

Anti-Inflammatory Skin Care

Your plan to brighten up winter skin



Many of us living in **cold weather** climates suffer from complexion that can be best described as **"winter-weary"**: dull, rough, sensitive and extremely dry. It can cause **cracked** lips and heels, as well as **flaky** and red skin on the face and body. Why does this happen? It can be due to multiple reasons: drier **weather**, artificial **air** from heaters or extra **stress** around the holidays.

When the temperature drops, our **glands** produce **less** sebum – or even **stop** producing it. The natural **skin protective barrier** is compromised or lost. Without this **oily** film, water **evaporates** faster from the skin's surface. Skincare in winter should therefore provide **moisture** and have a **higher lipid content**. Effects can manifest themselves in the form of redness, rosacea, eczema and dermatitis. And for many people, inflammation means skin that can be **itchy, sensitive, red** and **uncomfortable**.

One of the most common forms of **dermatitis** during this time is **perioral dermatitis**, which appears as patches of **tiny red bumps** around the mouth. It can range from **mild to severe** and is sometimes **triggered** by the use of extra heavy moisturisers during this time.

Moving to a **warmer climate** is (obviously) not an option for most of us, but we can employ simple, **hydrating, anti-inflammatory strategies** to help brighten up our skin and restore its glow. The solution to skin inflammation may focus on a **"less is more"** approach. **Excessive** use of **skin care products** is a recipe for disaster for those suffering from inflamed skin, as are **exfoliating regimes** that can **increase** and **aggravate** this problem.

Here are our favourite anti-inflammatory skincare products to use this winter ...

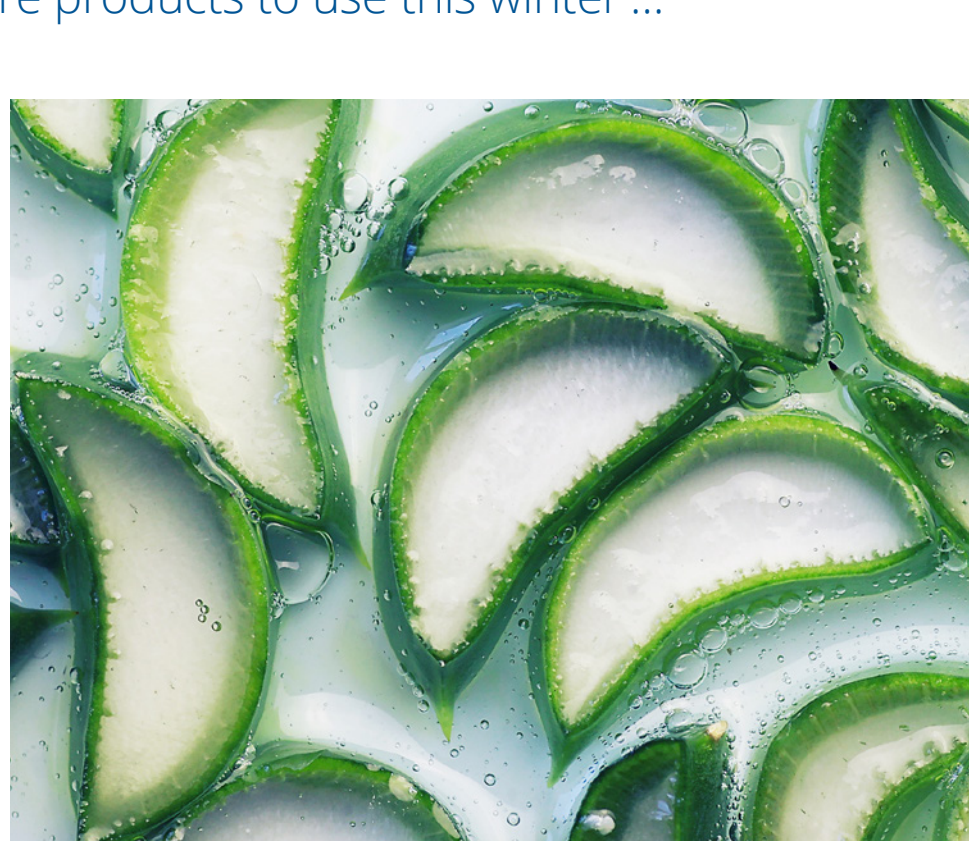
Aloe Vera

Vitamins, minerals, amino acids and antioxidants are all found in aloe vera. These soothing ingredients **calm, hydrate** and **moisturise** the skin while preventing trans-epidermal water loss.

