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NEWSLETTER

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Korean Phrase: Skin1004

You've probably seen the brand Skin1004 on shelves or online, but did you ever wonder what the name actually means? In Korean, the number 1004 is read as cheonsa, which also means "angel." Put together, "skin1004" playfully reads as "skin angel." It's a fun number pun that makes the brand name both memorable and meaningful.

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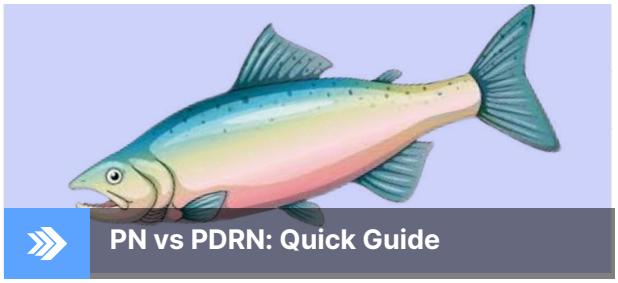
Korean Food: Yakshik (약식)

Yaksik is a traditional rice cake made with sweet (glutinous) rice, honey or brown sugar, dried fruits like jujubes, and nuts such as chestnuts and pine nuts. It's chewy, lightly sweet, and often eaten on holidays or special occasions. Personally, I don't love pine nuts (or scallions, onions, leeks, ginseng, ginger...) but paired with dried fruits and sticky rice, yaksik is still one of the coziest, most festive Korean treats.

PDRN serums and Centella ampoules as two of the fastest-growing facial-serum categories in the U.S., driven by search and TikTok discovery.



PN vs PDRN: Quick Guide

PN (Polynucleotides) are mixtures of DNA fragments used in skin care and aesthetics for regeneration support and post-procedure recovery. Most research centers on injectable PN skin boosters, which may improve hydration and texture. Topical PN exists in serums and creams, but human data is smaller and still emerging.

PDRN (Polydeoxyribonucleotide) is a specific type of polynucleotide, often sourced from salmon or trout DNA. Studies highlight wound healing, inflammation control, and collagen support, with the strongest evidence for injectables.

PN/PDRN Products To Look Out For

- **VT Cosmetics** PDRN Glow Ampoule

- **Rejuran** Turnover Ampoule with c-PDRN

- **IOPE** PDRN Caffeine Shot Serum

Centella 101 (Cica)

"Cica" is shorthand for Centella asiatica (also called gotu kola, Indian pennywort, or tiger grass). Key compounds like asiaticoside and madecassoside are linked to soothing, antioxidant, and wound-healing effects, with studies showing support for collagen and barrier function.

Cica Actives to Know

- **Asiaticoside:** collagen and angiogenesis support.
- **Madecassoside**: anti-inflammatory, barrier and TEWL improvements in clinical testing.
- **Asiatic acid, Madecassic acid:** calming and repair support.

3 Cica Products To Look Up

- **Dr. Jart+** Cicapair line

- **SKIN 1004** Madagascar Centella Probio-Cica Intensive Ampoule Jumbo

- **Etude House** SoonJung 10-Panthensoside Cica Balm

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