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THE

SPICULE PLAYBOOK

Your straightforward guideto Korean spicule skincare: what it is, the peptide story, how to start, and what NOT to combine.



SMARTER SKINCARE.

NOT MORE SKINCARE.

FREE PRINTABLE GUIDE

For education. Not a substitute for individualized medical advice.

01 / START HERE

WHY SPICULES?

The big idea: a different way of thinking about how topical skincare interacts with the outer skin barrier.

THE SKIN BARRIER HAS A JOB:

KEEP THINGS OUT.

Spicules are microscopic, crystal-like structures sourced from freshwater sponges. In skincare formulas, they can create a noticeable prickling sensation and are being investigated as a way to improve delivery of some topical compounds.

THE GHK / GLUTATHIONE STORY

1 ATTACH

In studied ALTUM-style systems, GHK peptides can be linked to modified spicules using a chemical bond.

2 RELEASE

Glutathione (GSH), naturally present in skin, can help cleave a sensitive linkage and promote peptide release.

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02 / THE FORMULA

THE HERO INGREDIENTS

The spicules grab attention. The complete formulation is the bigger story.

- **GHK-Cu / COPPER PEPTIDE**
  A copper-binding peptide studied for skin repair and collagen-related biological pathways.

- **ARGIRELINE / ACETYL HEXAPEPTIDE-8**
  A cosmetic peptide used to help reduce the appearance of fine expression lines. .

- **NIACINAMIDE / VITAMIN B3**
  Helps support the skin barrier and improve the look of uneven tone.

- **HYALURONIC ACID**
  Hydration support for a smoother, more plumped-looking surface.

- **ADENOSINE**
  A skin care ingredient used in formulations aimed at softening the look of fine lines.

- **RAPHITOX / SPICULE TECHNOLOGY**
  The microscopic sponge-derived spicule component. This is technology, not a wrinkle-relaxing peptide.

LAYERING & TIMING TIPS

Cleanse, then apply Boosting Serum. Wait 15 minutes before adding moisturizer such as Ultra Moisture or ExoBalm. Generally use at night, 30 to 60 minutes before bed. Start once weekly, then gradually work up to 2 to 3 times per week as tolerated.

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03 / A SIMPLE START

YOUR FIRST 4 WEEKS

Ease into it. The goal is better-looking skin - NOT maximum tingling.

1

BEFORE YOU BEGIN

Patch-test as directed. Skip use on broken or inflamed skin.
Choose the serum OR cream, not both at first.

2

WEEK 1

Try one evening on clean, dry skin, using the product label directions.
Gently apply; avoid eyelids and lips.
For week 1, avoid the neck if you have sensitive skin.

3

WEEKS 2-3

If comfortable, gradually adjust frequency according to the product instructions and your skin response. Do not push through irritation.

4

WEEK 4 AND BEYOND

Continue only as tolerated. Allow more recovery time if tingling, dryness, or redness persists.

STOP AND REASSESS if you experience substantial burning, swelling, rash, or persistent irritation. More prickling does not mean more collagen.

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04 / MIX IT INTELLIGENTLY

THE PAIRING GUIDE

Already using retinol, acids, vitamin C, LED, or RF? Here is the easy decision guide.

GENTLE MOISTURIZER

YES

Keep it simple. A bland hydrating moisturizer is the ideal companion.

RETINOL / RETINOIDS

SEPARATE

Avoid on the same evening when beginning. Resume after sensitivity resolves.

AHA / BHA EXFOLIANTS

SEPARATE

Do not pile on strong exfoliating acids when introducing spicules.

VITAMIN C

DEPENDS

THD ascorbate is the preferred vitamin C formula; introduce on separate days if sensitive.

RF / EMS / MICRONEEDLING

GIVE SPACE

Avoid pairing around the same session; wait at least 24-48 hours and longer if tingling persists.

LED LIGHT

WAIT IF SENSITIVE

Consider waiting 24-48 hours when starting, especially if the skin still feels reactive.

RULE OF THUMB:
If you still feel tingling or irritation, give your skin another 24 hours of recovery.

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05 / YOUR ACTION PLAN

GET THE GLOW.

Use this quick checklist before each spicule session.

- [ ] My skin feels calm - no active irritation.
- [ ] I have not stacked strong acids or retinol tonight.
- [ ] I am using ONE spicule product.
- [ ] I have a gentle moisturizer ready.
- [ ] I will allow recovery time before intensive devices.
- [ ] I am tracking comfort and visible skin changes - not chasing tingling.

WHAT TO WATCH FOR

Look at the appearance of texture, radiance, hydration, and fine lines over time. Individual results vary. This is not a substitute for injectable treatments or a proven way to replace lost facial volume.

Rajani MD | Learn the science. Choose your skincare wisely.