"For pure soothing and moisture power."

Aloe vera, in addition to its **moisturising effects**, is a powerful **anti-inflammatory** capable of soothing the skin with a mixture of **antioxidants, vitamins** and **minerals** that promote healing. Aloe vera, as a humectant, assists in the **healing** of the skin barrier and the **retention** of moisture in the dermis.

Our portfolio offers a wide range of qualities and concentrations.

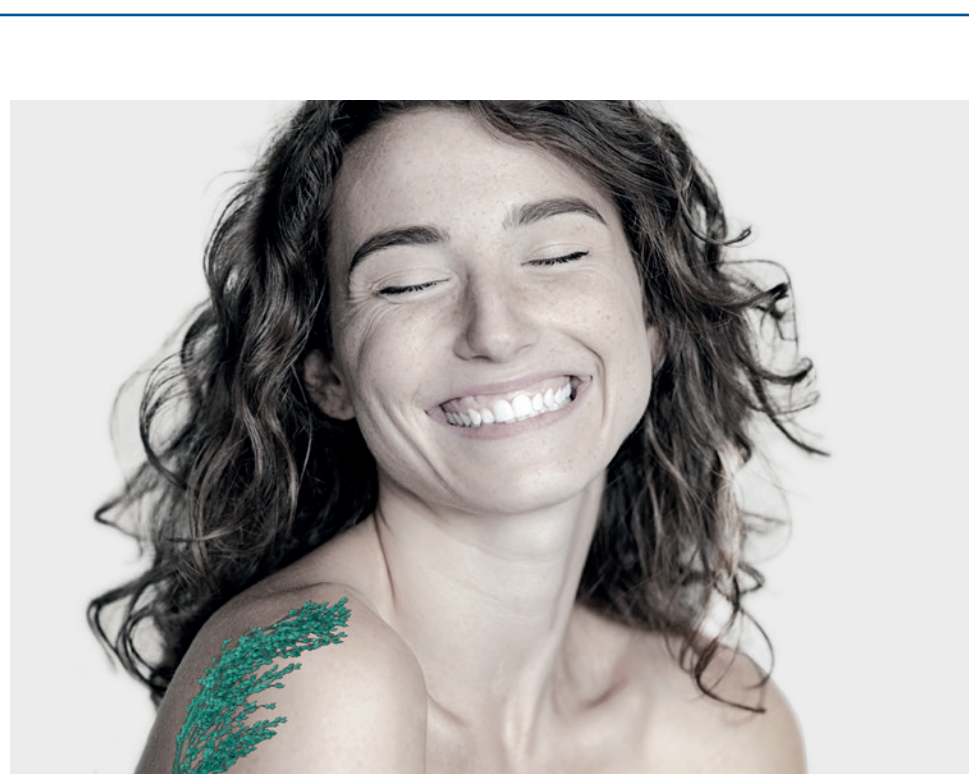


DEFENSIL®-PURE

Very **dry atopic skin** constantly **suffers** from physical damage and a weakened skin barrier. This opens the door to **undesired bacteria** entering deeper layers of the stratum corneum and releasing toxins. These toxins can **activate** the **inflammasome**, leading to severe **inflammation** and **cell death**.

"A postbiotic ferment from gold millet cares for sensitive skin and atopic eczema."

DEFENSIL®-PURE **unlocks** the secret of **postbiotic skin microbiota management** with the help of an organic **gold millet ferment** obtained by high-tech **fermentation**. It naturally **balances** the skin microbiota, **strengthens** the skin barrier and **moisturises** particularly dry skin. Furthermore, it **improves** the complexion and **counteracts** atopic eczema.



