

# Stress Relief for your Skin and Hair



## Everything you need to know about de-stressing your skin and hair...

Stress isn't just an annoying **by-product** of our daily life; it is also a major health and beauty **saboteur**; it **weakens** our skin and hair health. Stress frequently **goes hand in hand** with sleep deprivation, dehydration, and a desire for junk food, which has an adverse effect on our appearance. Whether it's dark circles under the eyes after a sleepless night or itchy eczema flare-ups brought on by anxiety-inducing situations, there are some **typical signs** when **stress is** at play.

**Taking care** of our bodies, minds, and skin has never been more crucial given all the stress we have been under lately.

**Join us for some much-needed self-care, are you ready?**

### Build up your defences

The **first step** in treating stress-related skin and hair conditions is, of course, learning how to de-stress. **But how do you do that?** The first step is to try to make **changes** in your daily life and **get rid** of stressors, but skincare products can **benefit** our skin just as much as they do our senses. Aim to find **mild** products that contain restorative ingredients and that are appropriate for both your skin type and the condition of your skin. In this case, **less is more** to avoid causing any further skin imbalances.

**Get inspired with our ingredient guide to de-stress and relax your skin and hair ...**

## AstaCos® OL50

AstaCos® OL50 is a powerful **antioxidant** derived from *Haematococcus pluvialis*, a freshwater microalga. Astaxanthin is a naturally occurring **carotenoid**, a red pigment produced by microalgae as a **defence mechanism** against harsh environmental conditions.

### "The red diamond for your skin"

The skin is constantly exposed to **internal and external factors** that affect its structure, function, and appearance, leading to **visible ageing**. Environmental factors that harm the skin include smoke, toxins, pollution, and prolonged sun exposure. A major contributor to skin damage is the production of reactive oxygen species (ROS). Oxidative stress is caused by an **imbalance** between the activity of free radicals and antioxidants.

Natural astaxanthin is one of the most **powerful** antioxidants, and as such, it **promotes** healthy skin ageing. It **reduces** oxidative stress, enhances the appearance of the skin, and minimises wrinkles and fine lines.



**Recommended use level:** 0,01 – 0,3%

**INCI PCPC:** Simmondsia Chinensis Seed Oil, Haematococcus Pluvialis Extract, Tocopherol, Helianthus Annuus Seed Oil

## Asyntra® D-Stress\*

Asyntra® D-Stress helps in enhancing the **effectiveness** of CBD and hemp oil. It is a combination that can be used alone or in combination with CBD/Hemp Oil to **protect** the skin from stress. It is formulated specifically for **sensitive skin** and will help to **reduce** inflammation while also **enhancing** the barrier function.

### "The secret to happy and healthy skin"

Asyntra® D-Stress **protects** Anandamide, the "**bliss molecule**," by inhibiting the enzymatic activity of transport enzyme FCBP5 and degradation enzyme FAAH, thereby stimulating Anandamide's healing effects. The **healing effect** of Asyntra® D-Stress reduces levels of the pro-inflammatory stress marker "Cortisol" while simultaneously **strengthening** the skin's barrier function for visibly smoother, more hydrated, and radiant-looking skin.

#### In a nutshell:

- Maintains hydration through strengthening skin barrier
- Calms skin redness in rosacea-prone skin subjects
- Reduces irritation in sensitive skin
- Reduces skin reactivity & intolerance



\*only available for our customers in: UK, FR, AT and CH

**Recommended use level:** 2 – 4%

**INCI PCPC:** Isosorbide Dicaprylate, Bakuchiol, Ethyl Linoleate

## LIFTONIN®-QI

Psoriasis is a **multi-factorial** skin disease for which even today there is still no cure. **Imbalance** of skin microbiota or an **incorrect programming** of the cells can be the cause or can aggravate an already psoriatic skin condition, leading to the development of extremely dry, inflamed, and scaly skin. This results in an unsightly skin appearance and discomfort. LIFTONIN®-QI puts the skin's epigenetic program back into **balance**, strengthens beneficial skin microbiota and helps tackle the root cause of psoriasis.

