



Courage + Khazaka electronic GmbH
Mathias-Brüggen-Str.91 • D-50829 Köln
Phone +49 221 9564990 • Fax +49 221 956499-1
info@courage-khazaka.de • www.courage-khazaka.de

Literature List Visioscan®

H. Tronnier, M. Wiebusch, U. Heinrich, Results of the Skin Surface Analysis by Means of SELS, Akt. Dermatol. 23, 1997

Surface evaluation of living skin (SELS) is a new optical-photoanalytical process. Four important parameters, determining the surface structure of the skin (scaling, roughness, wrinkling status and smoothness) can be recorded simultaneously. At the same time the image of the studied skin area can be used either directly or converted to colors chosen arbitrarily to represent different temperatures. The usefulness of the method is shown through examples of relevant influences on the skin surface and their effect on the SELS values, as well as by the results of comparative treatments of several weeks`duration. Constitutional, topical and age dependant skin surface structures can also be recorded by means of this method.

H. Tronnier, M. Wiebuch, U. Heinrich, R. Stute, Surface Evaluation of Living Skin – SELS, Experimental Dermatology, Vo. 6, No. 5, 10/1997

An evaluation of the surface structure of the stratum corneum of the skin is an important factor in diagnosing dermatoses and a differentiated quantitative analysis of the factors determining it is an essential aid for the assessment of therapeutic and cosmetic measures, as well as for the evaluation of side-effects (e.g. cortocoid atrophy).

H. Tronnier, M. Weibusch, U. Heinrich, R. Stute, Surface Evaluation Of Living Skin, 3rd Int. Symposium on Cosmetic Efficacy, May 1998

The quantitative evaluation of the surface structure of the skin is interesting in the context of assessing therapeutic and cosmetic measures as well as for the determination of the degree of irritative damages of the skin. Up to now, the preferred method was to carry out measurements on replicas.

H. Tronnier, M. Wiebusch, U. Heinrich, Results of the skin surface analysis by means of SELS (Surface evaluation of living skin), Forum Cosmeticum, Basel, 19.-20. Feb. 1998

The improvement of skin condition – however it is achieved – is a central aim of the use of skin care products, and in a way also of decorative cosmetics.

H. Tronnier, M. Wiebusch, U. Heinrich, Ergebnisse der Hautoberflächenanalyse mit SELS, Kosmetische Medizin 19, 5, Dezember 1998 und EURO Cosmetics, 4-2001, p. 30-34

Nach einer Beschreibung des Meßprinzips und der Durchführung der SELS-Methode sowie einem Eingehen auf bereits publizierte Studienergebnisse wird über 3 weitere Untersuchungsreihen berichtet. Dabei konnte gezeigt werden, daß die glätte der Haut SE_{sm} mit einer Verbesserung der zellulären Kohäsion korreliert ist.

H. Tronnier, Beitrag zur Hautverträglichkeit von Körperpflegemitteln. Kosmetische Medizin 6/1999

Wenn auch die Zahl der Nebenwirkungen durch kosmetische Präparate und Körperpflegemittel, vor allem der allergischen, sehr gering ist, gibt es doch gerade bei empfindlichen

Patienten Hautzustände, für die eine weitere Maximierung der Verträglichkeit für den Dermatologen wünschenswert ist.

H. Tronnier, Results of the Skin Surface Evaluation, Cosmetics & Toiletries Manufacture Worldwide 1999

After a description of the measuring principle, the equipment and the realization of the SELS-Software as well as after dealing with already published study results, there will be a report also about three more analysis series. Thus it was possible to show that the smoothness of the skin Sesm has correlated with an improvement of the cellular cohesion.

A.O. Barel, K. Alewaeters, P. Clarys, Optical Imaging Using UV Light for the Determination of Photoageing, Skin Research and Technology, Vol. 5 No. 2, May 1999

Photoaging of the skin is characterized by the appearance of hyper/hypopigmentation symptoms of premalignant acznic keratoses.

H. Tronnier, U. Heinrich, Diagnostik und Behandlungskontrolle seborrhoischer Kopfschuppung mit bildanalytischem Verfahren, Kosmetische Medizin, 2 Mai 1999-07-15

Nach kurzem Eingehen auf die Klinik der (seborrhoischen) Kopfschuppung und ihre Pathogenese sowie die Therapie wird auf die konischen Nachweisverfahren auf der Kopfhaut hingewiesen. Eine neue bildanalytische Methode, basierend auf älteren Untersuchungen, wird beschrieben. Gemessen wird dabei die Schuppenzahl (SZ), die durch Schuppen bedeckte Meßfläche (SF), aus denen sich eine relative Schuppengröße errechnen läßt (SG). Außerdem werden prozentual die Schuppengrößen in 9 Klassen ausgewiesen.

E. Thumm, E.G. Jung, C. Bayerl, Überprüfung der Auswirkung von Kosmetika auf Hautrauhigkeit, Feuchtigkeitsgehalt und Barrierefunktion der Haut. Kosmetische Medizin 3 Juni 1999

In einer seitenkontrollierten Studie wurde drei Kosmetikpräparate auf liposomaler Basis hinsichtlich ihrer Auswirkung auf a)Hautrauhigkeit (Skin Visiometer SV 500), b) den Feuchtigkeitsgehalt des Stratum corneum (Corneometer CM825) und c) die Hautbarrierefunktion bzw. den transepidermalen Wasserverlust/TEWL (Tewameter TM 210) untersucht.

M. Puschmann, A. Melzer, H.P. Nissen, Hautglättende, hautelastische und hautschützende Wirkung einer Urea-Ceramid-Kombination, Kosmetische Medizin Nr. 4, 1999-11-22

Sebostase ist ein häufiges dermatologisches Krankheitsbild. Sie wird durch exogene Faktoren, (Klima, Waschgewohnheiten) und/oder konstitutionelle Faktoren wie Alter und atopische Hautdiathese hervorgerufen. Eine auffällige Häufung derartiger Symptome findet sich in der kalten Jahreszeit. Hier ist das Klima (Temperatur, Luftfeuchtigkeit) sowohl im Freien als auch in den Gebäuden als wichtiger Kofaktor anzusehen. Zur Therapie trockener Haut werden traditionell Salben/Fettsalben, Ölbäder sowie harnstoffhaltige Zubereitungen eingesetzt.

H. Tronnier, Wirksamkeit von Kosmetika – Anspruch, Wirklichkeit und Perspektiven, 13. Symposium der DGK Bad Neuenahr, 1999

H.E. Packham, C.L. Packham, Skin Bioengineering as a Contribution to Product Performance and Safety, Cosmetics & Toiletries 03/2000

With today's increasing consumers sophistication and the demand both for products that work and are safe for the user, there is a need for greater objectivity and accuracy in both formulations and claims made by the manufacturer.

J.F. Hermanns, L. Petit, O. Martalo, C. Piérard-Franchimont, G. Cauwenbergh, G.E. Piérard, Unraveling the patterns of Subclinical Pheomelanin-Enriched Facial Hyperpigmentation: Effect of Depigmenting Agents, Dermatology 2000, 201, p. 118-122

During photoaging the density of melanin chromatophores is heterogeneous in the epidermis.

J.W. Wiechers, C. Oakley, V. Wortel, T. Barlow, Comparison of Skin Colour Measuring Methodologies on Asian Skin. Personal Care Ingredient Asia Conference, Bangkok, March 2000

A. Castro, Sericina en Preparaciones Capilares para Cabellos Danados: Medida de su Efectividad, Magazine Actualizaciones Terapéuticas Dermatológicas y Estéticas, Vol. 25 No. 3, 2001

H. Lambers, H. Pronk, Biophysical Methods for Stratum Corneum Characterization, in T. Förster (Editor): Cosmetic Lipids and the Skin Barrier, 2001 by Marcel Dekker

There is no doubt that the application of cosmetic lipids has many positive effects on the structure and function of the skin. These effects are pleiotropic, caused either by direct interaction with the epidermis, particularly the stratum corneum, or indirectly, by influencing the physiologic, homeostatic condition of the skin.

C. Piérard-Franchimont, G.E. Piérard, Postmenopausal Aging of the Sebaceous Follicle: A Comparison between Women Receiving Hormone Replacement Therapy or Not, Dermatology 07/2002

The endocrine control of sebaceous follicles is complex in women. During aging, a decline in sebum output is often experienced. However, some women report increased seborrhoea after the menopause.

C. Piérard-Franchimont, G.E. Piérard, Beyond a Glimpse at Seasonal Dry Skin, Exogenous Dermatology, 2002

On clinical grounds, the so called dry skin corresponds in reality to a rough, sometimes flaky and scaly stratum corneum.

H. Tronnier, Effects of Textiles on Human Skin, SÖFW Journal, 128, Jahrgang 4-2002

Very often, the people concerned as their employers make detergent residues in clothes responsible for skin reaction to textiles. Sometimes allergies are suspected.

A. Pagnoni, Photoaging and Photodocumentation, Cosmetics & Toiletries, January 2002, Vol. 117, Nr. 1

Techniques to photograph or image skin photodamage have reached new levels of sophistication. This survey discusses clinical grading, light imaging techniques, videomicroscopy and three-dimensional in vivo measuring systems.

L. Orejarena, A. Castro, Evaluacion de la efectividad hidratante de diferentes sustancias y su estabilidad física, Actualizaciones Terapeuticas, dermatologicas y Esteticas, Nov.-Dec. 2002, Vol. 25

La resequedad de la piel tiene diversos orígenes: disminución de lípidos, pérdida de agua transepidermal, factores hormonales, genéticos, medicamentosos, ambientales. Conociendo que esta condición es una de las más tratadas por especialistas, y que infinidad de productos dermocosméticos especifican ser hidratantes, sin evaluación de efectividad ni estabilidad, nos propusimos evaluar la actividad de diferentes hidratantes, en varias bases.

M. Boeninger, L. Nylander-French, Comparison of Three Methods for Determining Removal of Stratum Corneum Using Adhesive Tape Strips, International Conference on Occupational and Environmental Exposures of Skin to Chemicals, September 8-11 2002, Hilton Crystal City, Washington DC

Adhesive tape stripping has been used to remove layers of the outermost stratum corneum from the skin. These tapes can be used to measure the physical condition of the skin, or for quantifying exogenous and endogenous compounds present within the skin.

J.S. Burry, R.L. Evans, A.V. Rawlings, **Effects of antiperspirants on whole body sweat rate and thermoregulation**, Posters of the 22nd IFSCC Congress, Edinburgh 23.-26. Sep. 2002
The primary function of sweat production is thermoregulation.

N. Krüger, L. Fiegert, D. Becker, T. Reuther, M. Kerscher, **Spurenelemente in Form eines Kupfer-tripeptidkomplexes**, Kosmetische Medizin, 1/2003, 24. Jahrgang

In den letzten Jahren wurde eine Reihe von neuen dermatokosmetischen Wirkstoffen entwickelt, um Hautalterungssymptome zu bessern. Neben konsequentem Lichtschutz, Retinol und Antioxidantien werden jetzt auch in Deutschland Spurenelemente bei Hautalterung eingesetzt. In der hier vorgestellten offenen, kontrollierten Untersuchung an 40 Probanden zeigte sich bei topischer Applikation von Kupfertripeptid eine Zunahme der Hautdicke in der 20MHz-Sonographie, eine verbesserte Hydratation der obersten Hautschichten gemessen mittels Corneometrie sowie eine im Vergleich zu Retinol und Placebo signifikant stärkere Glättung der Haut, erfasst mit dem Visio-Scan.

A. Castro de Castro, **Sericina en preparaciones capilares para cabellos danados: medida de su efectividad**, Actualizaciones Terapéuticas Dermatológicas y Estéticas, Vol. 25, No. 3

El cabello humano esta sometido a una agresion ambiental que contribuye a causar degradaciones quimicas y estructurales. Se disenaron dos preparaciones con Hidrolizado de Sericina: champu acondicionador y ampolla revitalizante. Se estudiaron 20 pacientes con cabellos danados, observandose el dano mediante un Visiscan VC 98. cada paciente uso: champu y ampolla 3 veces/semana/30 dias.

R. Pena Ferreira, P. Costa, F. Bahia, **Visioscan VC 98 application: a comparison study between coarse and smooth skin surface**, Skin Research and Technology, Vol. 9, No. 2, May 2003

The skin is a result of many biochemical and physical factors and these are subject to changes both internally and externally. What is aging? Must of us define aging in terms of the appearance of people in our life experience. Others studying aging mechanisms define aging as a decrease in functional capacity. In the last few years, a great deal of data has been generated on aging mechanisms trying to determine if the aging process is a single event, a one-gene process, or a multifaceted process produced by many events and perhaps many genes.

H. Tronnier, M. Wiebusch, U. Heinrich, **Frictiometry on human skin**, Skin Research and Technology, Vol. 9, No. 2, May 2003

The state and function of human skin can be quantified by numerous non-invasive test methods. There are, however, still no valid methods to measure the tactile properties of the skin surface and thus to quantify the state of the skin on the one hand, and to determine the negative and positive effects of tactile influences on the other hand. The measuring device (Frictiometer) consists of a sensor, a steering unit and a monitor. The torque, the circular friction on the skin surface, is measured via the motor load current and is shown as a voltage drop.

H. Lambers, H. Pronk, S. Piessens, E. Voss, **Natural human skin surface pH is on average below 5**, Gordon Conference, Aug. 2003

The acidic surface pH and the pH gradient over the stratum corneum (SC) are important for optimal condition of the skin, supporting the following functions: regulation of skin microflora, thereby preventing pathogenesis, optimal structure and function of the lipid barrier, optimal stratum corneum homeostasis.

L. Petit, G.E. Piérard, **Analytic quantification of solar lentigines lightening by a 2% hydroquinone-cyclodextrin formulation**, JEADV (2003)17, 546-549

Abstract: Background: The innate melanin pigmentation of skin is modulated during lifetime by a series of factors, including ageing and chronic ultraviolet light exposure. Actinic lentigines may be of particular concern from a cosmetic point of view. Conventional hypopigmenting agents are usually deceptive. Using cyclodextrins to form inclusion compounds with these agents might repre-

sent a more active drug delivery system. Objective: To assess sensitive and objective methods predicting the effects of a 2% hydroquinone–cyclodextrin formulation on solar lentiginos. Study design: Thirty Asian adults applied a 2% hydroquinone–cyclodextrin formulation once daily on solar lentiginos of a forearm for 2 months. The other untreated forearm served as a control. Monthly assessments were performed using skin colorimetry and fluorescence video recording combined with image analysis. Corneomelametry following photodensitometry of cyanoacrylate skin surface strippings was performed after melanin staining of the samples.