Recommended use level: 1 – 3 %

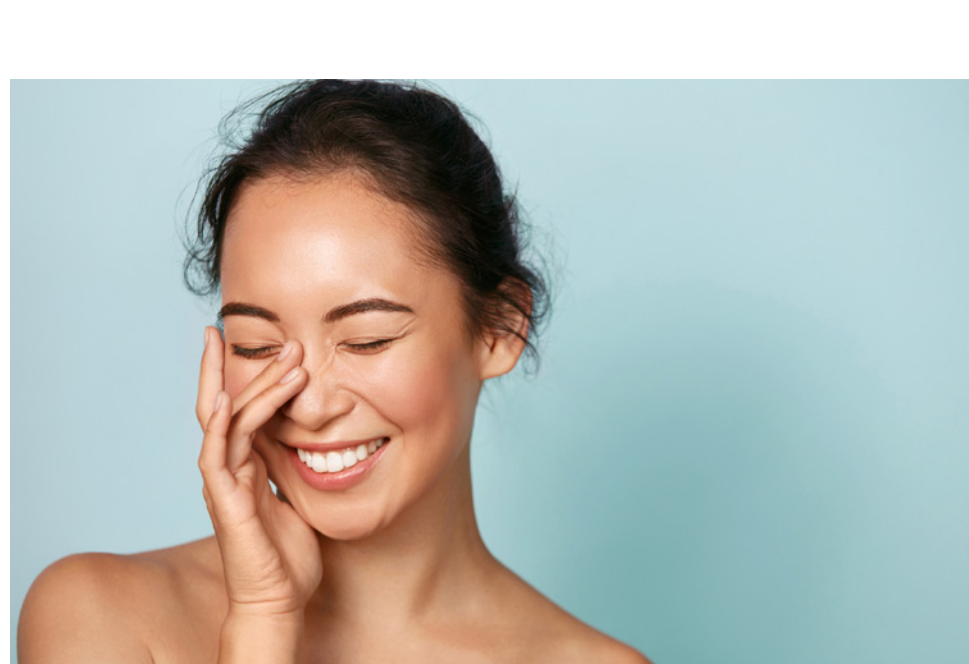
INCI: Water, Panicum Miliaceum (Millet) Seed Extract, Lactobacillus Ferment, Sodium Benzoate, Potassium Sorbate

Eldew® PS-203R*

Eldew® is an **emollient** derived from **glutamic acid**, natural fatty acids, higher alcohol and phytosterol. It is beneficial to skin damage rehabilitation. It creates **lamellar liquid crystals** in the same way that **type III ceramides** do in a model composition of skin intercellular lipids.

"An amino acid derivative that functions in a similar way to ceramides and helps maintain healthy skin."

Because of its **high affinity** for the skin, Eldew® starts to **moisturise** effectively as soon as it is applied. Furthermore, this efficacy persists over long periods of time. Applied to **dry** and **unhealthy skin**, Eldew® helps skin **recover** its ability to **retain moisture**, thus improving rough skin conditions.



