



True Stories

Restoring sensitive and cancer-affected skin: meet Peruda Skincare

Monica Otten, Founder of Peruda Skincare

My name is Monica Otten, founder of Peruda Skincare, a Swiss brand dedicated to skin recovery for cancer-affected and sensitive skin. My path into natural and functional cosmetics is rooted in experience: years of navigating severe skin conditions, followed by cancer treatment, led me to deep research in botanical science, skin function, and natural healing traditions. I built Peruda around the principles of skin recovery and the regenerative power of Amazonian botanicals, working closely with experts to develop effective, market-ready formulations.

I'm passionate about holistic wellbeing, indigenous plant knowledge, and creating meaningful, health-focused products. In my free time, I love spending time off the grid, photographing wildlife and birds, and supporting the preservation of our planet's most precious natural habitats.



NATRUE: Can you tell us how Peruda was founded and why you chose this name? What does it mean for the brand?

Monica Otten: Peruda was founded from lived experience. I've always struggled with skin issues, but in 2013 everything changed: two abscesses, rosacea, adult acne, and widespread rashes. I tried everything - from luxury creams to dermatologist prescriptions - but nothing worked. With no real alternatives, I turned to skin science, studying skin function, botanical therapeutics, and natural healing traditions.

That search led me to the Amazon, where I found compelling evidence of the regenerative power of wild-grown botanicals. When I began creating simple formulations, my skin started to visibly recover. In 2019, I was diagnosed with stage 3 cancer, and treatment left my immune system and skin severely weakened. Once I regained strength, I refined my formulations into **restorative, evidence-based blends** for fragile, sensitive skin. Peruda was born from this journey and is for anyone navigating skin sensitivity or recovery.

I chose the name **PERUDA** because it **means LOVE in Tupi-Guarani**, an indigenous Amazonian language. It reflects the core values of our brand: healing with care, acting with respect and practicing responsibly.

NATRUE: What led you to use wild-grown ingredients from the Amazon, and what benefits do they bring?

Monica Otten: What inspired me to use wild-grown Amazonian botanicals was both research and personal experience. When my skin was at its worst, I studied skin function and the topical efficacy of botanicals. Time and again, I found that Amazonian plants growing wild in nutrient-dense, extreme ecosystems contain exceptionally high levels of bioactive compounds with regenerative, anti-inflammatory, and barrier-supportive properties.

These botanicals were uniquely effective for compromised skin. **Andiroba** and Pracaxi, for example, have rare fatty acid profiles, while Copaiba – a resinous oil – contains a complex spectrum of terpenes. They support skin regeneration, calm inflammation, and help restore the barrier. When I incorporated them into my early formulations, my skin responded in a way no product ever had.

Choosing wild-grown ingredients is also about purity. Sustainably harvested and minimally processed, they retain their naturally high bioactive content. By formulating without water, synthetics, or perfume, we let these powerful botanicals shine at full strength.



NATRUE

International Natural & Organic
Cosmetics Association

NATRUE: How does Peruda support the local communities in the Amazon who provide your ingredients?

Monica Otten: Peruda supports Amazonian communities by working exclusively with suppliers who operate under strict ethical, traceable, and socially responsible frameworks, and who are key players in building a sustainable bioeconomy. Our wild-grown botanicals are sustainably harvested in close cooperation with local communities, who participate as equal partners in the value chain.

We are also members of UEBT, the [Union of Ethical Biotrade](#), which promotes ethical sourcing with respect for people and biodiversity. This commitment includes a structured, three-year improvement plan to ensure our Amazonian supply chain maintains the highest standards, safeguards biodiversity, and strengthens the role of all actors as environmental stewards.

NATRUE: Why is NATRUE important for your customers, and how does it help them trust your products?

Monica Otten: NATRUE certification is important because it provides independent proof that our products meet the highest global standards for natural cosmetics. For people with sensitive or compromised skin, trust and transparency are essential. NATRUE verifies that our formulations contain only natural and nature-identical ingredients, are free from synthetics, mineral oils, silicones, microplastics and artificial fragrance, and follow strict rules on processing, sourcing and purity.

This removes the guesswork around “clean” or “natural” claims. Customers know exactly what they’re putting on their skin – especially important for those recovering from illness, dealing with inflammation, or simply wanting products without hidden irritants. In short, NATRUE certification offers a transparent, reliable benchmark of quality and safety, helping customers feel fully confident choosing Peruda.

NATRUE: Which of Peruda’s products are your favourites, and what makes them special?

Monica Otten: Two of my favourite Peruda products are the Body Balm and the Face Serum, each special for different reasons:

- Our [Body Balm](#) is silky-smooth, deeply nourishing, and incredibly comforting on sensitive and compromised skin. Its high bioactive content means it doesn’t just sit on the surface – it supports recovery at a deeper level. Customer feedback has been overwhelmingly positive, with visible improvements in dryness, sensitivity and overall skin resilience. We’re also conducting a patient study with breast cancer patients, which will provide clinical insights we can share soon.
- Our [Face Serum](#) has been a personal game-changer. It absorbs quickly, leaves a gentle natural glow, and feels immediately calming. Its formula combines Amazonian bioactives with a microalgae extract, making it especially beneficial for sensitive or reactive skin. It helps soothe inflammation, repair the barrier, and support the skin’s immune defence – ideal for anyone seeking gentle, effective daily care.



For more information about Peruda Skincare,
visit www.perudaskincare.com