

Skin Energy



What is it and how do we give our skin the boost it deserves?

Feeling tired? Most likely, your skin feels the same. Looking in a mirror is the best way to know how energised your skin is. If you see signs of dullness, dryness, blotchiness, fine lines and wrinkles beginning to appear, you know your skin's energy level is not optimal. Skin, as the largest organ in our bodies, needs energy to appear, feel, and function properly.

Your skin's energy level determines how your skin cells work, including collagen formation, cell growth, detoxification, and repair. Skin energy is the energy that your skin cells produce. The mitochondria are the cells' powerhouses, and the level of ATP can be used as a measure for how much energy is being produced.

Imagine times you have low energy levels, you feel stressed, and you have no motivation...The same applies to cells. Energetic skin cells perform better and are able to give your skin what it needs for a glowing appearance.

One of the most common causes of dysfunctional skin cells is oxidative stress, which can be triggered by things like stress, alcohol consumption, smoking, excessive sun exposure, poor diet, ageing, or even exercise.

However, there are products we can use to ensure that our skin stays as 'energised' as possible.

We at RAHN recommend the following ingredients to boost Skin Energy ...

REFORCYL®-AION

Maintenance of the epidermis is a life-long task for the skin. Steady supply of new cells and terminal differentiation from keratinocytes into corneocytes needs to be ensured and require a lot of energy. The transition site, the *stratum granulosum*, is the area with most mitochondrial activity and autophagy, to organise this differentiation process. Several external and internal factors like UV, ROS, ageing and stress reduce the capability for terminal differentiation, leading to a reduced skin barrier integrity and signs of ageing.

“An upcycled active from Styrian pumpkin seeds boosting skin energy.”

REFORCYL®-AION activates autophagy and increases the number of active mitochondria. By that, it powers up the epidermis and keeps the skin in good shape. Clinical studies have shown that REFORCYL®-AION strengthens the skin barrier, reduces desquamation and increases skin hydration. It regulates sebum production in a gender-specific manner.



Recommended use level: 1 – 3 %

INCI PCPC: Propanediol, Water, Cucurbita Pepo (Pumpkin) Seed Extract, Citric Acid

Ajidew® NL-50*

Ajidew® NL-50 is a solution of Pyrrolidone Carboxylic Acid (PCA) and its salts. PCA is a natural humectant derived from L-Glutamic Acid and a major component of the skin natural moisturizing factor (NMF).

“It has excellent moisturizing properties, genuine for skin and hair, making it the most suitable humectant in nearly all your personal care formulations.”

Ajidew® NL-50 is an effective moisturizer for the stratum corneum and prevents the skin from shrinkage even at low humidity.

“Supercharge your skin with the power of PCA.”

Studies have shown that Ajidew® NL-50 maintains the moisture in stratum corneum longer than other humectants like sodium hyaluronate, sodium lactate, urea, or betaine. Due to its strong hydrating properties and water-retaining capabilities in stratum corneum it reduces skin tightness, refreshes, and revitalizes the skin and leaves it soft and energized.



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

Recommended use level:

Rinse off: 1 – 3 %

Leave on: 1 %

INCI PCPC: Sodium PCA

Ceramide III*

Ceramides are incredibly powerful ingredients for the skin, strengthening the skin's natural protective lipid barrier.

“Ceramide III boosts the vitality and energy of the skin and supports the renewal of the skin's natural protective layer as it forms an effective barrier against moisture loss.”

Skin-identical molecules are particularly suitable for protecting sensitive skin from external influences and supporting dry and sensitive skin's recovery. Ceramides have the ability to lock in moisture, reducing the appearance of dryness and dullness. Besides keeping the skin hydrated and reducing fine lines and wrinkles, ceramides rebalance affected skin and promote skin comfort.



*only available for our customers in: AT and CH

Recommended use level: 0.05 – 1.0 %

INCI PCPC: Ceramide NP

Synoxyl® AZ*

Inspired by Nature, Synoxyl® AZ is a microbiome friendly all-in-one antioxidant and functions as Vitamin C stabilizer & photoprotection.

“Synoxyl® AZ is a multi-targeted anti-aging active and is designed in order to stop aging before it happens and to reverse key signs of photo-damaged skin.”

In studies, Synoxyl® AZ has been shown to reduce the appearance of wrinkles, uneven pigmentation, calm redness, and brighten the skin tone.

“Pure Molecules for Energized Skin.”

Due to its strong performance, it regenerates damaged skin, significantly improves skin protection thanks to its antioxidative and anti-ageing properties, and elevates the skin's defences while maintaining at the same time the skin's microbiome.

This enables your skin to recharge with energy and power, leaving your skin fresh and strong with a healthy radiance.



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

Recommended use level: 0.5 – 1.0 %

INCI PCPC: Acetyl Zingerone