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

Recommended use level: 0.1 – 0.5 %

INCI: Phytosteryl / Octyldodecyl Lauroyl Glutamate

LIFTONIN®-Q1

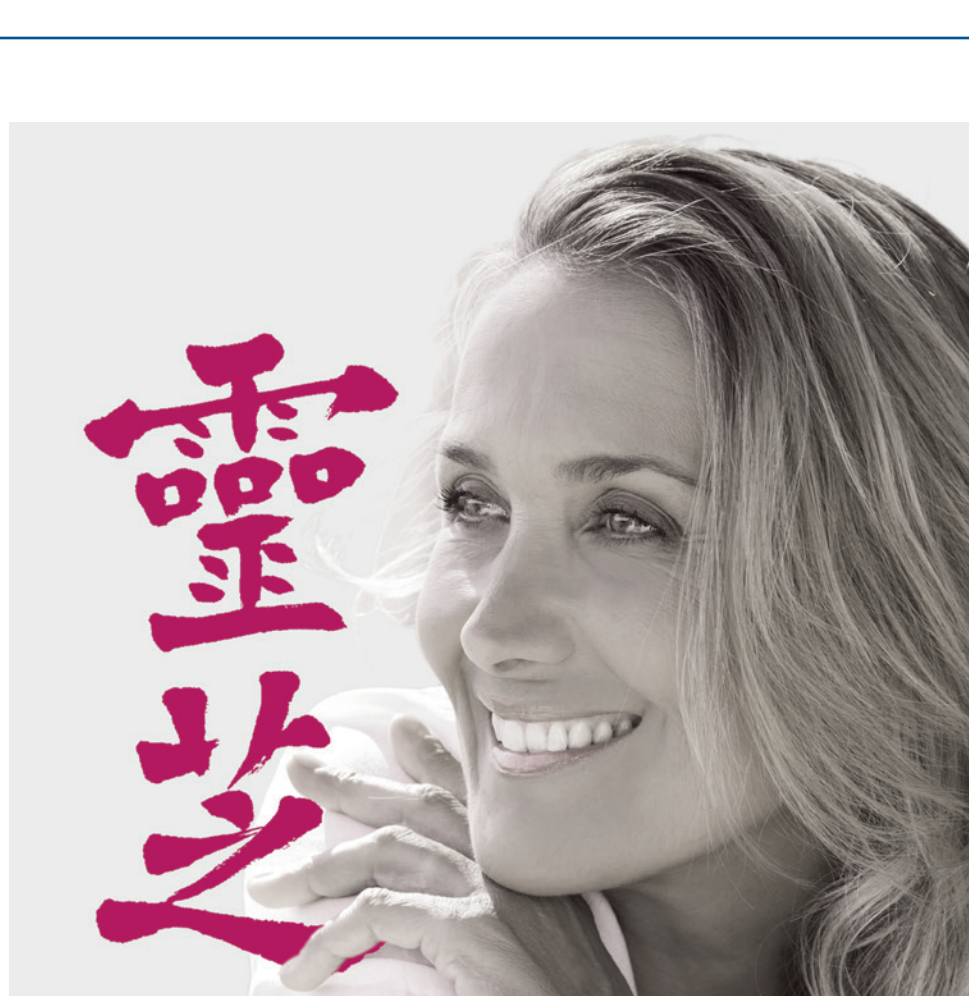
Psoriasis is a multi-factorial **skin disease** for which even today there is still no cure. An **imbalance** of **skin microbiota** and **incorrect programming** of the cells can cause or aggravate an already psoriatic skin condition, leading to the development of extremely **dry, inflamed and scaly skin**. This results in discomfort and leaves the skin looking unsightly.

"A medical mushroom soothes psoriatic, inflamed skin."

LIFTONIN®-Q1 **unlocks** the secret of tackling the **root cause** of psoriasis by restoring **balance** in the skin's epigenetic programming and **strengthening** beneficial skin microbiota.

Clinical studies have shown that LIFTONIN®-Q1 significantly **increases** skin hydration in **very dry** psoriatic skin. It **reduces** scaling, perceptibly eases itching and skin reddening, and it **soothes** the skin, leaving a **pleasant** texture.

LIFTONIN®-Q1 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 %

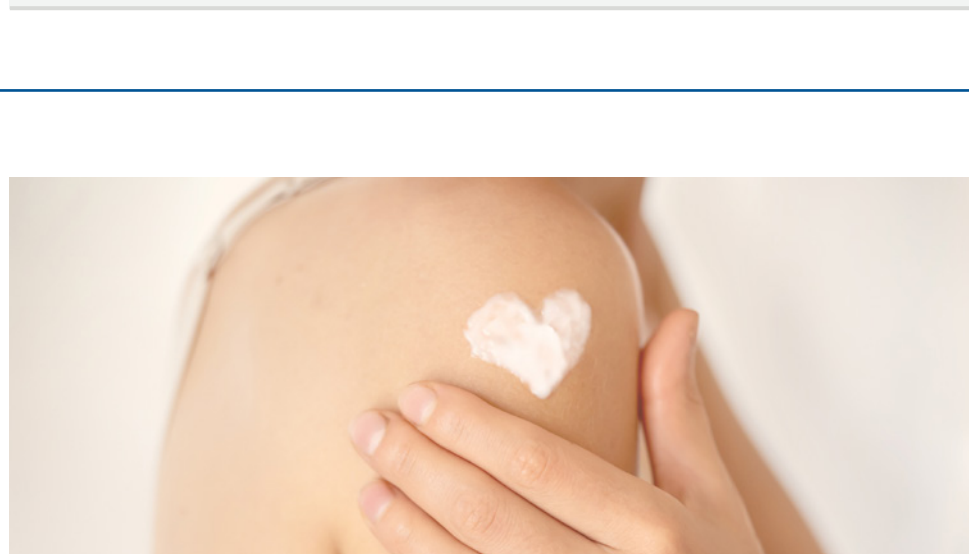
INCI: Propanediol, Water, Ganoderma Lucidum (Mushroom) Stem Extract, Citric Acid

Sytenol A*

Bakuchiol has been used for many years as a skincare ingredient for **anti-inflammatory** and **anti-oxidant** purposes.