U. Heinrich, Kosmetika - Wirken sie wirklich? Pharmazie

Bei der Beurteilung kosmetischer Produkte im Hinblick auf ihre Wirksamkeit gehen die Meinungen oft weit auseinander. Ist ihre kosmetische Wirksamkeit wissenschaftlich erwiesen oder steht sie nur als vollmundiger Werbeslogan im Vordergrund? Für die Herstellung und Vermarktung kosmetischer Produkte gelten heute genaue Vorschriften, sowohl auf nationaler als auch auf internationaler Ebene. Sie beziehen sich vor allem auf die Verträglichkeit und den Nachweis der Wirksamkeit dieser Produkte. Die EG Kosmetikrichtlinie befasst sich in Artikel 7a mit dem Nachweis kosmetischer Wirkungen. Er muss erbracht werden, wenn dies auf Grund der Beschaffenheit des Erzeugnisses oder der angepriesenen Wirkung gerechtfertigt ist.

A.G. Shepky, A. Bürger, G. Rudolph, M. Max, U. Koop, J. Ennen, M. Kuhn, A. Schölermann, F. Rippke, Mild keratolysis by topical application of proteolytic enzyme subtilisin

The proteolytic enzyme subtilisin offers a novel, especially mild way of keratolysis, obtained already in low concentrations and within the normal pH-range of the skin. The highly purified protease subtilisin from *Bacillus subtilis* degrades the bonds between the corneocytes and promotes the release of peptides and amino acids as natural moisturizing factors.

U. Heinrich, H. Tronnier, Johanniskraut-Extrakt zur Pflege der atopischen Haut, Kosmetische Medizin, Ausgabe 3-4/2003, 24. Jahrgang

Die Bedeutung einer wirkungsvollen Hautpflege mit subakuter atopischer dermatitis sowie auch Personen mit trockener empfindlicher Haut konnte in zahlreichen Untersuchungen nachgewiesen werden. Neben einem besseren Hautgefühl können Juckreiz, Rauigkeit, Rötung und Trockenheit deutlich vermindert werden. Gleichzeitig werden heute die angenehmen galenischen Eigenschaften einer kosmetischen Hautpflege verlangt.

M. I. Nogueira de Camargo Harris, Propriedades biomecânicas da pele, Pele: estrutura, propriedades e envelhecimento, Editora Senac, Sao Paulo, 2003

A biometrologia cutânea, ramo da ciência que avalia quantitativamente as propriedades biomecânicas da pele, tem encontrado na cosmetologia um importante aliado, pois o apelo mercadológico dos produtos destinados aos cuidados com a pele e com os cabelos tem-se baseado cada vez mais em evidências científicas e técnicas sensíveis, precisas e validadas, ao invés de serem fundamentadas em especulações.

R. Plüss, M. Frösche, K. Bojarski, A. Peter, P. Bottiglieri, Resurrection in Cosmetics, Conference Proceedings, Personal Care Ingredients Asia, Guanzhou, March 2004

Resurrection plants possess the fantastic ability to dry out and then reach their normal state again and continue growing a short time after being re-moisturized. For this to be possible there has to be an ingenious protection system in place in the plant during the drying-out phase as well as an extraordinary ability to restructure the plant's cell structure during the re-moisturization period. This potential of resurrection plants could be incorporated in the active complex S-61. As the test results showed, a short treatment of 1 – 2 weeks with a cream containing the active complex S-61 improves the skin's appearance, with the skin looking clearly revitalized. The skin is seen to have restructured itself, wrinkling is significantly reduced and the suppleness of the skin can be felt as being improved. The skin's ability to resist wear and tear from its external environment is seen to improve.

H. Tronnier, B. Garbe, M. Herling, M. Wiebusch, U. Heinrich, **Nicht invasive Testverfahren am behaarten Kopf**, 10. MFDK München, 04.12.2004 (PPT) Messung der (seborrhoischen) Kopfschuppung; Photo-Trichogramm; Messung von Haardichte und -qualität ...

M. Fröschle, R. Plüss, K. Bojarski, A. Peter, **Antiaging Effect with Cosmotropic Substances**, SÖFW-Journal, 130, 4 2004, S. 36-43

Water is one of the most important and limiting factors for plants, animals and humans. The human being consists of 60-65% water and loses daily up to several liters through the skin. The regulation of water content is therefore very significant. Plants especially have developed fascinating physiological and structural strategies to minimize water loss and survive periods of dryness.

P. J. Dykes, R. Marks, **Unfolding or True Extension? The Mechanism and Importance of Stratum Corneum Compliance**, Stratum Corneum IV, Paris, 17.-19. Juni 2004 (presentation)

H. Tronnier, B. Garbe, M. Herling, M. Wiebusch, U. Heinrich, **Nicht-invasive Testverfahren an der Kopfhaut**, Ästhetische Dermatologie 2/2004, S. 30-37

Zum Nachweis vorliegender Hautzustände oder Funktionen sowie ihrer Änderungen unter dem Einfluss interner Faktoren oder externer Massnahmen im positiven (zum Beispiel Wirksamkeit) oder negativen Sinne (zum Beispiel Verträglichkeit) gibt es zahlreiche nicht-invasive Testmethoden. Sie können zu großen Teil modifiziert oder mit Vorbehandlung (z.B. Rasur) auch an der behaarten Kopfhaut eingesetzt werden. Ergänzend dazu sind zahlreiche Methoden beschrieben, mit denen Wasch- und Pflegemassnahmen am Haar auch in vitro, also an Haarsträhnen getestet werden können. Es gibt aber auch dermatologisch-kosmetische Indikationen im Bereich der Kopfheit, für die spezielle Testverfahren erforderlich sind und zu entwickeln waren.

H. Lambers, S. Piessens, A. Bloem, H. Pronk, P. Finkel, E. Voss, **Natural skin surface pH is on average below 5, which is beneficial for its resident flora**, Skin Research and Technology 10, Abstracts, 2004

The acidic surface pH as well as the pH gradient over the gradient over the stratum corneum (SC) are important for a good skin condition, supporting optimal structure and function of the lipid barrier and SC homeostasis.

P. Quatresooz, L. Petit, I. Uhoda, C. Piérard-Franchimont, G.E. Piérard, **Mosaic subclinical melanoderma: An Achilles heel for UV-related epidermal carcinogenesis?**, International Journal of Oncology 25: 1763-1767, 2004

Cutaneous cancers are not uncommon on the face of elderly patients. Melanin should protect, at least in part, against the ultraviolet (UV)-induced neoplastic damage. However, the density in melanin chromatophores is heterogenous in the epidermis of Caucasian adults. The computerized UV light-enhanced visualization (ULEV) method is a sensitive tool to assess non-invasively this mosaic pattern of intra-epidermal melanin load.

R. Debowska, K. Rogiewicz, T. Iwanenko, M. Kruszewski, I. Eris, **Folic Acid (Folacin) – New Application of a Cosmetic Ingredient**, Kosmetische Medizin 3/2005, p. 16-22

Many years of trials and research tests proved that a lot of well-known vitamins could be successfully used in cosmetology. The available data indicate that one of them – folic acid plays an important role in life process of mitotically active tissues and its deficiency increases background level of DNA damage.

C. Vincent, M. Szubert, K. Rogiewicz, I. Eris, J. Piotrwska, M. Wieczorowski, J. Chajda, **Comparison of microtopography and profilometry- two methods of skin surface analysis**, Poster Presentation, Centre For Science And Research Dr. Irena Eris, 2005

The process of skin aging is connected with progressive changes in skin structure. The most spectacular effect of skin aging are wrinkles and progressive unevenness of skin surface. Skin of

elderly people is thin and fragile due to complex changes very often summarized to reduced dermal collagen and decreased cell proliferation.

A. Béguin, A novel micronutrient supplement in skin aging: a randomized placebo-controlled double-blind study, Journal of Cosmetic Dermatology, 4 2005, p. 277–284

Summary Background Skin aging, a combination of intrinsic and environmentally induced Processes, predominantly ultraviolet (UV) light from the sun, results in characteristic tissue alterations, such as the degradation of collagen and the formation of visible fine lines and wrinkles. *Objective* To test the efficacy and safety of a novel micronutrient supplement (Estime) in skin aging. *Methods* A 4-month randomized double-blind controlled study including 40 subjects where the supplement was tested against placebo for 3 months followed by a 1-month supplement-free period for both groups to assess lasting effects. Efficacy measurements included skin surface evaluation, ultrasound measurement of sun-exposed and protected areas of the skin (back of the hand and ventral forearms, respectively), and photographic assessment.

Dermokosmetik, Beratung in der Apotheke, PTA Nr. 11, Oktober 2005

Eine gute Unterstützung bei Promotionaktionen zum Thema „Hautpflege“ sind Hautanalysegeräte. Sie erleichtern den Einstieg in die Beratung, individuell auf den Hauttyp und Hautzustand der Kundin oder des Kunden abgestimmt.

I. Sadiq, J.-L. Lévêque, T. Stoudemaver, A.M. Kligman, Assessment of sun damage of the V-Neck area of the chest by the skinchip device, Presentation on the ISBS Meeting 2005 in Philadelphia and Skin Research and Technology 2005, 11 (abstracts)

A new instrument called SkinChip has been developed to characterize skin micro-relief and measure skin surface hydration. A digital sensor consisting of a large number of capacitor elements, arranged in a rectangular grid, was used. Each of these capacitor elements can assess the hydration level of a specific point on a variably hydrated surface. When this sensor is in contact with skin it produces a capacitance map of the skin. The areas of skin which are moist and in contact with the sensor glass plate, appear dark and the areas which are dry or moist but away from the glass plate, appear bright. This produces an image of the skin micro-relief showing the skin surface features along with hairs, pores etc. The hydration level at a specific point on the skin is proportional to the darkness level of that point in the SkinChip image i.e. Inverse of the gray value of that pixel. Analysis of this capacitance image can be used to assess structural changes in skin due to life-long exposure to sun.

H. Dobrev, Clinical and instrumental study of the sebum regulation efficacy of REGU®-SEB, Poster Presentation at the EADV in London, October 2005

Excessively oily facial skin is due to overactive sebaceous glands and can occur in both males and females. The skin is greasy and shiny, with large open pores, feels unpleasant and may be a serious cosmetic problem. Moreover, this type of skin is sensitive and much more prone to acne and seborrhoeic dermatitis. That is why the control over the excessive oiliness is very important.

G. Varju, G. Garay, Surface Evaluation of Living Skin (SELS) during Microdermabrasion Treatment Course, Poster Presentation, Dr. Derm Laser Center of Dermatology, Budapest Hungary, 2005

Microdermabrasion has become a popular method of skin rejuvenation for treating photo-damage, fine rhytides, age spots, dyschromia, enlarged pores and mild acne. This procedure is one of the newest skin rejuvenating techniques employed to help improve the texture and appearance of the skin.

H. Dobrev, The Effects of topically applied Matrixyl, natural grape seed and avocado oils on skin surface, hydration and elasticity, EADV, May 2005, Sofia, Bulgaria (abstract/poster)

Background: Matrixyl is a lipophilic pentapeptide that stimulates the collagen synthesis by fibroblasts in the skin. The grape seed extract is rich in flavonoids which are powerful antioxidants.

Avocado oil consists predominantly of unsaturated fatty acid glycerides, vitamins and minerals, and has good emollient properties.

H. Dobrev, Evaluation of the efficacy of a Rooibos Extract containing anti-wrinkle cream, EADV, May 2005, Sofia, Bulgaria (abstract)

Background: Rooibos plant possesses scientifically proven anti-oxidative, anti-allergic, anti-microbial and anti-inflammatory features. Aim: To evaluate the efficacy of a Rooibos extract containing cream on aged facial skin using in vivo skin bioengineering techniques.

H. Dobrev, Treatment of Acne with a New Topical Preparation. A Clinical and Instrumental Study, Department of Dermatology, Medical University, Plovdiv, Bulgaria

Background: Sepicontrol A5 is a cosmetic active ingredient designated to improve the appearance of oily, acne prone facial skin. Aim: To evaluate the sebum regulation activity, clinical efficacy and safety of a 3% and 4% Sepicontrol A5 containing cream and gel in subjects with mild to moderate acne.

K. Schweikert, V. Kalhöfer, B. Gabard, Improving the properties of Hyaluronic acid on dry skin, Personal Care, Nov. 2005, p. 35-39

The effects of two cosmetic actives intended for the treatment of skin dryness (Hyaluronic acid and the new Tamarindus indica seed extract) were evaluated in five healthy volunteers by objective measurements after twice daily application on the skin of the volar forearm for two weeks.

E. Berardesca, N. Cameli, G. Primavera, M. Carrera, Clinical and Instrumental Evaluation of Skin Improvement after Treatment with a New 50% Pyruvic Acid Peel, Dermatol Surg 2006

Pyruvic acid is an α -keto acid that presents keratolytic, antimicrobial, and sebostatic properties as well as the ability to stimulate new collagen production and elastic fibers formation. Because of its low pK_a and its small dimension, it penetrates rapidly and deeply through the skin, so far as to be considered a potent chemical peel agent. It has proven its efficacy for the treatment of many dermatological conditions such as acne, superficial scarring, photodamage, and pigmentary disorders. Pyruvic acid application usually induces intense burning, and the postpeeling period is characterized by erythema, desquamation, and, sometimes, crusting.

H. Tronnier, M. Wiebusch, U. Heinrich, Project Skin Care of the European Long-Term Mission (Astrolab) on the ISS, DermaTronnier Research, Poster

Impairments due to circulatory and vestibular disturbances of the equilibrium are the prevalent medical side effects astronauts suffer from. These are followed by the dermatological problems. In order to examine these skin problems and find ways to prevent them, skin-physiological measurements as a project "Skin Care" were carried out within the framework of the European long-term mission (ASTROLAB) 2005-2007.