### "The relief from stress caused by psoriatic, flaky skin"

Clinical studies have shown that LIFTONIN®-QI significantly **increases** skin hydration in very dry psoriatic skin. It reduces scaling and perceptibly reduces itching, skin reddening and soothes the skin. It leaves a **pleasant** skin feeling and helps dry skin.

LIFTONIN®-QI is a **water-based** extract of the fungus *Ganoderma lucidum*, an ingredient that has long been used in traditional Chinese medicine.



**Recommended use level:** 5%

**INCI PCPC:** Propanediol, Water, Ganoderma Lucidum (Mushroom) Stem Extract, Citric Acid

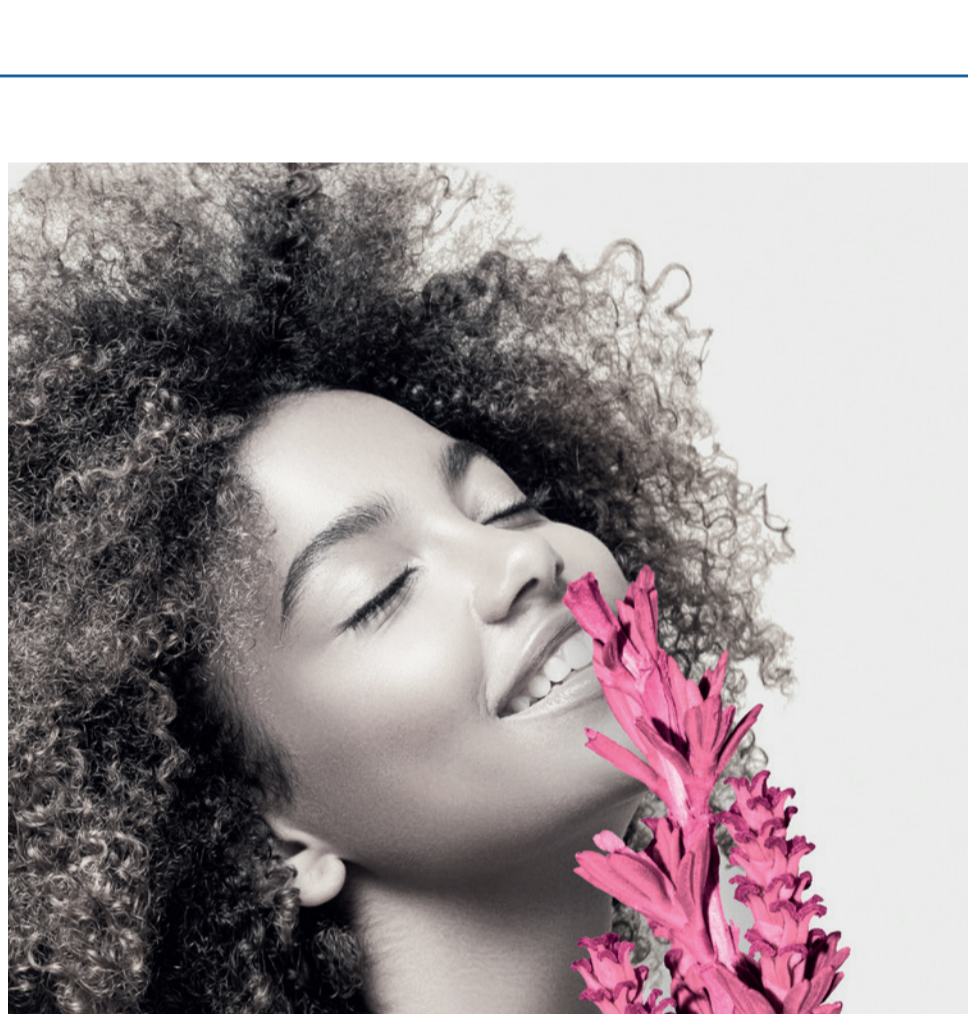
## MYRAMAZE®-ESSENCE

MYRAMAZE®-ESSENCE is a **sensocosmetic** active ingredient that **vitalises** the skin thanks to scent molecules. It **reinstates** the skin's natural radiance and relaxes skin and mind. Stressed and dehydrated skin can look sallow and dull. If you are also in a **depressed mood**, this has an additional negative effect on your skin appearance. MYRAMAZE®-ESSENCE activates the bitter taste receptors in the skin, thus reinvigorating it and returning it to a healthy state. Skin becomes **relaxed** and **luminous**.