"The true alternative to Retinol."

Although it does not imitate the chemical structure of retinol, it produces a quite **similar** effect on the skin. This is because it **stimulates** the **retinoid receptors** in the dermis that are responsible for the manufacture of **collagen type 1**. In addition to this, it promotes the **synthesis** of cells in the epidermis, which results in a **smooth** surface and **produces** the same effects as retinol without causing irritation.



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

Recommended use level: 0.5 – 1.0 %

INCI: Bakuchiol

ROVISOME® Sensitive NG*

ROVISOME® Sensitive NG is a **soothing** agent. It uses the **power** of the ROVISOME® NG delivery system technology to transport calendula and liquorice extracts to the **deeper skin layers** where they act to **soothe** the skin at a more fundamental level.

Both ingredients are well known for their soothing properties and target **inflammatory skin conditions**:

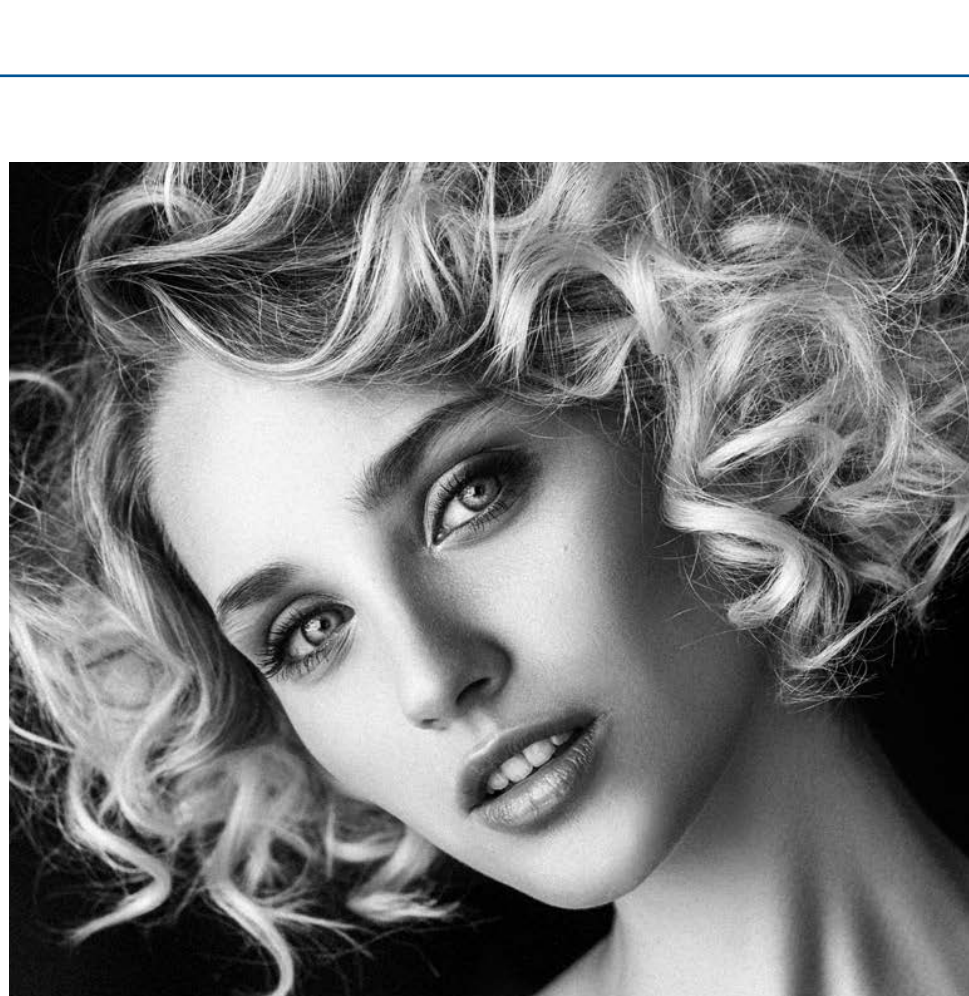
The natural power of **calendula** includes **healing benefits** which can be attributed to the high level of faradiol esters and carotenoids.