Experiment „SkinCare“ auf der Raumstation: Hautphysiologische Messungen in Schwerelosigkeit, Newsletter #1/2006, Raumstation: Fachinformationsdienst zur Nutzung der Internationalen Raumstation, April 2006, p. 10

Im Rahmen der geplanten europäischen ISS-Langzeitmission von Juli bis Dezember 2006 sollten erstmals systematisch physiologische Parameter der menschlichen Haut bei einem längeren Aufenthalt in Schwerelosigkeit erfasst werden. Dabei erlaubt der Einsatz moderner nicht-invasiver Messverfahren, durch die Bestimmung von Parametern wie Feuchtigkeit, Barrierefunktion und Mikrostruktur, den physiologischen Hautzustand exakt zu charakterisieren.

H. Dobrev, Evaluation of dry Skin: a comparison between visual score, corneometry and image analysis, Poster presented at the 16th Congress of the EADV, 5/2007

The term "dry skin" describes a skin condition characterized by reduced quantity and/or quality of moisture and/or lipids. The visible symptoms of dry skin are roughness, scaling and reduced elasticity. In addition, patients complain about tightness and itching.

*M.O. Ferreira, M.H. Amaral, P.C. Costa, M.F. Bahia, **Assessment of Age-Related Differences in Skin Surface, Hydration, Sebum and pH**, IFSCC Barcelona 2008*

Skin is the body's largest organ and constitutes a formidable physical barrier that protects us from the environment [1]. It is composed of two main layers: the epidermis and the dermis. The stratum corneum is the outermost layer of the epidermis and is the most important in terms of protection against damage and aesthetic appearance of the skin. The hydrolipidic film of the stratum corneum, which consists mainly of sebum excreted by the sebaceous glands and moisture components excreted with sweat, protects the skin from drying out, keeps it supple and due to the natural acid protection barrier it prevents the penetration of harmful external substances.

*U. Heinrich, B. Garbe, H. Tronnier, **In Vivo Assessment Of Ectoin: A Randomized, Placebo-Controlled Clinical Trial**, IFSCC Barcelona 2008*

The objective of this study was to determine the anti-aging properties of Ectoin with special regard to its compatibility and efficacy. For this purpose 104 voluntary female participants were included in a monocentric, randomized, double-blind application test. Moisturizing properties, skin surface structure and skin elasticity were tested, comparing Ectoin (2 %: Treatment B) to a reference emulsion (Treatment A) versus an untreated control. None of all treated participants showed side effects during the study. The gained results of this study display that the natural cell protection concept of Ectoin is transferable to skin care

*M.O. Ferreira, M.H. Amaral, P.C. Costa, M.F. Bahia, **Study of the Inter-Relations between Skin Surface Parameters, Hydration, Sebum and pH**, IFSCC Barcelona 2008*

Skin is the body's largest organ and constitutes a formidable physical barrier that protects us from the environment [1]. Several biophysical techniques are commonly used to study the skin properties and to measure the in vivo skin effects of cosmetics, topical medicaments and chemical irritants [2,3]. The Corneometer® (a capacitance method) measures skin hydration, the Sebumeter® (a photometric method) measures the sebum of the skin and the Skin-pH Meter® (a potentiometric method) measures the pH of the skin [4]. The Visioscan® VC98 connected to the software SELS (Surface Evaluation of the Living Skin) can measure several skin surface parameters [5]. This apparatus consists of a special b/w video sensor chip with very high resolution, an objective and an UVA-light source.

*G. Lemos Anconi, P.M.B.G. Maia Campos, **Stability and Clinical Efficacy of Cosmetic Formulations Containing Different Peptides**, IFSCC Barcelona 2008*

Wrinkles, as a sign of skin aging, have an important social impact, especially because of longer lifetimes and more frequent social relationships; consequently, they are an important factor influencing our way of communication. Wrinkles represent the more evident outcome of cutaneous ageing. Their onset is linked to a variety of events, resulting from both chrono- and photoageing. Both *intrinsic* (hormones, racial and genetic factors, oxidative stress, systemic disease) and *extrinsic* (temperature, air pollution, smoke, alcohol) factors worsen skin condition. However, wrinkles deriving from skin texture, or micro-relief, modification afflict women more than all other wrinkles as signs of ageing in the common mind.

*S.H. Pérez Damonte, C.L. Selem, C. Groisman, **Bi-Functional Study of Ion Calcium in the Skin**, IFSCC Barcelona 2008*

The Calcium ion has an important function in the skin. Its gradient plays a role in regulating epidermal growth and differentiation *in-vivo*. In the intact epidermis, the extra cellular calcium content is low in both, malpighi and spinosum strata, but increases from the inner to the outer layer of the stratum granulosum [1]. Also, the calcium ion participates in the formation of the epidermal desmosomes, fibroblasts and keratinocytes, which provide the integrity and firmness of the skin [2]. All of these factors are important for the correct function of the epidermal barrier.

S.H Pérez Damonte, A.M. Martín, M. E. Daraio, Safety Assessment for Nickel in Cosmetics, IFSCC Barcelona 2008

Many environmental chemicals produce contact hypersensitivity or local inflammatory responses in the skin. Nickel released from metal objects is well known as a sensitizing agent in humans. Since the initial damage caused by nickel remains to be the leading cause of skin disorders such as allergic contact dermatitis worldwide, the aim of this study is to investigate if the content of nickel in cosmetics could produce such reactions.

P.M. B.G. Maia Campos, F. Bueno de Camargo Junior, S.M. Bertucci, E. Esteves de Oliveira; G. Lemos Anconi; L. Rigo Gaspar, Clinical efficacy of cosmetic formulations containing Myrtus communis extract, IFSCC Barcelona 2008

The Research & Development of cosmetic products that are able to act in skin ageing alterations has been a challenge in Cosmetic area. This way, a great number of botanical extracts have been proposed as active ingredients for anti-ageing cosmetic development. *Myrtus communis* is a plant rich in polysaccharides, essential oils, flavonoids, among other substances. Some studies showed that its different hydroalcoholic extracts have a potent antioxidant activity mainly due to the presence of polyphenols. *Myrtus communis* leaves hydrolyzed extract has been proposed as cosmetic ingredient with anti-ageing properties because it is rich in galacturonic acid, ramnose, galactose, glucose, xylose and fructose.

L.R. Gaspar, F.B. de Camargo Jr., M.D. Gianeti, P.M.B.G. Maia Campos, Evaluation of the Safety and Efficacy of Cosmetic Formulations Containing Saccharomyces cerevisiae Extract and Vitamins, IFSCC Barcelona 2008

There are many substances frequently used in anti-aging products due to their moisturizing, photoprotective and skin barrier effects and among them we can point out vitamin A, C and E derivatives. Vitamin A palmitate acts on epithelization and on abnormal keratinization [1]. Vitamin E acetate is a free radical scavenger and can reduce DNA damage and keratinocytes death (sunburn cell formation) [2,3] and also can enhance stratum corneum hydration and reduce skin roughness [4]. Tetra-isopalmitoyl ascorbic acid (VC-IP) releases vitamin C in physiological conditions and enhances cellular tolerance against UVB and reactive oxygen species as well as reduces the production of interleukin-1a and prostaglandin E2 [5].

M. Wegmann, P. Lersch, H.H. Wenk, S.K. Klee, U. Maczkiewitz, M. Farwick, Protective Effects Of Turmerones From Curcuma Longa Against UVB-Induced Oxidative Stress – Upregulation Of Cellular Defence Systems, IFSCC Barcelona 2008

The human epidermis represents the largest interface of the body that is constantly in close contact to the environment. Therefore, it is especially vulnerable to oxidative stress, which in turn leads to oxidation of cellular macromolecules such as proteins, lipids and nucleic acids. In order to counteract these harmful effects and consequently ensure the redox status of the cell, a plethora of defence mechanisms exists. Fuelled by new research, activities and expression of enzymes of the anti-oxidative defence line is better understood. Two major players during aging and anti-oxidative stress mechanisms are the thiol redox systems driven by glutathione peroxidase (GPX1) and thioredoxin reductase (TXNRD1) [1]. Both systems require redox equivalent in the form of NADPH to restore their full anti-oxidative potential [2,3]. This in-turn is generated by another enzyme named NAD(P)H dehydrogenase (NQO1) that generates NADPH from oxidized NADP+ by consuming ATP [4]. While the thioredoxin and the glutathione systems neutralize harmful products emerging from the oxidation and peroxidation of bio-macromolecules the defense of reactive oxygen species (ROS) such as hydrogen peroxide which are responsible for most of the oxidative stress on cells exposed for example to UV-irradiation depend on the catalase system. This enzyme eliminates hydrogen peroxide by catalyzing its decomposition to water and oxygen [5].

*H. Tronnier, M. Wiebusch, U. Heinrich, **Skin-Physiological Test in Weightlessness in the ISS Space Station**, IFSCC Magazine Vol. 11, No. 3/2008*

A prolonged stay in weightlessness includes several medical alterations of the human body and also results in impairment of the skin. The stratum corneum, epidermal barrier as well as other skin compartments are affected in terms of their susceptibility to dryness, desquamation and pruritus. This can lead, for example, to wound healing disorders. Skin physiological tests were performed on the skin of an astronaut during and after the the ASTROLAB-Mission within the Skin Care program initiated by the ESA.

*H. Tronnier, M. Wiebusch, U. Heinrich, **Change in Skin Physiological Parameters in Space - Report on and Results of the First Study on Man**, Skin Pharmacol Physiol 2008; 21: p. 283-292*

Astronauts often show skin reactions in space. Systematic tests, e.g. with noninvasive skin physiological test methods, have not yet been done. In an interdisciplinary cooperation, a test series with skin physiological measurements was carried out before, during and after a long-term mission in the International Space Station. The hydration of the stratum corneum (Corneometer), transepidermal water loss (Tewameter), and the surface structure of the skin (SkinVisiometer) were measured. In order to record cutaneous states, the suction elasticity was measured (Cutometer), and an ultrasound measurement with 20 MHz (DermaScan) was also made. In addition, one measuring field of the two inner forearms was treated with a skin care emulsion. There were indications of a delayed epidermal proliferation of the cells, which would correspond to the clinical symptoms. Hydration and TEWL values are improved by respective skin care. On the cutaneous level, the elasticity measurements and the ultrasound picture showed results which correspond to a significant loss of elasticity of the skin. Further examinations are necessary to validate these preliminary results.

*C. Huh, M. Choi, S. Lee, S. Kim, Y. Park, B. Kim, H. Park, S. Choi, S. Youn, K. Park, **Low dose 1064nm Q-switched Nd:YAG laser for the treatment of melisma**, Abstract; EADV Paris 09/2008*

Background : Melasma is a common acquired pigmentedary disorder that is known for its recalcitrance to the conventional treatment. Although Q-switched Nd: YAG laser (QSNYL) is widely used for the treatment of melasma, little has been published regarding its effect. Objectives: In this study, we would like to know the effect of low dose 1064nm QSNYL (MedLite C6, HOYA Conbio, CA) on the treatment of melasma objectively.

*U. Heinrich, B. Garbe, H. Tronnier, W. Stahl, C. Moore, M.J. Arnaud, **Supplementation with green tea extract improves skin physiological parameters**, Abstract, EADV Paris 09/2008*

Background: The objective of the study was to determine changes in skin parameters during the intake of a beverage rich in green tea extract. The detection of hydration properties, transepidermal water loss (TEWL), changes of skin surface (SELS), skin elasticity, skin thickness and density as well as serum analyses were determined during the study. Methods: Hydration measurements were carried out with the Corneometer CM 825 prior to and during the study. Transepidermal water loss (barrier function of the skin) was measured with the Tewameter, skin surface (SELS) with the Visioscan and skin elasticity with the Cutometer (Courage & Khazaka Electronics, Cologne, Germany).

*H. Tronnier, M. Wiebusch, U. Heinrich, **Skin physiological parameters in space – results of the European long-term mission in the ISS (ASTROLAB)**, Abstract, EADV Paris 09/2008*

Background: Since in weightlessness many astronauts report skin problems like dryness, itching, tendency to get injured, impaired wound healing etc., a “Skin Care” program was initiated for the ASTROLAB Mission of ESA (European Space Agency). It was carried out by a consortium with different tasks.

*R.M. Debowska, A. Dzwigalowska, M. Szubert, K. Rogiewicz, I. Eris, B. Pander, **Efficacy evaluation of re-modelling face care product**, Abstract, EADV Paris 09/2008*

Background: Skin ageing is an important and interesting topic of study. It results from the combination of intrinsic ageing and photoageing, which is due to the environmental influence. The

cosmetic industry creates and develops for the ageing population constantly improving products. Objectives: The aim of this study was to evaluate the in vivo efficacy and beneficial effects of application of the re-modelling face cream containing an anti-wrinkle peptide, vitamin E, proteins from sweet almonds and peach oil.

D. Bürkle, Die Haut der Astronauten- Erstes kommerzielles ISS-Experiment aus NRW, http://www.wdr.de/themen/wissen/astronomie/blick_ins_all/raumfahrt/060701.jhtml

Auf der Raumstation ISS, zu der Thomas Reiter am 1. Juli startet, wird er viele Experimente durchführen. Mit seiner eigenen Haut wird er für den ersten Versuch erhalten, den Unternehmen aus NRW in Auftrag gegeben haben. Wie viele Falten während seines sechs Monate langen Aufenthalts auf der Internationalen Raumstation ISS dazugekommen sind, wird Thomas Reiter am Ende ganz genau wissen. Alle zwei Wochen holt der deutsche Astronaut einige Messgeräte aus den Regalen der Raumstation, testet damit den Wasserverlust seiner Haut und kontrolliert, ob neue Fältchen dazugekommen sind.

P. Humbert, Klinische Anti-Aging-Studie mit Lubex anti-age® day und Lubex anti-age® night, Permamed und University of Besancon 2008

In einer monozentrischen klinischen Studie wurde die Anti-Aging-Wirkung von Lubex anti-age über drei Monate bei Frauen im Alter zwischen 45 und 60 Jahren mit mittelstark lichtgealterter Haut im Gesicht und Décolleté geprüft und belegt. Als Grundlage wurden hautphysiologische Messungen durchgeführt, das Hautbild wurde fotografisch dokumentiert und durch Dermatologen im Doppelblindverfahren bewertet.