### "The feel-good active for stressed consumers"

Clinical studies have shown that MYRAMAZE®-ESSENCE can elicit a more **positive mood** in persons under stress by instantly lowering levels of **stress hormones**. It generates exceptional radiance by **activating five triggers**: it balances facial hydration, reduces redness, brightens, reduces roughness and increases gloss. Furthermore, it **strengthens** skin barrier and elasticity.

MYRAMAZE®-ESSENCE is a supercritical CO<sub>2</sub> extract from the South African **resurrection plant** *Myrothamnus flabellifolia*.



**Recommended use level:** 1 – 3%

**INCI PCPC:** Caprylic / Capric Triglyceride, Myrothamnus Flabellifolia Leaf / Stem Extract

## PRODEW™ 700\*

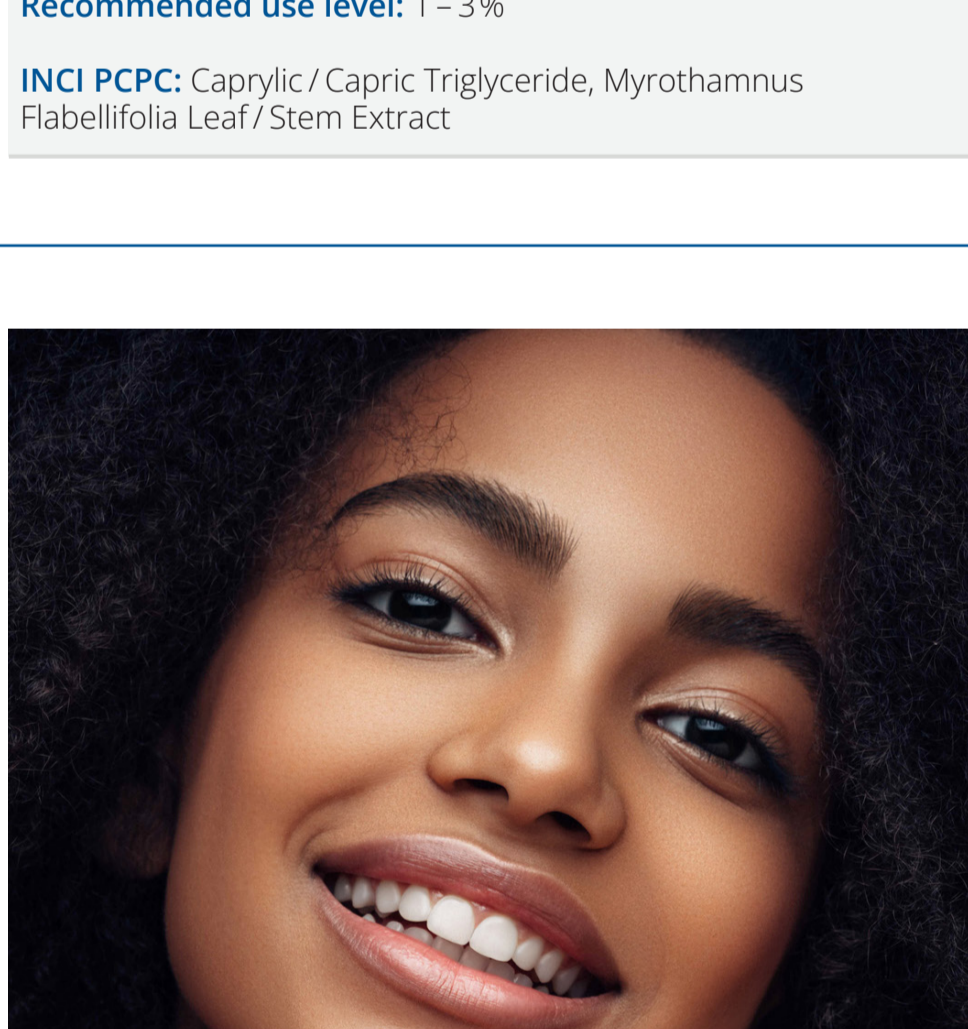
You have put in the time and effort to make your makeup look smooth, but all of a sudden, your foundation looks **patchy, uneven and flaky**. Does this sound familiar? Applying makeup to unhealthy, skin and improvement of conceal it can be extremely frustrating. The **improvement** of skin condition can help in the resolution of make-up issues and contributes to the enhancement of **finish** and **durability**.

