athletes out of action and put them on the sidelines. Coaches and trainers can take steps to prevent the negative effects of bacterial skin issues”.

**New York State Department of Health**

“Acne mechanica is a papulopustular eruption caused by the physical factors of pressure, occlusion, friction, and heat acting upon the skin”.

**NCBI Cutis**

“The closeness that brings athletes together also can create an environment for a host of skin issues”.

**American Academy of Dermatology**

## ***Training ➡ Gameplay ➡ Recovery***

By integrating *Proactive skin resilience measures* into training, gameplay, and recovery phases, a skin well-being program can contribute to the overall health and performance of athletes. Regular assessments and adjustments should be made to ensure the program remains effective and tailored to the evolving needs of the athletes.



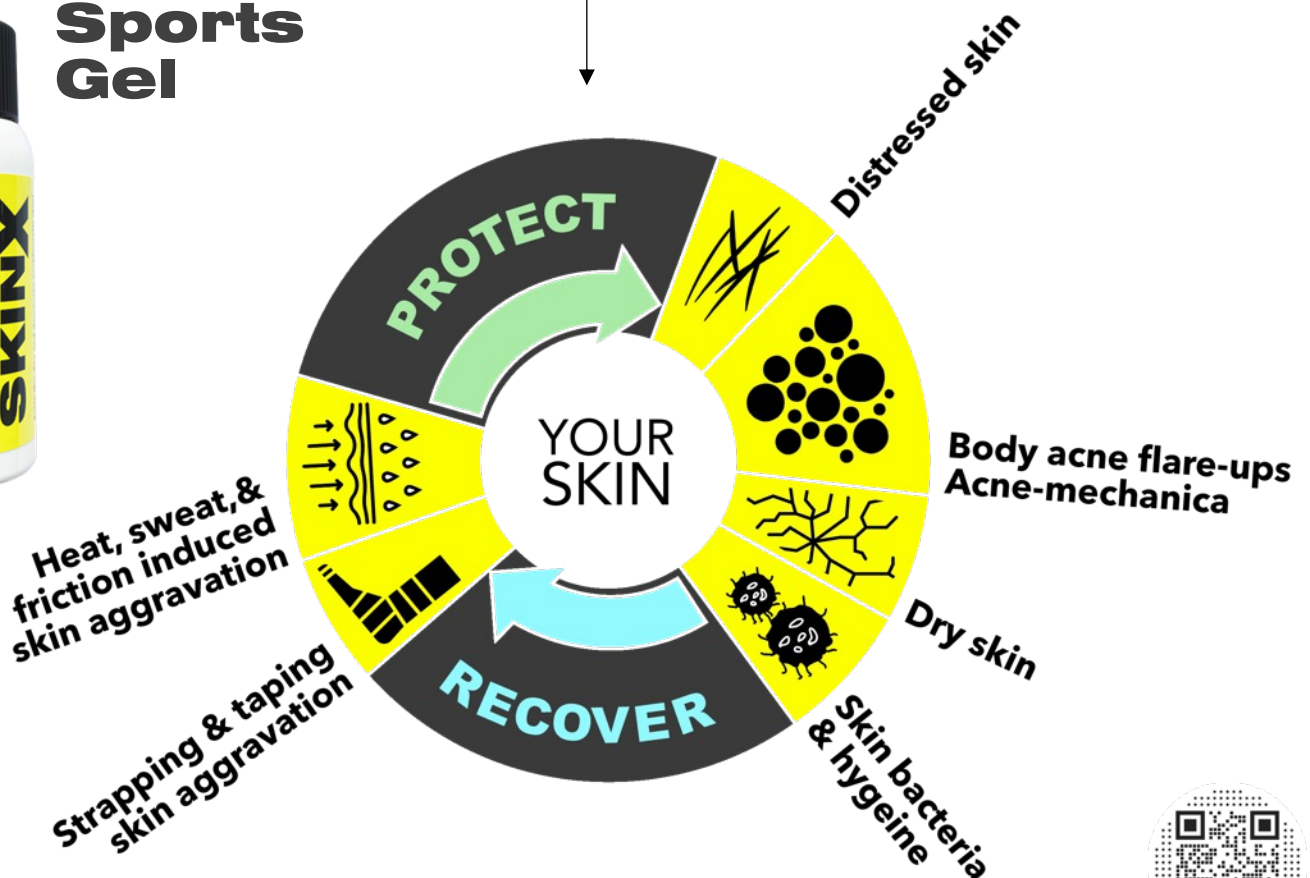
# *Skin* **RESILIENCE** *is* **SERIOUS** *sport* **BUSINESS**

**Skin resilience** is critical in the world of sports. The skin serves as a vital barrier against the elements, both physical and environmental. In sports, this barrier is subjected to various challenges such as friction, sweat, and heat. Combined, these become skin stressors for athletes, directly impacting skin wellbeing.

**Poor skin integrity** invites in a greater risk for skin conditions to manifest. These can be a limiter on performance. Athletes rely on their skin's resilience to perform at their best and stay comfortable during intense physical activities. It is an indispensable part of the overall well-being strategy and must be incorporated into the broader athlete regiment.



**Skinx  
Sports  
Gel**





## ***Tested by Athletes***

"I find my skin susceptible to irritation created from the combination of sweat and friction. This occurs in my gym training and out on the field. Now through regular use of SKINX Sports Gel, any breakouts that occur on my skin are cleaned up in just a matter of days".

**JED HOLLOWAY - Rugby Athlete**

"Its multifaceted. Great for recovery, but also antibacterial and moisturising support to protect the skin before any workout"

**BEN SMITH - NRL Athlete**

"Enduring cold and frosty conditions whilst playing in France takes the moisture out of your skin. SkinX gives me the ability to moisturise, clean and assist the recovery process of minor scratches and grazes from training and gameplay".

**BEN SEYMOUR - Rugby Athlete and Professional Trainer**

"I've been using SKINX for a year, particularly to assist my recovery following a shoulder reconstruction due to rugby. SKINX assisted greatly in keeping my post surgical wounds clean and uninfected whilst the moisturisers in SKINX have helped minimise the unsightly scarring from the operation. As SKINX doesn't have added fragrance it didn't aggravate or irritate my skin, meaning it was easy to use on an ongoing basis."

**BEN DOYLE - Rugby Athlete**

"I believe that the addition of SKINX to our facility and players kit bags has reduced the number of skin infections. Having the product readily available ensures that the players continually have access to a personal hygiene and skin recovery product".

**TROY THOMSON - High Performance Manager**  
*South Sydney Rabbitohs and NRL*

"Within a team environment and particularly in a close contact sport like rugby, infections and illnesses can spread very quickly. Our players regularly use SKINX throughout the day to reduce the risk of infection while the moisturising properties aid the skin recovery process and soothe any discomfort associated with minor skin issues".

**DAVID JOYCE - Head of Athletic Performance**

*Western Force Rugby and AFL GWS Giants*



***Born out of  
professional sport.  
Tested by athletes.***

We work with the best athletes in Australia and Internationally. Having 10 years+ on the professional circuit supporting NRL, AFL, AIS, Super Rugby, Paralympians, and individuals that understand the importance skin barrier wellbeing....



***Made in Australia***   
Australian Innovation

Andrew Aloisio  
0411088565  
[www.skinx.com.au](http://www.skinx.com.au)  
[athlete@skinx.com.au](mailto:athlete@skinx.com.au)

**SKINX<sup>®</sup>**