U. Heinrich, M. Herling, S. Binder, N. Gerlach, H. Tronnier, Evaluation of the efficacy of skin surface parameters by image analysis with the SELS – method, Poster Dermatonnier, Germany, 2008

The skin is influenced by many different extrinsic and intrinsic factors. These factors cause visible changes of the skin surface. For the assessment of the efficacy of anti-aging and skin care products, it is necessary to evaluate the skin surface quantitatively. Corresponding to subjective sensations, SELS (surface evaluation of living skin) analyses the skin surface by calculating four skin specific parameters.

D. Khazaka, C. Uhl, More than 2 decades of bioengineering for efficacy testing and product recommendation, Household and Personal Care TODAY, No. 1/2009

Due to high competition in the cosmetic and growing customer expectations, in the past two decades there has been a continuous development of new cosmetic products with more efficient ingredients covering new effects on the skin. Simultaneously to this, there was an increasing demand for new measuring techniques to substantiate the new product claims. The field of skin bioengineering has consequently been immensely enriched in the last years by inventing new physical and optical measurement methods for all kind of skin parameters.

M. Farwick, U. Maczkiewitz, P. Lersch, T. Falla, S. Grether-Beck, J. Krutmann, An ECM-derived Tetrapeptide to Counterbalance ECM Degeneration, Cosmetics & Toiletries; Vol. 124, No. 6/June 2009

The extracellular matrix (ECM) is the structural backbone of many tissues, especially the skin, and represents a main target for cosmetic applications. ECM proteins are believed to play a pivotal role in cellular migration, proliferation and gene regulation during wound healing. Fragments from ECM constituents have been found capable of stimulating ECM biosynthesis to compensate for tissue destruction. Their mechanisms have been implicated in wound healing, skin aging and skin's response to UV irradiation.

*L. Sousselier, C. Camuzat, **White biotechnology: new source of ingredients***, Personal Care, September 2009

White biotechnology has been used for millennia for the preparation of bread and alcoholic drinks. Sumerians had mastered alcoholic fermentation, for the manufacture of beer, 4,000 years AD. Nowadays, white biotechnology is used for several applications. In the pharmaceutical sector it is used for the production of antibiotics such as famous Penicillin, and it is used for energy in bioethanol production.

*K. Bazela, A. Dzwigalowska, E. Kazmierczak, R. Debowska, K. Rogiewicz, I. Eris, **Corrective make-up cosmetics – the study of efficacy and camouflage effect***, 18th EADV Congress, Berlin, 2009

Corrective make-up can be applied to hide the skin imperfections accompanying numerous skin diseases. The aim of this study was to evaluate the efficacy and camouflage effect of corrective make-up in patients with pigmentary disorders, acne and pre-rosacea. Corrective fluid foundation efficacy was tested on 20 subjects and applied once a day for 4 weeks. The skin moisturization, oil content and elasticity were measured using Multiprobe Adapter System MPA 5 probes.

*K. Bazela, R. Debowska, B. Tyszczyk, E. Kazmierczak, K. Mlosek, A. Nowicki, I. Eris, **Evaluating the efficacy of anti-cellulite cosmetic products skin ultrasonography and skin condition analysis***, 18th EADV Congress, Berlin, 2009

Cellulite is currently considered to be an endocrinometabolic microcirculatory disorder that causes interstitial matrix alterations and structural changes in subcutaneous tissue. It affects thousands of women of any age worldwide. Our study aimed to evaluate the efficacy of an anti-cellulite cream-gel.

*M. Mangués, J.M. Garcia-Anton, A. Calvillo, C. Curreno, **Assessment of new skin brightening agents***; Personal Care, November 2009, p. 31–36

Exogenous causes, particularly chronic ultraviolet light exposure, are a common factor in pigment abnormalities such as melasma, solar lentigines (or age spots), freckling, mottled pigmentation, and ephelides. There are numerous internal and external stresses that affect human skin pigmentation. Exposure to certain drugs and chemicals as well as the existence of certain disease states can result in hyperpigmentation. Post-inflammatory pigmentation, another skin hyperpigmentation disorder, usually develops after resolution of inflammatory skin eruptions like acne, contact dermatitis or atopic dermatitis.

*M. Udompataikul, P. Sripiroj, P. Palungwachira, **An oral nutraceutical containing antioxidants, minerals and glycosaminoglycans improves skin roughness and fine wrinkles***, IFSCC Magazine, Vol. 12, No. 4 / 2009, p. 422

Various nutraceuticals (dietary supplements) are claimed to have cutaneous antiageing properties, however, there are limited number of research studies supporting these claims. The objective of this research was to study the effectiveness of an oral nutraceutical containing antioxidants, minerals and glycosaminoglycans on cutaneous ageing. In this double-blind, placebo-controlled trial, 60 women aged 35-60 years were randomized to receive oral dietary supplement (n=30) or placebo (n=30), once daily for 12 weeks.

*W. Manuskiatti, R. Wanitphakdeedecha, S. Siriphukpong, **Treatment of punched out atrophic and rolling acne scars in skin phototypes III, IV, and V with variable square pulse erbium: YAG laser resurfacing***, JAAD March 2009 Volume 60, Issue 3, Supplement 1, p. AB196

Treatment of acne scars remains a challenge, especially in dark skinned individuals.

*G. Szepetiuk, C. Piérard- Franchimont, P. Quatresooz, G.E. Piérard, **Comment j'explore ...la peau par le photodiagnostic utilisant la fluorescence cutanée et son imagerie fonctionnelle***, Rev Med Liège 2010; 65 : 9 : p. 521-526

Résumé: Sous l'effet d'une stimulation lumineuse adéquate, la peau émet une fluorescence particulière. Cette propriété peut être mise à profit à titre diagnostique ou indicatif d'une fonction

particulière de la peau. Diverses infections superficielles (érythrasma, pityriasis versicolor, teignes,...) révèlent une fluorescence parfois intense. Les follicules pilo-sébacés renfermant des propionibactéries apparaissent fluorescents. Cette propriété est perdue lors de certains traitements anti-acnéiques. Elle est masquée par des crèmes solaires. Les zones (pré)néoplasiques préparées pour la photothérapie dynamique deviennent fluorescentes. Certains marqueurs de la couche cornée, comme la pyranine, émettent une fluorescence, propriété permettant de mesurer l'activité de renouvellement de l'épiderme.

Ultra Eye Serum™ – Clinical study, Xeridian Skincare, Product information

The Ultra Eye Serum™ is a translucent, anber, aqueous gel that addresses several dimensions of skin aging.

V. Mahler, Rizinuswachsperlen – eine icht irritierende Alternative zu reibemittelhaltigen Handreinigern, KOM Newsletterservice Volume 1, Issue 8, September 2010

Zur Entfernung starker Industrieverschmutzungen (Öl, Fett, Ruß, Metallstaub, Graphit etc.) werden bislang Handreiniger mit abrasiven Bestandteilen wie Walnusschalenmehl, Sand oder Kunststoffmehle eingesetzt. Diese Reibekörper stehen jedoch aufgrund ihrer Materialeigenschaften im Verdacht Hautirritationen herbeizuführen. Als Alternative zu abrasiven Reibekörpern wurden Schmutzlösekörper aus hydriertem Rizinusöl (Active Soft Pearls) entwickelt. Durch ihre polare Oberfläche werden hartnäckige Verschmutzungen bei der Reinigung gelöst und entfernt. Ziel der vorliegenden Studie war es, unter standardisierten Bedingungen die in vivo Effekte von reibekörperhaltigen und reibemittelfreien Waschlösungen auf die menschliche Haut zu untersuchen.

M. Choi, J.-W. Choi, S.-Y. Lee, S.-Y. Choi, H.-J. Park, Low-dose 1064-nm Q-switched Nd: YAG laser for the treatment of melisma, Volume 21 (4) Informa Healthcare, Jul. 1, 2010

Abstract Background: Melasma is a common acquired pigmentary disorder which is sometimes hard to treat with conventional methods. Various kinds of modalities have been applied for the treatment of melasma but none shows constantly good results. Objectives: In this study, we would like to know the effect of low-dose 1064 -nm Q-switched Nd:YAG laser (QSNYL) on melasma and want to evaluate the changes of skin after laser treatment. Methods: Twenty melasma patients were enrolled. Two regions were evaluated from each patient; a total of 40 sites. The 1064-nm QSNYL at fluences of 2.0–3.5 J/cm² was used to treat the whole face, including the melasma lesions. The fluence was adjusted individually and increased until erythema was developed on the laser-treated area. The treatment was performed five times with a 1-week interval. Non-invasive measuring methods, including a chromatometer, mexameter, cutometer, visioscan and a corneometer, were used before and after treatment.

W.L. Billhimer, J. Woodford, D. Butcher, K. Epplen, T. Neufarth, D. Houston, J. Bowman, Objective Evaluation of Moisturizer Effect on Skin Sensitivity and Barrier Integrity During Continued Insult Pressure, ISBS 2010 Buenos Aires, Argentina

Demonstrating the ability of a moisturizer to reduce skin sensitivity as it helps restore barrier integrity is a key part of product claims substantiation. Typical measures of sensitivity usually rely on subjective self-assessments while monitoring barrier disruption using TEWL during optimum seasonal periods for severe dry skin. This presentation introduces an objective, continuous skin insult model for evaluating moisturizer treatment effect on skin sensitivity and barrier integrity irrespective of season. This study evaluated the impact of two skin moisturizers on barrier integrity, neural sensitivity and surface texture during continued insult pressure. The formulas were evaluated in a randomized, double blind, two period crossover design using an exaggerated forearm wash model. Normal, healthy female volunteers were enrolled in this 5 week study. To damage the skin, during the first 4 days, subjects participated in standardized, exaggerated forearm washes (4x/day) on both arms. This was followed by 10 days of washing both arms twice a day to maintain the damage. During this period, the assigned product was applied to one arm (3x/day) to assess its efficacy while the other arm served as a control.

P.M.B.G. Maia Campos, M.D. Gianeti, D.G. Mercurio, L.R. Gaspar, Assessment of Protective Effects of Cosmetics with UV-Filters, Vitamins, Ginkgo Biloba and Red Alga Extracts using Biophysical and Skin Image Techniques, ISBS 2010 Bueno Aires, Argentina

The combination of UV filters with antioxidant substances and natural extracts with biological activity in terms of photoprotection can provide unique benefits to the skin, by increasing its protection against UV radiation and also by improving skin conditions. Thus, the aim of this study was the assessment of protective effects of cosmetic formulations containing UV-filters, vitamins, *Ginkgo biloba* and red alga *Porphyra umbilicalis* extracts by biophysical and skin image techniques. For this purpose, an emulsion was supplemented or not (F) with *Ginkgo biloba* extract (FG), or red alga *Porphyra umbilicalis* extract (FA), or the combination of these extracts and vitamins A, E and C (FGAV). These formulations were submitted to preliminary studies for the evaluation of Sun Protection Factor (SPF), which were carried out on a group of human volunteers according to the COLIPA methodology. After that, the formulations were applied on 10 human volunteers' forearm skin, followed by the analysis of their effects using biophysical and skin image techniques. This evaluation was done in terms of transepidermal water loss (TEWL) (Tewameter[®] TM 210), water content of the stratum corneum (Corneometer[®] CM 825), viscoelastic properties (Cutometer[®] SEM575), skin microrelief (Visioscan[®] VC 98) and the dermal thickness (Dermascan C[®]). The measurements were done before and after a 30 day-period of daily applications.

M.R. Pena Ferreira, P.C. Costa, F.M. Bahia, Efficacy of anti-wrinkle products in skin surface appearance: a comparative study using non-invasive methods, Skin Research and Technology 2010; 16; p. 444-449

Age has a huge influence on skin roughness; with increasing age, the number of collagen and elastine fibers is reduced and elasticity decreases significantly. Pharmaceuticals and cosmetics, environmental factors and lifestyle have an important effect on skin. In this study, the efficacy of 12 commercial anti-wrinkle products was evaluated using a direct non-invasive method to measure the skin surface morphology. Four clinical parameters surface evaluation of the living skin (SELS) (Ser, Sesc, Sesm and Sew) were evaluate using Visioscan VC 98. Two hundred and forty-eight healthy female volunteers, aged between 30 and 70 years, were chosen for this study. The duration of treatment was 28 days. Skin microrelief, parameters were evaluated using the Visioscan VC 98 – SELS 2000 from Courage + Khazaka.

S.M. Bertucci, L.S. Freitas, L.R. Gaspar, D.G. Mercurio, M.D. Gianeti, P.M. Maia Campos, Efficacy of Cosmetic Formulations Containing Green Tea and Ginkgo Biloba Extracts-Pre-Clinical and Clinical Studies, IFSCC 2010 Buenos Aires, Argentina

This research aims to evaluate the effects of cosmetic formulations containing green tea (*Camellia sinensis*) and/or *Ginkgo biloba* glycolic extracts by histopathological and histometric studies and also to evaluate the immediate and long-term effects on human skin using biophysical techniques and skin image analyses. The pre-clinical efficacy evaluation was performed by the application of the formulations on the dorsum of hairless mice once a day for 5 days. For the clinical studies, formulations under study were applied to the forearm skin of 48 volunteers, which was evaluated by biophysical techniques and skin image analyses according to the following parameters: stratum corneum water content, transepidermal water loss (TEWL), skin elasticity and viscoelastic-to-elastic ratio and skin micro-relief, before (basal values) and after 3 hours (immediate effects), 15 and 30 days (long term effects). The histological analysis showed the formulations containing green tea extract, alone or in combination with the *Ginkgo biloba* extract, provoked significant enhancement in viable epidermis thickness and in the number of cell layers, suggesting a moisturizing effect and an induction of cell renewal. The clinical efficacy studies showed that the extracts under study had a moisturizing effect and also acted synergistically on skin viscoelastic-to-elastic ratio, related to hydration of deeper epidermal layers.

T. Pavicic, C. Contini, P. Liekfeld, Dermokosmetika gegen Hautalterung, GD-Gesellschaft für Dermopharmazie e.V. 22.März 2010

Mit zunehmender Lebenserwartung und Aktivität bis ins hohe Alter wachsen die erwartungen an ein länger währendes jugendliches Aussehen. Eine gezielte kosmetische Prävention bringt

neben der Verbesserung des persönlichen Lebensgefühls auch sozio-ökonomische Vorteile im Sinne einer Vorbeugung krankhafter Hautveränderungen mit sich. Die zunehmende medizinische Bedeutung dermokosmetischer Produkte gegen Hautalterung betrifft Industrie, Medizin und Handel hinsichtlich Herstellung, Aufklärung und Produktauswahl. Zur Prävention und Milderung der Alterserscheinungen der Haut sollten Kosmetika Verwendung finden, deren Qualität gesichert ist, das heißt, galenische Eigenschaften, erwünschte und unerwünschte Wirkungen sollen hinreichend untersucht und dokumentiert sein.