PRODEW™ 700 is an **amino acid derivative blend**, highly effective for skin conditioning. It is rich in the amino acid **NMF**, also known as the natural moisturising factor, which provides profound nourishment to the stratum corneum and contributes to a healthy appearance. It also contains zinc salt of L-pyrrolidone carboxylate (**PCA**), which helps to reduce the appearance of excess sebum, leaving the skin feeling fresh and moisturized.

### "For SkinCaring Makeup Applications"

The **condition** of our skin **varies** from **day to day** due to daily changes caused by hormones, sleeping habits, and circumstances. PRODEW™ 700 **improves** skin condition, then **imparts** everyday beautiful make-up appearance. In healthy skin, the turnover of cells is good, and a film of makeup that has been applied shows **excellent** adhesion and evenness.

The combination of **skincare benefits** (like skin-conditioning, moisturizing, sebum control), and **enhancement of make-up properties** (like film adhesion and pigment dispersion in water) is significantly helping to accomplish a distressed and healthy look and long-lasting effect for facial make-up products.



\*only available for our customers in: DE, UK, IE, AT and CH

**Recommended use level:** 1 – 2%

**INCI PCPC:** Sodium PCA, Sodium Polyaspartate, Butylene Glycol, Betaine, Zinc PCA, Sodium Citrate, Arginine, Serine, Lysine HCl, Glutamic Acid, Water