Liquorice root extract is rich in anti-inflammatory **triterpenes** and **flavonoids** which can help soothe irritated and inflamed skin.

"Designed to help reduce the visible and non-visible signs of skin irritation."

Benefits at a glance:

- The natural power of calendula and liquorice root extract help to soothe the skin.
- Provides the skin with anti-inflammatory benefits.
- Reduces redness caused by cosmetic ingredients such as retinol.
- Enhances bioavailability in the skin.



*only available for our customers in: AT and CH

Recommended use level: 1 – 5 %

INCI: Water / Aqua; Glycerin; Lecithin; Dipotassium Glycyrhizate; Calendula Officinalis Extract; Lonicera Caprifolium Flower Extract; Lonicera Japonica Flower Extract; Benzyl Alcohol; Benzoic Acid; Dehydroacetic Acid

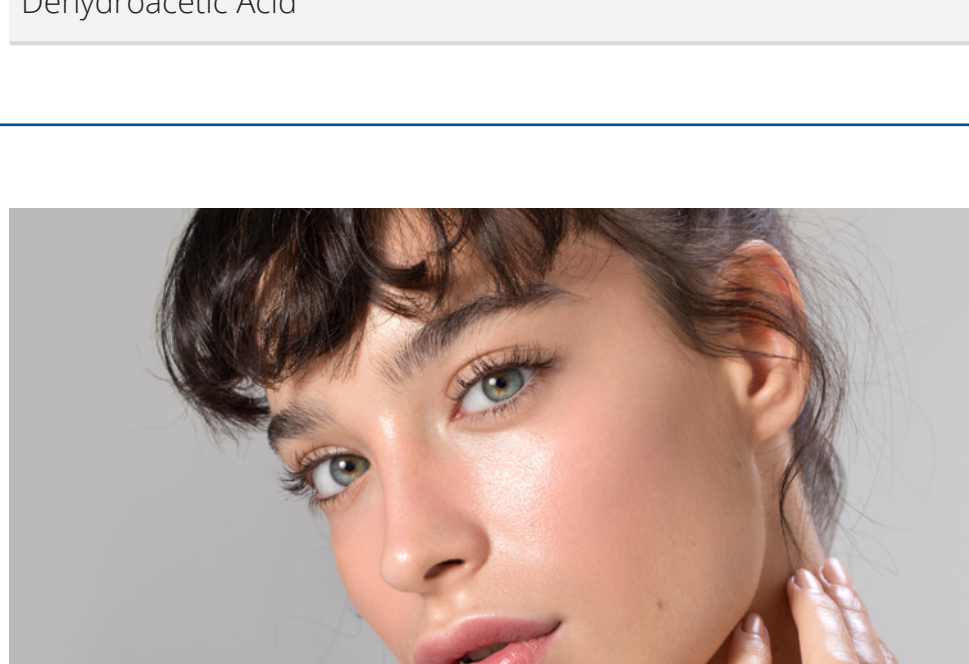
γ-MAX and γ-Oligo

PGA stands for **polyglutamic acid**. It is a novel, water-soluble **peptide** that is produced by **fermentation** and occurs naturally in our bodies.

It has amazing **hydrating properties** and **water-retaining capabilities**. Furthermore, PGA has brilliant **skin-sealing qualities**, allowing your skin to retain its moisture for much longer than usual – **like a shield**.

"The PGA hydration shield for pleasant soothing of atopic dermatitis."

The combined application of both PGAs **calms** irritated skin and significantly **improves** the SCORAD (*SCORing Atopic Dermatitis*) rating thanks to their **hydrating, regenerating** and **anti-inflammatory** properties.



Recommended use level: 0.05 – 1.0 %

INCI:
Gamma-MAX: Sodium Polyglutamate or Natto Gum
Gamma-Oligo: Potassium Hydrolysed Polygamma-Glutamate or Natto Gum