*C. Selem, N. Delic, **Sphagnum Magellanicum Peat. Characterization and Proposal for Cosmetics Uses**, IFSCC 2010 Buenos Aires, Argentina*

This paper focuses on the characterization of Sphagnum Magellanicum peat, its properties and the different uses in cosmetic products. Studies were conducted to analyze the organic, inorganic and microbiological content of this material. The results determined that it is an important source of polyphenols with antioxidant capacity. It has anti-inflammatory action and is safe in contact with skin. It has germicide properties. Humic substances have a large capacity to retain multivalent ions forming metalorganic complexes acting as a natural organic sequestrant. Because the intensity of UV light absorption it can be used in the formulation of coloured sunscreen emulsions and taking into account the other properties tested in the development of others cosmetic products. Considering the results obtained we found that Sphagnum Magellanicum peat has interesting properties for being used in the cosmetic industry coupled with the benefit of this raw material which has the important property of being natural and organic.

*A. Thibodeau, **Anti-aging Skin Care Benefits of Saccharina longicuris Extract**, Cosmetics & Toiletries, Vol. 126, No. 3/March 2011*

Skin appearance and functionality are affected by a complex combination of factors including both genetic, i.e. intrinsic, and actinic, i.e. extrinsic or environmental. Indeed, genetic and actinic factors act together to modulate the expression of key genes involved in skin homeostasis. Intrinsic aging is genetically regulated and follows a chronological clock inside of cells, while environmental factors such as UV exposure, humidity and air pollutants are responsible for actinic aging. Together, genetic and actinic aging target important metabolic pathways in skin cells that trigger the signs of aging such as skin roughness and wrinkling. At a molecular level, it has been demonstrated that collagen synthesis is reduced in aged skin cells and in cells damaged by UV radiation.

*A. Thibodeau, P. Jacobs, S. Amari, **Olive oil fatty acids: positive effects for the skin**, Personal Care, March 2011, p. 51-57*

The skin is externally located and thus serves as a sheath separating internal organs from direct contact with the environment. The main roles of the skin are: protection from UV radiation (melanogenesis), immune defence and a barrier function preventing the penetration of foreign particles. Perhaps of greater importance, skin – especially the stratum corneum layer – is dynamically involved in the management of internal water levels. The first skin layer facing the external environment is the stratum corneum; the outermost layer of the epidermis. This histological section is predominantly represented by keratinocytes. The epidermis is constantly renewed through an upward movement – and differentiation – of keratinocytes originating from epidermal basal layers up to the stratum corneum.

*A. Thibodeau, P. Jacobs, S. Amari, **Biomimetic ingredient offers formulation benefits**, Personal Care, March 2011*

The skin is externally located and thus serves as a sheath separating internal organs from a direct contact with the environment. The main roles of the skin are: protection from UV radiation (melanogenesis), immune defence and a barrier function preventing the penetration of foreign particles. Perhaps of greater importance, skin – especially the stratum corneum layer – is dynamically involved in the management of internal water levels. The first skin layer facing the external environment is the stratum corneum; the outermost layer of the epidermis. This histological section is predominantly represented by keratinocytes. The epidermis is constantly renewed through an upward flow of keratinocytes originating from epidermal basal layers up to the stratum corneum.

*G. Mayeux, E. Xhaufaire-Uhoda, G.E. Piérard, **Patterns of aluminium hydroxychloride deposition onto the skin***, Skin Research and Technology, 2011

The normal stratum corneum (SC) is nearly impermeable except for some small size xenobiotics and a minute amount of water evaporating from its surface. This property supports the concept of a diffusional barrier function that may be weakened in some conditions. The remarkable barrier effect results from the highly organized structure of the SC. The predominant route for water passage is thought to reside in the intercorneocyte path composed of a complex mixture of lipids structured in rigid bilayer arrays. In practice, the measurement of transepidermal water loss (TEWL) is performed at rest in a cool environment in order to assess this physiological process. Under physical or emotional stress, TEWL is severely altered by sweating.

*G. Szepetiuk, S. Pierard, C. Piérard-Franchimont, M. Caucanas, P. Quatresooz, G.E. Piérard, **Recent trends in specular light reflectance beyond clinical fluorescence diagnosis***, Eur. J. Dermatol. 2011; p. 157-161

Under specific light illumination, particularly ultraviolet (UV) and near-UV light stimulation, the skin produces both specular light reflectance and, possibly, specific fluorescent emission. These properties offer diagnostic clues and disclose some peculiar functions of the skin. A series of superficial infections (erythrasma, some tinea capitis types, tinea/pityriasis versicolor, dermatophytoses, etc.) and pilosebaceous follicles enriched in *Propionibacterium spp* show fluorescence. This latter characteristic is downgraded or lost while on some anti-acne treatments. A quenching effect of fluorescence is observed following the application of sunscreens.

*C. Piérard-Franchimont, P. Quatresooz, G.E. Piérard, **Specular light reflectance of flakes in seborrhoeic dermatitis of the scalp: a pilot study***; Experimental dermatology 2011, p. 1-4

Seborrhoeic dermatitis and dandruff are common scalp conditions. In this study, we set out to explore a new method for rating both the severity of the scalp condition and the efficacy of scalp-care compounds. Scalp flakiness was sampled for 40 volunteers using adhesive-coated clear discs, with image analysis used to quantify the specular light reflectance (SLR) of the flakes. Two ultraviolet (UV)-emitting charge-coupled device cameras (Visioscan VC98 and Visiopor PP34) were used. SLR clearly highlighted the flakiness with high contrast against a black background, and the recorded appearance could be conveniently submitted to the image-analysis system for quantification. In conclusion, SLR under UV illumination highlights scalp flakiness, allowing objective measurements.

*G.E. Piérard, S. Seité, A. Rougier, P. Quatresooz, **Analytic assessment under ultraviolet light of actinic lentigines under bleaching treatment***, Journal of Cosmetic Dermatology, 10, 2011, p. 104-109

Actinic (solar) lentigines are melanitic tumors frequently developed during photoaging on the dorsum of the hands. Bleaching (whitening) agents are commonly offered to fade their darker aspect. In general, regular colorimetric methods show poor sensitivity to disclose any bleaching effect. The present randomized controlled study on 24 women was designed to objectively assess the clinical efficacy of a combination of bleaching agents on actinic lentigines. In the endeavour of improving sensitivity. The ultraviolet light-enhanced visualization (ULEV) method was used to derive analytical measurements of lentigo areas and darkness

*P. Quatresooz, F. Henry, P. Paquet, G.E. Piérard, **Photoaging under recreational sunbeds***, Skin Research and Technology 2011, 17; p. 309-313

Photoaging refers to light-induced changes in the skin that are superimposed to the alterations of intrinsic chronologic aging. Photoaging is induced by non-ionizing electromagnetic radiations, and is recognized by the combination of mottled skin melanoderma (MSM), coarse wrinkles, loss of skin firmness and solar elastosis. These changes are primarily due to chronic solar radiations. In addition, the importance of exposures to artificial sources of restricted light wavelengths is steadily increasing for lifestyle purposes in affluent cultural societies. The tanning bed procedure poses problems particularly in conditions of unsupervised and non-medical use.

G.E. Piérard, C. Piérard-Franchimont, P. Quatresooz, Field melanin mapping of the hairless scalp, Skin Research and Technology 2011, p. 1-5

Skin pigmentation may be altered in different ways by a variety of physiological and pathological conditions. The gross manifestations of such alterations are more frequent on sunexposed skin than on light-shielded areas. There are two ways in which white light is transformed into coloured light by interaction with skin chromophores. Light absorption by the skin commonly transforms light into other forms of energy. Scattering including reflection, refraction and diffraction redirect some segments of the incident light wavelengths. In clinical and experimental settings, a controlled procedure for recording optical imaging is mandatory for comparative purposes.

G.E. Piérard, C. Piérard-Franchimont, P. Humbert, Bioimpact of EGFR antagonists on the pilosebaceous follicles, Eur J Dermatol 2011, p. 1-4

Cancer patients under targeted chemotherapy to the epidermal growth factor receptor (EGFR) frequently suffer from unusual skin adverse events. In the past, these changes were globally qualified as a rash. Our aim was to assess objectively by non invasive bioinstrumentation some early structural and functional skin changes associated with EGFR inhibitor treatment. A series of 27 cancer patients aged 58-66 years were assessed using two ultraviolet light emitting CCD cameras, Visioscan and Visiopor. Assessments were performed on the foreheads at inclusion and therefore at weekly intervals for 2 months at most. No topical treatment was applied during the assessment period.

A. Wojcik, E. Budzisz, H. Rotsztejn, Skin surface lipids and their measurements, Post Dermatol Alergol 2011; XXVIII, 6: 498-505,

On the surface of the corneal layer there is a skin lipid coat, which is a mixture of sebum secreted by sebaceous glands and epidermal lipids synthesized by keratinocytes. The mixture of these substances mixed with the secretion of sweat glands makes up water in oil (W/O) emulsion, called a hydrolipid coat. It acts as a barrier and regulates processes of absorption and skin penetration of substances soluble in water and fats [1, 2].

P.M. Campos, D.G. Mercurio, M.D. Gianeti, A.T. Nobrega, In vitro antioxidant activity and clinical efficacy of cosmetic formulation containing chamomile extract, FAPESP

Botanical extracts have attracted great interest in the cosmetic area due to its rich composition and medicinal properties. Among these extracts, it can be mentioned the *Matricaria chamomilla* L. extract, which has been commonly used in cosmetics. Chamomile extract has being well studied once it presents therapeutic properties in terms of pharmacological applications. Various studies showed that chamomile have soothing, antiallergic, antioxidant and antiinflammatory effects. All of these properties are given by chamomile richest composition of organic components. It es added to the cosmetic formulations to provide skin moisturizing and smoothness.

Marine ingredients focus: a look at marine products, Personal Care, April 2012

The sea holds a huge amount of power and influence in the minds of humans. At once mysterious, alluring and terrifying, Earth's oceans also represent the birthplace of all life, both plant and animal, and are increasingly becoming a rich source of medical and personal care ingredients. In personal care, the popularity of marine-derived cosmetic ingredients is not only due to their efficacy, but also the connotations they come with. Consumers associate the sea with purity and freshness, two extremely important characteristics for personal care products, and skin care in particular. This is a deeply-ingrained association that has lead people to use sea flora as a skin care ingredient for many centuries as well as in soap, cleansers, and more recently shaving foams and shampoos.

M. Mateu, C. Davi, E. Canadas, A. Soley, R. Delgado, Effective ingredients from marine biotechnology, Personal Care, April 2012, p. 53-57

Cosmetic scientists are developing new ways to identify new natural sources, which enable innovative compounds with excellent cosmetic properties such as firming, restructuring, moisturising or anti-wrinkles. Biotechnology encompasses the use of microorganisms to come up with novel active ingredients that fulfil two of the demands that are leading trends in the cosmetic industry: natural and

sustainable. Besides, complex molecules can be obtained, which otherwise would be impossible due to technical or economic limitations. Our approach is to take advantage of biotechnology to develop cosmetic ingredients which are naturally occurring in non-genetically modified organisms, through sustainable production while preserving the environment, since there is no harvesting nor extracting from nature.

*R. Graf, K.-A. Reiffen, S. Anzali, U. Heinrich, H. Tronnier, H. Driller, F. Pfluecker, **In Vivo Anti-Aging Efficacy of a Cyclic Peptide Composition**, IFSCC Magazine 1, 2012, p. 23-27*

Aging affects the composition and morphological structure of the different compartments of the skin. Integrins, as an important family of transmembrane receptors, play a key role in cell-matrix interactions and are involved in cell signaling. Binding of specific ligands within the extracellular matrix to these receptors is a crucial step to maintain a vital tissue structure. For this reason a selective cyclic peptide containing an arginine-glycine-aspartic acid (RGD) sequence was designed for cosmetic application. The objective of the present work was to evaluate the binding efficiency of different RGD peptides to specific integrins.

*B.A. Khan, N. Akhtar, K. Waseem, T. Mahmood, A. Rasul, M. Iqbal, S.-U. Zaman, **Visio Scan® VC98, Corneometer MPA 5 and Tewameter MPA 5**, African Journal of Pharmacie and Phmatologie Vol. 6(3), p. 225-227, 22 January, 2012*

Human skin is the largest exposed area of our body. There are number of physiological changes which may occur in response to internal or external sources. Biophysical techniques have been extensively employed to study any changes in human skin physiology. Usually these bioengineering techniques are equipped with non-invasive probes. Visioscan, Corneometer and Tewameter are the most widely used techniques in the characterization parameters of skin physiology, like skin hydration, transepidermal water loss and skin wrinkles. This research covers all aspects of these parameters, in skin analysis.

*T. Hermanns-Lê, K. Al Rustom, C. Piérard-Franchimont, G.E. Piérard, S. Piérard, **Le “cheetah-look” Le phenotype guépard, face cache de la pigmentation mélanique innée du visage**, DERM ACTU No° 131 Mai-Juin 2012*

Au niveau du visage, trois types principaux de pigmentation physiologique peuvent être distingués. On identifie d'une part des mélanoses zonales ethniques comme la pigmentation orbitaire. D'autre part, le territoire facial peut comporter des zones mélaniques discrètes limitées par des lignes de démarcation coedifiées qui donnent un effet de “tigre-look” sous éclairage en lumière ultraviolette. Enfin, des mouche-tures relativement régulières, peuvent parsemer le visage, contribuant à un “cheetah-look” très particulier sous lumière ultraviolette. La lampe de Wood est un outil ancestral permettant des observations dans un spectre relativement étroit de lumière ultraviolette. Cet équipement centenaire a fait l'objet de transformations techniques nombreuses pour aboutir à des cameras de type Visioscan et Visiopor (C+K electronic, Cologne).