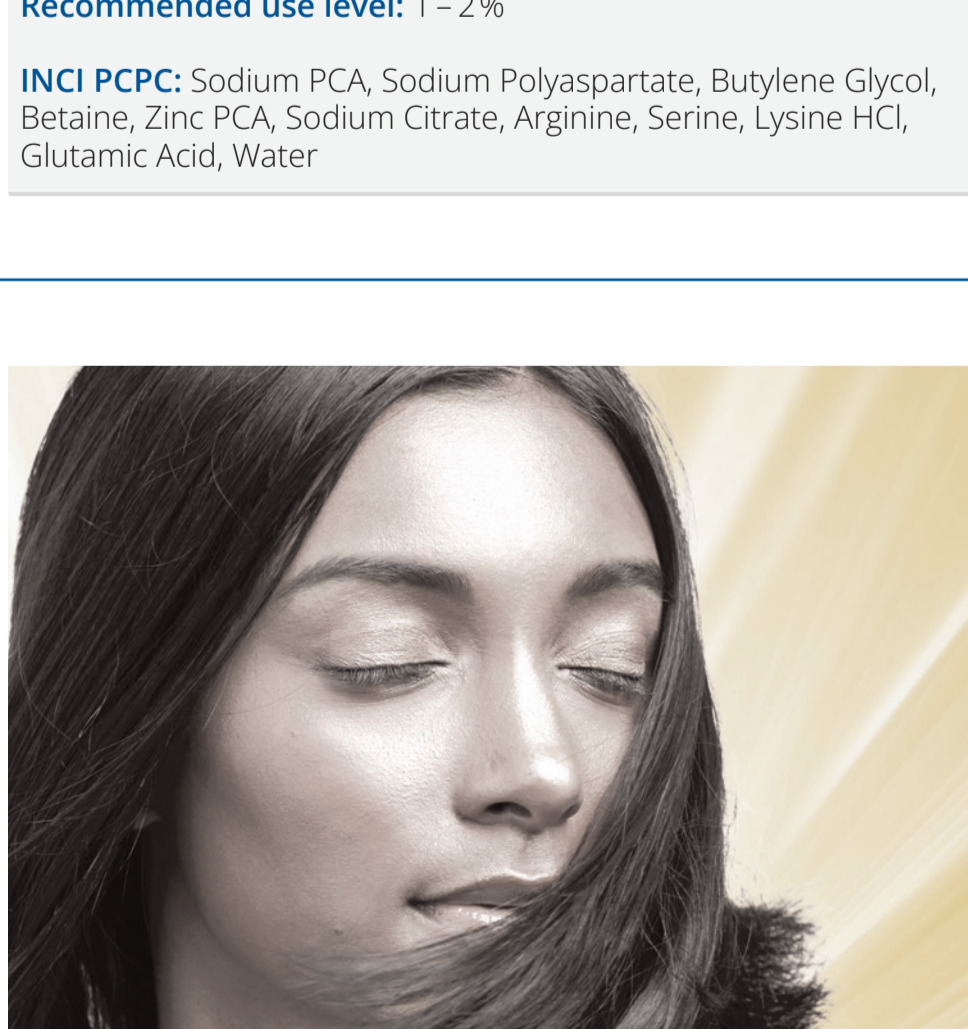
## RADICARE®-ECO

An **urban lifestyle** is exciting, but it also requires us to maintain a good **stress balance**. Hair and scalp are also daily **exposed**, in addition **mechanical** and **chemical stress**, to ever-increasing air pollution and UV irradiation which are known to induce chemical **damage** to both hair and scalp. RADICARE®-ECO **protects** hair and scalp against environmental stress.

### "The protection shield for hair and scalp against external stress"

*Ex-vivo* studies of hair revealed highly significant **inhibition** of keratin oxidation in all hair layers. Hair integrity was **improved** without weighing down as seen in conventional conditioner treatment. The gloss of bleached and chlorine-stressed hair was successfully **protected**. Furthermore, semi- and demi-permanent colouration of the hair was significantly **boosted**.

RADICARE®-ECO is produced using extracts of a medicinal plant with well-known **calming effects** – lemon balm (*Melissa officinalis*) – and tender young shoots of barley grass (*Hordeum distichon*), while it also contains biotechnologically produced α-glucosyl hesperidin.



**Recommended use level:** 0,2 – 2,0%

**INCI PCPC:** Water, Glucosyl Hesperidin, Melissa Officinalis Leaf Extract, Sodium Benzoate, Hordeum Distichon (Barley) Extract, Citric Acid

