

THE DAMAGED SKIN BARRIER

A Biochemist's Guide to Barrier Biology, Damage and Repair

Geraint Thomas, MBiochem · Lucidum Press · Publication: 22 October 2026

A mechanism-first guide to how the skin barrier is built, regulated, pressured and repaired.

ABOUT THE BOOK

The Damaged Skin Barrier takes a system-level approach to skin that is usually discussed through products and symptoms. Across eleven chapters, Geraint Thomas follows the barrier through three interacting systems: structure, regulation and pressure. The book examines barrier architecture, acidity and enzyme activity, microbiome ecology, cumulative skincare load, recovery, biomimetic support, hard water, environmental stress, systemic influences and emerging therapies.

Written for scientifically curious readers and grounded in primary literature across dermatology, cell biology, biochemistry and biophysics, the book contains no product recommendations, affiliate revenue or brand partnerships. Its aim is to give readers enough biology to ask better questions.

**Product-led advice stops at the symptom.
This book reads the system.**

FRAMEWORK

Structure · Regulation · Pressure

INTENDED READERS

For scientifically curious readers interested in the biology behind skin damage, recovery and skincare claims, with enough technical depth to be relevant to clinicians, formulators and science-led professionals.

SUBJECT AREAS

Skin barrier biology · Biochemistry · Dermatology · Cosmetic science · Skincare science · Consumer health · Science communication

ABOUT GERAINT THOMAS

Geraint Thomas holds a first-class integrated Master's degree in Biochemistry from Cardiff University. His research examined death-receptor signalling and apoptosis resistance in breast cancer stem-like cells. The Damaged Skin Barrier is his first book. He is the founder of Geraint Thomas Bio and Lucidum Press.

PUBLICATION DETAILS

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