*N. Gerlach, M. Herling, U. Heinrich, H. Tronnier, **Kosmetisch-dermatologische Wirksamkeit und Verträglichkeit einer Dexpanthenol-haltigen Fußcreme**, Kosmetische Medizin 3.12*

Mit der Dexpanthenol-haltigen Fußcreme steht eine Fußpflege zur Verfügung, die zur Pflege der trockenen und empfindlichen Haut entwickelt worden ist. Sie zeichnet sich durch eine sehr gute feuchtigkeitsanreichernde Wirkung aus und trägt gleichzeitig zu einer Stabilisierung der Hautbarriere bei. Durch die pflegenden Eigenschaften konnten die Hautrauigkeit und Hautschuppigkeit deutlich gemildert werden und eine übermäßige Hornhaut wurde reduziert. Die pflegenden Eigenschaften, die gute Wirksamkeit und sehr gute Verträglichkeit der Dexpanthenol-haltigen Fußcreme spiegeln sich in der hohen Zufriedenheit und Akzeptanz der Probanden wieder.

*M. Farwick, J. Schild, M. Mentel, U. Maczkiewitz, T. Köhler, **Cyanidium caladarium algae extract: a multifunctional anti-aging cosmetic ingredient with profound in vitro activity on epidermal stem cells and dermal fibroblasts**, IFSCC 2012, 15-18 Oct. 2012, Sandton, South Africa*

The presented studies show unique and multifunctional anti-aging activity of an aqueous *Cyanidium caldarium* algae extract enriched in 4 aminobutyric acid (GABA). Activities were demonstrated in different in vitro cell culture models, and further substantiated in an in vivo cosmetic study. In order to elucidate the molecular mechanism of the *Cyanidium caldarium* extract, several in vitro assays were conducted on different skin cell culture models. The extract proved to be highly effective on all in vitro models employed, including stem cell-like epidermal keratinocyte progenitor cells, human dermal fibroblasts and reconstituted epidermis models. Results from in vitro gene expression experiments suggest that *Cyanidium caldarium* extract exerts several beneficial nutritional and protective effects on the molecular level, thereby promoting (i) maintenance of the skin's stem cell potential, (ii) overall strengthening of the dermal extracellular matrix architecture, and (iii) protection from UV-induced stress.

D. Tamburic, I. Macijauskaite, R. Parton, S. Williams, Assessing the efficacy of high-flavanol cocoa extract: does higher concentration work better?, IFSCC 2012, 15-18 Oct. 2012, Sandton, South Africa

It is well documented that antioxidants have a range of positive effects on human skin. However, there is a problem with their delivery to the site of action, an issue shared with most topical actives. Due to their chemical nature, antioxidants are also inherently unstable ingredients.

L. Heider, R. Graf, S. Anazli, S. Hitzel; Natural and bio-mimetic approaches to influence ageing, IFSCC 2012, 15-18 Oct. 2012, Sandton, South Africa

Skin ageing, an ongoing and complex process, is influenced by many factors. Most of the involved aspects can be categorized as photo ageing or external ageing and the chronological ageing or intrinsic ageing. However any type of ageing can also be of dramatic impact on histological skin changes. The following table lists the various ageing types their origin.

N. Waranuch, S. Maphanta, W. Wisuitiprot, Effect of microparticles containing green tea extract on facial skin improvement, ISBS Copenhagen 2012

To clinically evaluate an effectiveness of skin cream containing green tea extract loaded chitosan microparticles for facial wrinkle treatment. Method: Twenty-nine volunteers were randomly assigned to apply skin cream containing 1% green tea extract loaded chitosan microparticles (GT-Cs) and a placebo cream on each of their half faces for 8 weeks. Skin elasticity was evaluated by using Cutometer and the photographs of each half faces were also compared. Skin moisture and skin irritation were determined by Corneometer and transepidermal water loss (TEWL) respectively.

J. Kottner, M. Schario, N.G. Bartels, E. Pantchechnikova, K. Hillmann, U. Blume-Peytavi, Comparison of two in vivo measurements for skin surface topography, Skin Research and Technologie 2012; 0:1-7

Skin surface characteristics like roughness, scaliness or wrinkles are important diagnostic signs and outcomes in dermatological and cosmetological practice and research. Besides visual inspection and application of clinical scores more objective quantifications gained a lot of attention during the last decades (1, 2). 'Traditional' methods include the preparation of skin replicas with subsequent application of optical or mechanical profilometry (3, 4). Limitations of these methods are possible inhomogeneities, bubbles or artifacts of the replicas, possible interactions between the skin surface while generating the replicas and long drying times (2, 3, 5).

M. Estanqueiro, G. Bossolani, M.H. Amaral, J. Conceicao, D. Santos, J.M. Sousa Lobo, J.B. Silva, C.S.F. Gomes, Characterizing and Evaluating the Effectiveness of Volcanic Pumice Exfoliants, Cosmetics & Toiletries magazine Vol. 127, No. 11 November 2012

Human skin, more specifically facial skin, periodically needs a deep cleansing to remove not only the oily particles resulting from secretions, but also dead skin caused by desquamation of the epidermis. Cleansers are designed to remove dirt, sweat, sebum and oils from the skin, which helps to promote normal exfoliation and thereby rejuvenates the skin. However, the use of cleansers can lead to a reduction in the level of the natural moisturizing factor (NMF) of skin. Factors that reduce the water content can lead to changes in skin's viscoelasticity. Further, harsh cleansers such as

soaps can induce dryness, leading to scaly and rough skin. These effects may be much more severe during winter months when the air is cold and dry.

*C. Uhl, D. Khazaka, **Techniques for globally approved skin testing**, Personal Care April 2013*

In efficacy testing and claim support for cosmetic products, objective measurement systems became indispensable long ago, especially since subjective clinical assessments are often prone to bias and inter-observer variation. Without suitable instrumentation it is close to impossible to determine what a product is really doing for the skin. Those objective measurement methods and subjective evaluations are mutually dependent. No measurement can be performed without the subjective evaluation of the results by the user of such instrumentation. However, a pure subjective evaluation of the skin without appropriate measurement techniques is not able to achieve accurate results either. This relationship becomes clearer when looking for example at skin colour measurements. Subjectively, the human brain cannot process slight changes in colour, especially when the colours are not viewed side by side, but at different points in time. Instrumental measurement however will clearly detect such slight changes. The achieved result must then be interpreted in context with the expected outcome or the hypothesis. For this, you will always need a knowledgeable and experienced person because 'a fool with a tool is still a fool', as the late Albert Kligman used to say. This relationship between objective measurement and subjective evaluation is not only true for the determination of differences in skin colour, but also for all other skin measurement parameters important for the cosmetic industry.

*J.W. Choi, S.H. Kwon, C.H. Huh, K.C. Park, S.W. Youn, **The influences of skin visco-elasticity, hydration level and aging on the formation of wrinkles: a comprehensive and objective approach**, Skin Research & Technologie, 2013 Feb;19(1): p. 349-55*

Background: Various skin parameters including skin visco-elasticity and hydration level affect the formation of wrinkles. Objective: The aim of this study was to investigate the comprehensive and objective relationship between age, skin visco-elasticity, hydration level, and the occurrence of wrinkles using bioengineering equipments for the first time. Methods: A total number of 97 healthy women were included in this study. Age, Fitzpatrick skin type, skin mechanical parameters obtained with Cutometer(R0~R9), hydration level measured with Corneometer, as well as wrinkle parameters (SEsm, SEr, SEsc, and SEw) assessed with Visioscan, were analyzed with the Pearson's correlation test. Results: The skin fluidity (R6) increased while the elastic recovery ratio (R7) decreased with the age. The wrinkle parameter (SEw) also increased with the age. The higher skin hysteresis values (R4 and R9) coincided with the higher SEw values. Skin hydration significantly lowered the hysteresis (R9), the wrinkles (SEw), and the depth of wrinkle furrows (R3mr). Conclusion: The elderly have less elastic skin and more wrinkles. Skin hysteresis most closely related with the degree of wrinkles. Drier skin showed more wrinkles and deeper furrows, with wider intervals. On the basis of these objective findings, we propose several skin parameters associated with wrinkles, and hypothesize the mechanism of wrinkle generation.

*A. Dzwigalowska, A. Solyga-Zurek, R.M. Debowska, I. Eris, **Preliminary study in the evaluation of anti-aging cosmetic treatment using two complementary methods for assessing skin surface**, Skin Research and Technology 2013; 19: 155-161*

Background/purpose: One of the constantly developing fields in the area of cosmetology is the analysis of the efficacy of cosmetic products. Various instrumental techniques are available nowadays to evaluate changes in skin surface and measure anti-wrinkle activity. The aim of our study was to present and confront two methods of the analysis of skin surface, Primos and Visioscan, regarding their applicability in evaluating anti-wrinkle properties of cosmetic formulations and treatments. Methods: The study was performed on women, taking part in anti-wrinkle cosmetic treatments. Various skin aging parameters were analyzed, including skin surface changes. The results obtained with Visioscan and Primos were compared regarding their usefulness in anti-wrinkling properties assessment.

Y. Gao, X. Wang, S. Chen, S. Li, X. Liu, **Acute skin barrier disruption with repeated tape stripping: an in vivo model for damage skin barrier**, Skin Research and Technology 2013; 19: 162-168

Purpose: To establish a model of standardized acute barrier disruption, investigate the response of normal human to repeated tape stripping, and analyze the change of damaged skin with non-invasive examination techniques for skin, such as TEWL and squamometry. Methods: Repeated tape stripping with corneofix was applied on three different anatomical sites, the measurement of TEWL was performed on the baseline and after every 5 strips. Then the samples of corneofix were analyzed using Visioscan VC98 and squamometry.

T. Hermanns-Lê, C. Piérard-Franchimont, G.E. Piérard, **Scrutinizing skinfield melanin patterns in young Caucasian women**, 2013 Informa Healthcare UK

In humans, melanocytes and their melanin production are responsible for the phototype-related skin color. Two chemically distinct types of melanins are present in the skin, namely an insoluble black-brown eumelanin and an alkali soluble red-yellow pheomelanin. The microenvironment within the melanosomes where these pigments are formed is critically important. Indeed, the varied skin hues depend largely on the chemical nature, amount and distribution of melanin pigments produced in melanosomes and transferred to keratinocytes. The overall system appears organized in each epidermal melanin (EMU) corresponding to a functional entity composed of a single melanocyte and its related neighbor keratinocytes into which melanosomes are transferred [1].

G.E. Pierard, C. Franchimont, P. Delvenne, **The thousand and one facets of actinic keratosis**, Dermatology Laboratory and Clinical Research, Nova Biomedical; ISBN: 978-1-62808-106-0

Introduction: Actinic (or solar) keratosis (AK) is a common photoinduced neoplasm. It is a biologically benign condition. However, it represents the initial clinical step of a disease continuum observed on chronically photodamaged skin leading to a peculiar type of invasive squamous cell carcinoma (SCC). This cancer has limited metastatic potential [1], and is tentatively more specifically named "actinic carcinoma" (AC). When considering AK, the older terms "senile keratosis" and "senile keratoma" have been abandoned as clinical designations because the age of the individual is not an essential feature.

K. Myer, H. Maibach, **Stratum corneum evaluation methods: overview**, Skin Research and Technology 2013; 19; 213-219

Background/purpose: The stratum corneum serves as a main barrier for the skin, minimizing water loss and regulating absorption of substances. Because of its surface location, it is readily available for analysis. Consequently, many techniques are amenable to investigating its content and function. Here, we review the methods employed to evaluate the stratum corneum and its function. Methods: We reviewed Pubmed and Embase search results for 'stratum corneum, 'method, 'methods, 'technique, 'and 'evaluation' and extracted pertinent articles that discussed ways to examine the stratum corneum and its constituents. Results: Traditional and novel methods vary by accuracy, ease of use, time requirements, cost, invasiveness, and equipment requirements.

M. Schweitzer, K. Stang, **A Physiological Experiment for Skin Research on ISS**, Kayser-Threde GmbH 2013 & DLR

SKIN-B is an experiment set for non-invasive investigation of changes of skin hydration, skin barrier function and skin surface structure of astronauts before, after, and during space flight. Professor Dr. Heinrich and Dr. Nicole Gerlach from Derma Tronnier, Institute for Experimental Dermatology at Witten-Herdecke University, hope to derive conclusions from the data on the effects of weightlessness on the astronaut's skin, inner organs, and on physiological changes to the skin to be expected during long-term missions. In comparison to the precursor experiment SkinCare (2006) the experiment set has been substantially improved by Kayser-Threde: An enhanced ultra-violet camera was chosen to obtain sharper images. Operation was made easier since the experiment can now be operated from a space station laptop via USB ports and with a software adapted for this specific purpose. Use of the ISS board laptop also allows experiment data to be transferred to Earth directly.

*N. Gerlach, H. Grosch-Rafalski, M. Wiebusch, U. Heinrich, H. Tronnier, H. Tronnier, **Skin physiological experiments in space**, Poster Dermatol Experimental Dermatology*

Over the duration of a long-term microgravity space flight, human bodies undergo dramatic changes. Impairments due to circulatory and vestibular disturbances of the equilibrium are the prevalent medical side effects astronauts suffer from. These are followed by dermatological problems. The effects of microgravity on skin reported by crewmembers are slow healing of contusions and lacerations, dryness and cracking as well as rashes and itchiness.

*D.G. Mercurio, T.A.L. Wagemaker, P.M.B.G Maia Campos, **Effects of sun exposure habits on skin aging: a multivariate analysis**, ISBS, Milan 15-16.10.2013*

Summary: Skin exposure to ultraviolet (UV) radiation is related with molecular, morphological, structural and clinical changes on the skin, which characterizes photoaging. However, there are few studies that correlate sun exposure habits and objective measurements using biophysical and skin image techniques. Thus, the aim of this study was to evaluate the influence of the sun exposure habits on the biophysical and morphological characteristics of aged skin using multivariate analysis. For this, 40 healthy female volunteers (aged between 18- 30 or 40-65 years) filled a questionnaire concerning their sun exposure and protection habits during different periods of their lives. The characterization of the skin of dorsal and volar forearms was performed using objective measurements by biophysical and skin image techniques in terms of transepidermal water loss, direct measurement of the skin topography, viscoelasticity, dermis thickness and echogenicity, and structure and morphology of the epidermis by in vivo Reflectance Confocal Microscopy. Principal Component Analysis (PCA) of the values of each parameter was used to visualize the relationship between variables and groups. According to the PCA analysis, the sun exposure habits are directly related to increased dermis thickness, reduced echogenicity and elasticity.