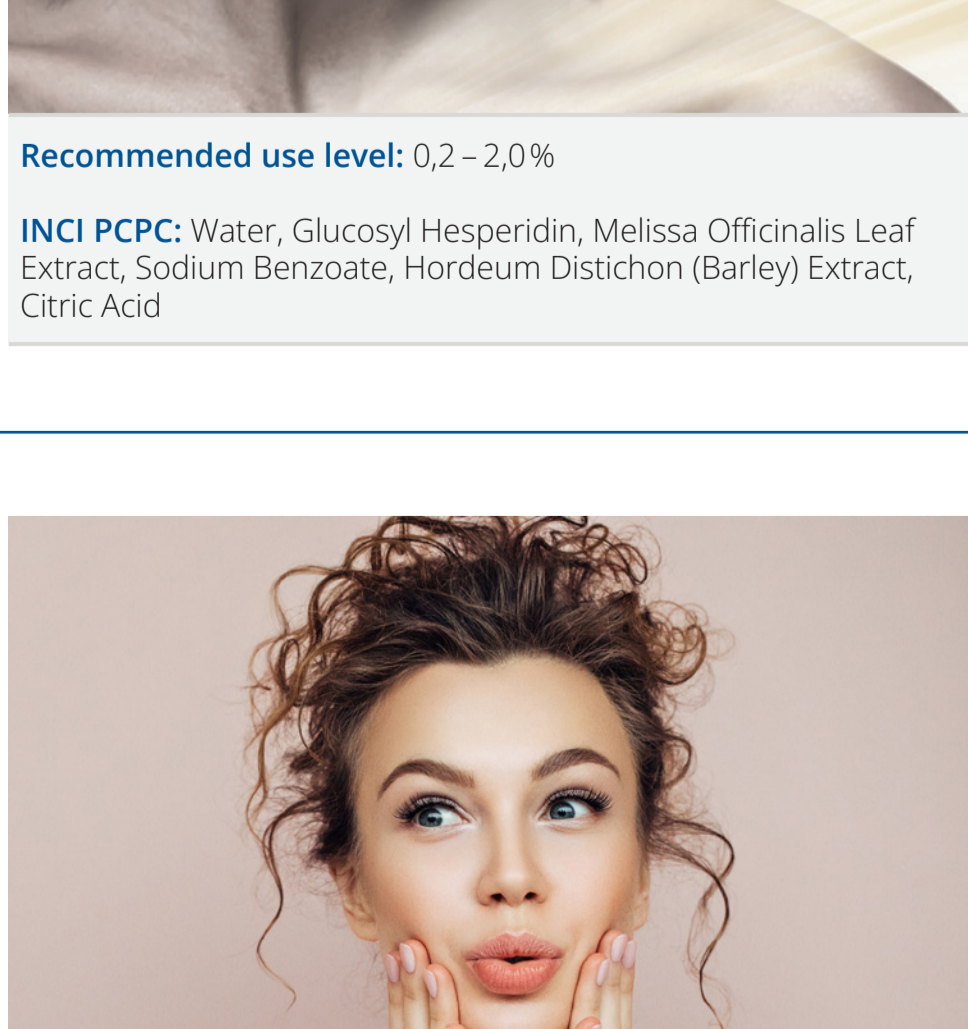
## SK-INFLUX® MB / SK-INFLUX® V MB\*

Environmental influences as well as **physical** and **emotional stress** can stress out the skin. If the load is too heavy, or continues for too long, the concentration of **stress hormones** such as cortisol in the body rises. This can compromise the skin barrier, and collagen levels are **reduced** while sebum production and the number of free radicals **increase**. The visible **consequences** include wrinkling, acne, and reddening of the skin.

### "The ceramide mixture to restore your skin barrier"

The ceramide mixture SK INFLUX® (V) MB **restores** the skin barrier, thus contributing toward **improving** skin moisturization, and **support** regeneration of dry skin. Phytosphingosine visibly improves **skin blemishes** like pimples and acne and prevents further outbreaks of blackheads.

SK INFLUX® (V) MB helps to **regenerate** and **revitalize** the skin, improve its **visual appearance**, and offer anti-oxidative protection.



\*only available for our customers in: CH and AT

**Recommended use level:** 1 – 15%

**INCI PCPC:** Ceramide NP, Ceramide AP, Ceramide EOP, Phytosphingosine, Cholesterol, Sodium Lauroyl Lactylate, Carbomer, Xanthan Gum