

PRESS & MEDIA

THE DAMAGED SKIN BARRIER

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

A skincare book that doesn't tell readers what to buy.

Geraint Thomas, MBiochem · Lucidum Press · 22 October 2026

NO PRODUCT RECOMMENDATIONS.
NO AFFILIATE REVENUE. NO BRAND PARTNERSHIPS.

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

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 structure, regulation and pressure: how it is built, how it is controlled, what pushes it out of range, how recovery proceeds, and how newer interventions should be assessed against the biology they claim to affect. Written for non-specialist readers and grounded in primary literature across dermatology, cell biology, biochemistry and biophysics.

STORY ANGLES

The purge that became a book

Thomas spent months treating worsening skin as a retinoid "purge" while adding more products to manage each new symptom. Six months in, he stopped adding products and started reading primary papers. The book began as an attempt to understand why his own routine had failed.

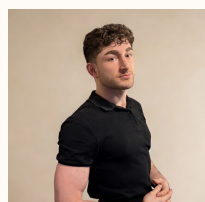
What if skin type is the wrong question?

Oily, dry, sensitive and combination describe what skin looks or feels like, but not necessarily why. The book asks whether changing barrier states are too often treated as fixed identities, encouraging another intervention for each new symptom.

The skin is the active party

Skincare is usually sold as the star of the show. Thomas argues that the strongest interventions reveal the reverse: treatments change conditions, remove obstacles or reduce pressure. The biological rebuilding is carried out by the skin itself.

THE AUTHOR



Geraint Thomas

BIOCHEMIST, SCIENCE COMMUNICATOR AND AUTHOR

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 brings the same interest in biological systems under pressure to skin science: a different tissue, and a related question about systems.

DETAILS

Publisher	Lucidum Press	Formats	Hardback · Paperback · Ebook
Publication	22 October 2026	Hardback	978-1-0667596-0-6
Length	260 pages, 11 chapters	Paperback	978-1-0667596-1-3
Visuals	24 original figures	Ebook	978-1-0667596-2-0
References	252 unique references	Price	£29.99 · £19.99 · £7.99

MEDIA ENQUIRIES

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Review copies, interviews, high-resolution cover artwork, author images and selected figures available.

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