*F. Fanian, S. Mac-Mary, A. Jeudy, T. Lihoreau, R. Messikh, J.-P. Ortonne, J.-M. Sainthillier, A. Elkhyat, A. Guichard, K.H. Kenari, P. Humbert, **Efficacy of micronutrient supplementation on skin aging and seasonal variation: a randomized, placebo-controlled, double-blind study**, Clinical Interventions in Aging Journal, 14 November 2013*

Background: Several studies have confirmed dramatic changes in skin surface parameters during the winter months. Although there are many studies supporting the positive effects of topical treatment, there are no published studies demonstrating the effects of oral supplementation in the prevention of negative skin changes during winter. The purpose of this study was to evaluate the efficacy of an oral micronutrient supplement in preventing the negative effects of winter weather on skin quality using noninvasive biometrologic instruments.

Methods: This study included 80 healthy female volunteers aged 35–55 years with phototype II–IV skin. Randomization was balanced. Two tablets of a micronutrient supplement (Perfectil® Platinum) or placebo were administered once daily for 4 months. The volunteers were examined at baseline, after 4 months, and 6 weeks after termination of treatment (month 5.5). The evaluation included skin microrelief by Visioscan® as the main outcome, and the secondary outcomes were results on standard macrophotography, skin tension by Reviscometer®, skin high-frequency ultrasound, and self-assessment.

Controlled usage study to evaluate efficacy of an anti-aging product, Lifeline Skin Care Information 2013

The purpose of this study is to evaluate the performance of an anti-aging eye cream product intended to increase skin firmness and reduce the appearance of fine lines, wrinkles and crow's feet in the peri-orbital area when tested over a 28 and 56 day period. Wrinkle assessment was conducted instrumentally using a Visioscan image analysis system. Elasticity and viscoelastic properties of the skin were measured as a function of flexibility and firmness employing a Cutometer. In addition product effectiveness was subjectively evaluated using panelist self-assessment via questionnaire responses.

J. Kottner, L. Ludriksone, N.G. Bartels, U. Blume-Peytavi, **Do Repeated Skin Barrier Measurements Influence Each Other's Results? An Explorative Study**, *Skin Pharmacology and Physiology* 2014; 27:90-96

Abstract: Background: Biophysical skin measurement techniques are widely used to quantify the skin barrier function. In clinical research usually several parameters are subsequently measured in the same skin areas. In this study, possible interfering effects of subsequent measurement procedures on transepidermal water loss (TEWL), stratum corneum hydration (SCH) and skin surface pH were investigated. Methods: An exploratory study was conducted. Twelve young (mean age 32.9 ± 7.2 years) and 12 elderly (mean age 68.3 ± 2.5 years) subjects without any skin diseases were enrolled. The parameters TEWL, skin surface pH, SCH, sebum content, and surface evaluation of living skin were obtained successively in pairs from 4 contralateral volar forearm skin areas.

G.E. Piérard, C. Piérard-Franchimont, S. Piérard, **Visioscan-Driven ULEV Method**, *Non Invasive Diagnostic Techniques in Clinical Dermatology*; Springer Berlin Heidelberg 2014; ISBN 978-3-642-32108-5

Introduction: Melanocytes and their melanins govern the phototype-related color palette of the skin. Indeed, the color palette of the skin largely depends on the molecular nature and amount of melanins (eumelanin and pheomelanin) and on the size, shape, and distribution of melanosomes produced by melanocytes and transferred into keratinocytes. Such combinations define what could be called the individual melanotype. The epidermal melanin unit refers to a microscopic functional entity composed of one single melanocyte and its adjacent keratinocytes into which the melanosomes are transferred. Chronic ultraviolet (UV) light exposures represent positive stimulatory signals to the epidermal melanin units. In such instance, both the active melanocytes are increased in number, and each individual melanocyte is stressed to produce more melanins. In addition, melanosome transfer from melanocytes to adjacent keratinocytes is boosted through the intervention of the protease-activated receptor 2 [1].

X. Li, C. Galzote, X. Yan, L. Li, X. Wang, **Characterization of Chinese body skin through in vivo instrument assessments, visual evaluations, and questionnaire: influences of body area, inter-generation, season, sex, and skin care habits**, *Skin Research and Technology* 2014; 20: 14-22

Background/Purpose: The varying influence of multiple factors (e.g., aging, sex, season, skin care habits) on skin structure and function necessitates study within ethnic groups to fully characterize their skin. Methods: Men and women aged 40-50 years ($n=43$) and their consanguineous same sex-children, aged 18-25 years ($n=43$), living in Chengdu, China were enrolled in this single center, non-interventional study. Volunteers attended two study visits (summer, 2010 and winter, 2011) at which dermatologists measured transepidermal water loss (TEWL), skin hydration, sebum secretion, fine lines/roughness, melanin/erythema, temperature, and color, and clinically graded participants' skin.

C. Trojahn, M. Schario, G. Dobos, U. Blume-Peytavi, J. Kottner, **Reliability and validity of two in vivo measurements for skin surface topography in aged adults**, *Skin Research and Technology* 2014; 0: 1-7

Background: The non-contact optical methods phaseshift rapid in vivo measurement of skin (PRIMOS) and surface evaluation of living skin (SELS) are widely applied for measuring skin surface topography. The aims of the present study were to evaluate reliability and validity of these methods and to compare skin roughness intraindividually. Methods: SELS and PRIMOS measurements were performed on four skin areas of the left and right volar forearms in 12 healthy elderly subjects. Reliability and correlations were analyzed for Visioscan_ and PRIMOS roughness parameters. Student's t-tests for estimating differences between contralateral volar forearm sites were applied.

C. Trojahn, G. Dobos, M. Schario, L. Ludriksone, U. Blume-Peytavi, J. Kottner, Relation between skin micro-topography, roughness, and skin age, Skin Research and Technology 2014; 0: 1–7

Background: The topography of the skin surface consists of lines, wrinkles, and scales. Primary and secondary lines form a network like structure that may be identified as polygons. Skin surface roughness measurements are widely applied in dermatological research and practice but the relation between roughness parameters and their anatomical equivalents are unclear. This study aimed to investigate whether the number of closed polygons (NCP) per measurement field can be used as a reliable parameter to measure skin surface topography. For this purpose, we analysed the relation between skin surface roughness parameters and NCP in different age groups. Methods: Images of the volar forearm skin of 38 subjects (14 children, 12 younger, and 12 older adults) were obtained with the VisioScan VC98. The NCP was counted by three independent researchers and selected roughness parameters were measured. Interrater reliability of counting the number of closed polygons and correlations between NCP, roughness parameters, and age were calculated.

B. Tyszczyk, B. Szczepanik, R.K. Mlosek, S. Malinowska, R. Debowska, K. Rogiewicz, I. Eris, The high frequency ultrasound as a tool for the assessment of anti-cellulite treatments efficacy, IFSCC 2014 Paris

Cellulite is nowadays a common aesthetical defect, which affects most of women worldwide. Taking into consideration the size of this phenomenon cosmetic industry is searching a new ways of fighting against it and new diagnostic tools and methods to measure anti-cellulite therapy's efficacy. Unfortunately reliable monitoring of anti-cellulite treatment still remains a problem. However, new diagnostic techniques such as high frequency ultrasound (HFUltrasound) imaging can be useful tool for the assessment of cellulite-reducing efficacy of cosmetics therapy.

L.T. Fox, J. du Plessis, M. Gerber, S. van Zyl, B. Boneschans, J.H. Hamman, In Vivo skin hydration and anti-erythema effects of Aloe vera, Aloe ferox and Aloe marlothii gel materials after single and multiple applications, Phcog Mag 2014;10: p. 392-403

Objective: To investigate the skin hydrating and anti-erythema activity of gel materials from Aloe marlothii A. Berger and A. ferox Mill. in comparison to that of Aloe barbadensis Miller (Aloe vera) in healthy human volunteers. Materials and Methods: Aqueous solutions of the polisaccharidic fractions of the selected aloe leaf gel materials were applied to the volar forearm skin of female subjects. The hydration effect of the aloe gel materials were measured with a Corneometer® CM 825, Visioscan® VC 98 and Cutometer® dual MPA 580 after single and multiple applications. The Mexameter® MX 18 was used to determine the anti-erythema effects of the aloe arial solutions on irritated skin areas. Results: The A. vera and A. marlothii gel materials hydrated the skin after a single application, whereas the A. ferox gel material showed dehydration effects compared to the placebo. After multiple applications all the aloe materials exhibited dehydration effects on the skin. Mexameter® readings showed that A. vera and A. ferox have anti-erythema activity similar to that of the positive control group (i.e. hydrocortisone gel) after 6 days of treatment. Conclusion: The polysaccharide component of the gel materials from selected aloe species has a dehydrating effect on the skin after multiple applications. Both A. vera and A. ferox gel materials showed potential to reduce erythema on the skin similar to that of hydrocortisone gel.

J.Y. Park, T.G. Lee, J.Y. Kim, M.C. Lee, Y.K. Chung, W.J. Lee, Acellular Dermal Matrix to Treat Full Thickness Skin Defects: Follow-Up Subjective and Objective Skin Quality Assessments, Arch Craniofac Surg Vol.15 No.1, 2014, p. 14-21

Background: There are several options for replacement of the dermal layer in fullthickness skin defects. In this study, we present the surgical outcomes of reconstruction using acellular dermal substitutes by means of objective and subjective scar assessment tools. Methods: We retrospectively reviewed the medical records of 78 patients who had undergone autologous split-thickness skin graft with or without concomitant acellular dermal matrix (CGDerm or AlloDerm) graft. We examined graft survival rate and evaluated postoperative functional skin values. Individual comparisons were performed between the area of skin graft and the surrounding normal skin. Nine months after surgery, we compared the skin qualities of CGDerm graft group (n=25), AlloDerm graft group (n=8) with skin graft only group (n=23) each other using the objective and subjective measurements.

Results: The average of graft survival rate was 93% for CGDerm group, 92% for AlloDerm group and 86% for skin graft only group. Comparing CGDerm grafted skin to the surrounding normal skin, mean elasticity, hydration, and skin barrier values were 87%, 86%, and 82%, respectively. AlloDerm grafted skin values were 84%, 85%, and 84%, respectively. There were no statistical differences between the CGDerm and AlloDerm groups with regard to graft survival rate and skin functional analysis values. However, both groups showed more improvement of skin quality than skin graft only group. Conclusion: The new dermal substitute (CGDerm) demonstrated comparable results with regard to elasticity, humidification, and skin barrier effect when compared with conventional dermal substitute (AlloDerm).

K.H. Yoo, T.R. Kwon, S.Y. Kim, Y.S. Song, Y.S. Cheon, Y.M. Kim, I.K. Yeo, E.J. Ko, K. Li, M.N. Kim, B.J. Kim, Observation of in vivo morphologic changes after carbon dioxide ablative fractional laser in a mouse model using noninvasive imaging modalities and comparison with histologic examination, Photochem Photobiol. 2014 Nov-Dec;90(6): p. 1423-1426

Ablative fractional carbon dioxide (CO₂) lasers have been widely used for several types of cosmetic dermatosis. A number of previous studies have evaluated this technique in animals or human beings by observing morphologic changes using an invasive modality such as skin biopsy. In this study, we assessed in vivo skin changes after CO₂ ablative fractional laser treatment in a mouse model using noninvasive imaging modalities (Folliscope® and Visioscan 98®), and each results was compared with data from histologic examination. An ablative fractional CO₂ laser was applied with different pulse energy between 7 to 35 mJ/microspot. As results of above methods, we also confirmed that the CO₂ ablative fractional laser generated injuries with increasing width and depth with increasing pulse energy. Although numerous papers have described application of this laser in vivo skin specimens, our study evaluated the feasibility of using relative noninvasive imaging modalities for assessing the outcome of laser ablation. Based on our data, we suggest that these technologies may be useful alternative modalities for assessing laser ablation that are easier to perform and less invasive than skin biopsy.

A. Ali, N. Akhtar, F. Chowdhary, Enhancement of human skin facial revitalization by moringa leaf extract cream, Postep Derm Alergol 2014; XXXI, 2: p. 71–76

Introduction: Solar ultraviolet exposure is the main cause of skin damage by initiation of reactive oxygen species (ROS) leading to skin collagen imperfection and eventually skin roughness. This can be reduced by proper revitalization of skin enhancing younger and healthier appearance. Aim: To evaluate the skin facial revitalization effect of a cream formulation containing the *Moringa oleifera* leaf extract on humans. Material and methods: Active cream containing 3% of the concentrated extract of moringa leaves was developed by entrapping in the inner aqueous phase of cream. Base contained no extract. Skin revitalizing parameters, i.e. surface, volume, texture parameters and surface evaluation of the living skin (SELS) were assessed comparatively after application of the base and active cream on human face using Visioscan® VC 98 for a period of 3 months. Results: Surface values were increased by the base and decreased by the active cream. Effects produced for the base and active cream were significant and insignificant, respectively, as observed in the case of surface. Unlike the base, the active cream showed significant effects on skin volume, texture parameters (energy, variance and contrast) and SELS, SE_r (skin roughness), SE_{sc} (skin scaliness), SE_{sm} (skin smoothness), and SE_w (skin wrinkles) parameters. Conclusions: The results suggested that moringa cream enhances skin revitalization effect and supports anti-aging skin effects.

G.E. Piérard, T. Hermanns-Lê, S.L. Piérard, L. Dewalque, C. Charlier, C. PiérardFranchimont, P. Delvenne, In vivo skin fluorescence imaging in young Caucasian adults with early malignant melanomas, Clinical, Cosmetic and Investigational Dermatology 2014;7 p. 225–230

Background: Human cutaneous malignant melanoma (CMM) is an aggressive cancer showing a dramatic worldwide increase in incidence over the past few decades. The most prominent relative epidemiological increase has been disclosed in young women. The aim of the study was to assess the effects of chronic sun exposures in order to rate the extend of melanocytic stimulations in the vicinity of CMM. Methods: The study was designed to evaluate the melanin distribution and density using ultraviolet light illumination. The present study was performed on surgical excision

specimens of thin CMM lesion removed from the upper limbs of 55 Caucasian adults (37 women and 18 men). Two control groups comprised 23 men and 21 women of similar ages who had medium-size congenital melanocytic nevi, also present on the upper limbs. The peritumoral skin was scrutinized using a Visioscan® VC98 device, revealing the faint mosaic melanoderma (FMM) pattern that grossly indicates early signs of chronic photodamage in epidermal melanin units. Results: The median extent of relative FMM was significantly higher in the CMM male group. By contrast, the CMM female group showed a reverse bimodal distribution in FMM size. Only 12/37 (32.5%) of the CMM female group had an increased FMM size, whereas 25/37 (67.5%) of females with CMM had a global FMM extent in the normal range, relative to the controls. Conclusion: Thin CMM supervening in young women appear unrelated to repeat photoexposure. Other mechanisms are possibly involved.

G.W. Nam, J.H. Baek, J.S. Koh, J.K. Hwang, The seasonal variation in skin hydration, sebum, scaliness, brightness and elasticity in Korean females, Skin Research and Technology 2015; 21: 1-8

Background/purpose: Age, gender, regional, and ethnic differences influence skin conditions. The purpose of this study was to observe the effects of environments, especially the air temperature, relative humidity, air pressure, duration of sunshine, and precipitation on skin and the seasonal variation in skin hydration, sebum, scales, brightness, and elasticity in Korean females.

C. Uhl, D. Khazaka; Claims and measurement methods for hair and scalp; Personal Care March 2015

Hair diversity (style, shape, growth pattern or colour) is one of the most important features to define us physically. Therefore it is no surprise that the market of hair care products with a value of US\$39 billion is one of the most important sectors in the complete area of cosmetic products. Hair care products for women are the most frequently bought and used cosmetic products of all. Shampoos and conditioners are leading in the field. For men, hair care is the most important and favoured sector of all cosmetics.

G. Piérard, D. Khazaka, G. Khazaka, Sunscreen remanence on the skin: a noninvasive real time in vivo spectral analysis assessing the quenching of specular ultraviolet A light reflectance, Journal of Cosmetic Dermatology, 15,3-9

Background: Under specific light illumination, particularly ultraviolet radiation (UVR), the skin produces both specular light reflectance and, possibly, specific fluorescent emission. A quenching effect of fluorescence is observed following the application of sunscreens active against UVA radiations. Aims: To assess noninvasively in a real-time process, the potential sunscreen remanence/substantivity after application on the skin. Methods: The Visiopor® device was used in a real-time procedure after application of sunscreens to the skin. A quenching effect of follicular fluorescence due to bacterial porphyrins was evaluated at 30-min intervals. The Visioscan® device was used as a distinct UVA emitter in a control procedure of spectral analysis of specular UVR emission and reflectance by dermal fibers. Results: Under UVA-1 irradiations, facial skin produced different patterns of specular UVR reflectance and fluorescent emission as well. The porphyrin-related follicular fluorescence was instantly abated by UVA blockers present in sun care products. The potential sunscreen remanence/substantivity was assessed by the follicular and interfollicular fluorescence recurrence all along the next hours.

G. Dobos, A. Gefen, U. Blume-Peytavi, J. Kottner, Weight-bearing-induced changes in the microtopography and structural stiffness of human skin in vivo following immobility periods, Wound Rep Reg (2015) 23; 37-43

Abstract: Pressure ulcers (PUs) are injuries to the skin and underlying tissues, caused by sustained deformations and occur frequently in aged patients. Skin microtopography and stiffness affect the interaction of skin with contact surfaces contributing to PU development. We simulated immobility in 20 healthy females (mean age 69.9 years). Skin microtopography and stiffness were measured at the PU predilection sites before and after loading. Skin roughness decreased at the heels by 18.1% after 90 minutes (p=0.022), but remained unchanged at the sacrum and the upper back. Structural elasticity and elastic deformations increased at all skin areas; changes over time

were significant at the sacrum (p50.005) and the heel, (p50.002). The residual skin deformation increased at all skin areas after loading significantly at the sacrum (32.0%, p50.013) and upper back (20.6%, p50.007). The structural “biological” elasticity of the skin decreased significantly at the upper back after loading, but remained unchanged at the heels. All skin changes recovered after unloading. Results indicate that prolonged loading causes structural skin changes in humans in vivo in PU predilection sites. The pathogenesis of PUs is different at the heels, the sacral and upper back skin.

F. Hashmi, C. Wright, C. Nester, S. Lam, The reliability of non-invasive biophysical outcome measures for evaluating normal and hyperkeratotic foot skin, Journal of Foot and Ankle Research (2015) 8:28

Background: Hyperkeratosis of foot skin is a common skin problem affecting people of different ages. The clinical presentation of this condition can range from dry flaky skin, which can lead to fissures, to hard callused skin which is often painful and debilitating. The purpose of this study was to test the reliability of certain non-invasive skin measurement devices on foot skin in normal and hyperkeratotic states, with a view to confirming their use as quantitative outcome measures in future clinical trials. Methods: Twelve healthy adult participants with a range of foot skin conditions (xerotic skin, heel fissures and plantar calluses) were recruited to the study. Measurements of normal and hyperkeratotic skin sites were taken using the following devices: Corneometer® CM 825, Cutometer® 580 MPA, Reviscometer® RVM 600, Visioline® VL 650 Quantiride® and Visioscan® VC 98, by two investigators on two consecutive days. The intra and inter rater reliability and standard error of measurement for each device was calculated. Results: The data revealed the majority of the devices to be reliable measurement tools for normal and hyperkeratotic foot skin (ICC values > 0.6). The surface evaluation parameters for skin: SEsc and SEsm have greater reliability compared to the SER measure. The Cutometer® is sensitive to soft tissue movement within the probe, therefore measurement of plantar soft tissue areas should be approached with caution. Reviscometer® measures on callused skin demonstrated an unusually high degree of error. Conclusions: These results confirm the intra and inter rater reliability of the Corneometer®, Cutometer®, Visioline® and Visioscan® in quantifying specific foot skin biophysical properties.

C. Trojahn, G. Dobos, A. Lichterfeld, U. Blume-Peytavi, J. Kottner, Characterizing Facial Skin Ageing in Humans: Disentangling Extrinsic from Intrinsic Biological Phenomena, BioMed Research International, Volume 2015

Facial skin ageing is caused by intrinsic and extrinsic mechanisms. Intrinsic ageing is highly related to chronological age. Age related skin changes can be measured using clinical and biophysical methods. The aim of this study was to evaluate whether and how clinical characteristics and biophysical parameters are associated with each other with and without adjustment for chronological age. Twenty-four female subjects of three age groups were enrolled. Clinical assessments (global facial skin ageing, wrinkling, and sagging), and biophysical measurements (roughness, colour, skin elasticity, and barrier function) were conducted at both upper cheeks. Pearson’s correlations and linear regression models adjusted for age were calculated.

L. Phetcharat, K. Wongsuphasawat, K. Winther, The effectiveness of a standardized rose hip powder, containing seeds and shells of Rosa canina, on cell longevity, skin wrinkles, moisture, and elasticity, Clinical Interventions in Aging 2015:10, p. 1849–1856

Objective: To evaluate the effects of a rose hip powder (Hyben Vital®) made from seeds and shells on cell senescence, skin wrinkling, and aging. Methods: A total of 34 healthy subjects, aged 35–65 years, with wrinkles on the face (crow’sfeet) were subjected to a randomized and double-blinded clinical study of the effects of the rose hip powder, as compared to astaxanthin, a well-known remedy against wrinkles. During the 8-week study, half of the participants ingested the standardized rose hip product, while the other half ingested astaxanthin. Objective measurements of facial wrinkles, skin moisture, and elasticity were made by using Visioscan, Corneometer, and Cutometer at the beginning of the study, after 4 weeks, and after 8 weeks. Evaluation of participant satisfaction of both supplements was assessed using questionnaires. In addition, the effect of the rose hip preparation on cell longevity was measured in terms of leakage of hemoglobin through red cell membranes (hemolytic index) in blood samples kept in a blood bank for 5 weeks. Significance of all values was

attained with $P \leq 0.05$. Results: In the double-blinded study, the rose hip group showed statistically significant improvements in crow's-feet wrinkles ($P, 0.05$), skin moisture ($P, 0.05$), and elasticity ($P, 0.05$) after 8 weeks of treatment. A similar improvement was observed for astaxanthin, with P -values 0.05, 0.001, and 0.05. Likewise, both groups expressed equal satisfaction with the results obtained in their self-assessment. The rose hip powder further resulted in increased cell longevity of erythrocyte cells during storage for 5 weeks in a blood bank. Conclusion: Results suggest that intake of the standardized rose hip powder (Hyben Vital®) improves aging-induced skin conditions. The apparent stabilizing effects of the rose hip product on cell membranes of stored erythrocyte cells observed in this study may contribute to improve the cell longevity and obstructing skin aging.

L. Tadlock, M. Winterscheid, N. Koski, S. Rapaka, M. Kearney, K. Wisuri, K. Ortblad, Assessment of the efficacy of a sonic device and pedicure regimen through clinical measures of skin roughness and smoothness, JAAD, May 2015, Volume 72, Issue 5, Supplement 1, p. AB22

Dry, rough skin on the soles and heel of the feet are a common problem ...

K.C. Lee, J. Dretzke, L. Grover, A. Logan, N. Moiemmen, A systematic review of objective burn scar measurements, Lee et al. Burns & Trauma (2016) 4:14

Abstract: Background: Problematic scarring remains a challenging aspect to address in the treatment of burns and can significantly affect the quality of life of the burn survivor. At present, there are few treatments available in the clinic to control adverse scarring, but experimental pharmacological anti-scarring strategies are now beginning to emerge. Their comparative success must be based on objective measurements of scarring, yet currently the clinical assessment of scars is not carried out systematically and is mostly based on subjective review of patients. However, several techniques and devices are being introduced that allow objective analysis of the burn scar. The aim of this article is to evaluate various objective measurement tools currently available and recommend a useful panel that is suitable for use in clinical trials of anti-scarring therapies.

C. Trojahn, Struktur- und Funktionsparameter zur Quantifizierung der Hautalterung, Dissertation Juni 2016 Charité Berlin

Die Hautalterung wird durch intrinsische und extrinsische Faktoren verursacht. Um strukturelle und funktionelle Veränderungen während der Hautalterung quantitativ zu untersuchen, sind reliable und valide Parameter unerlässlich. Im Rahmen dieser Arbeit wurden die Reliabilität und Validität verschiedener Parameter zur Quantifizierung der Oberflächentopographie und Dyspigmentierung in verschiedenen Altersgruppen untersucht. Außerdem wurden Zusammenhänge zwischen biophysikalisch gemessenen und klinisch bewerteten Parametern berechnet. Schließlich wurden für die Nutzung der optischen Kohärenztomographie (OCT) neue Parameter entwickelt um strukturelle Unterschiede zwischen junger und alter Haut zu quantifizieren.

M. Kanlayavattanukul, N. Lourith, P. Chaikul, Jasmine rice panicle: A safe and efficient natural ingredient for skin aging treatments, Journal of Ethnopharmacology, Volume 193, 4 December 2016, p. 607-616

Ethnopharmacological relevance: While rice is one of the most important global staple food sources its extracts have found many uses as the bases of herbal remedies. Rice extracts contain high levels of phenolic compounds which are known to be bioactive, some of which show cutaneous benefits and activity towards skin disorders. This study highlights an assessment of the cellular activity and clinical efficacy of rice panicle extract, providing necessary information relevant to the development of new cosmetic products. Materials and methods: Jasmine rice panicle extract was standardized, and the level of phenolics present was determined. *In vitro* anti-aging, and extract activity towards melanogenesis was conducted in B16F10 melanoma cells, and antioxidant activity was assessed in human skin fibroblast cell cultures. Topical product creams containing the extract were developed, and skin irritation testing using a single application closed patch test method was done using 20 Thai volunteers. Randomized double-blind, placebo-controlled efficacy evaluation was undertaken in 24 volunteers over an 84 d period, with the results monitored by Corneometer® CM 825, Cutometer® MPA 580, Mexameter® MX 18 and Visioscan® VC 98. Results: Jasmine rice panicle extract was shown to have a high content of p-coumaric, ferulic and caffeic acids, and was

not cytotoxic to the cell lines used in this study. Cells treated with extract suppressed melanogenesis *via* tyrosinase and TRP-2 inhibitory effects, which protect the cell from oxidative stress at doses of 0.1 mg/ml or lower. The jasmine rice panicle preparations (0.1-0.2%) were safe (MI=0), and significantly ($p < 0.05$) increased skin hydration levels relative to baseline. Skin lightening, and anti-wrinkle effects related to skin firmness and smoothness were observed, in addition to a reduction in skin wrinkling. Improvements in skin biophysics of both 0.1% and 0.2% extracts were showed to be comparable ($p > 0.05$). Conclusions: Jasmine rice panicle extract having high levels of phenolics shows cutaneous benefits as the basis for skin aging treatments, as indicated through *in vitro* cytotoxicity assessments and skin testing in human subjects.

A.I. Arshad, S.H. Khan, N. Akhtar, Formulation Development of Topical Cream loaded with Ananas Comomus Extract: in vivo Evaluation for Changes in Skin barrier Function using Biophysical Techniques, Acta Pol Pharm. 2016 Mar-Apr;73(2): p. 485-94

The prime objective of current investigation was to develop a topical skin care cream (w/o) loaded with Ananas comosus extract versus placebo control, and evaluated non-invasively for changes in skin barrier function i.e., epidermal hydration levels and transepidermal water loss (TEWL), on healthy human volunteers. Active cream carrying 2% extract of Ananas comosus in the internal phase of w/o emulsion was prepared while placebo contained no extract. Stability assessment of both creams was performed at various storage conditions 8, 25, 40 degrees C, 40 degrees C + 75% RH (relative humidity) and 50 degrees C. Effects on epidermal hydration and TEWL were observed by applying active cream at one side and placebo on the other side of face by 11 healthy human volunteers during 12 weeks period using Corneometer MPA5 and Tewameter MPA5. Results indicated that both creams (active and placebo) remained stable at all storage conditions. All samples manifested non-Newtonian, shear thinning behavior with increasing shear rate, whereas statistical interpretation indicated that effects of active cream were superior than placebo, as it significantly ($p = 0.05$) improves the epidermal hydration levels up to 56.74% and reduces TEWL up to -73.19% at the end of study period compared to baseline value. The surface evaluation of living skin (SELS) parameters S_{Er}, S_{Esc}, S_{Esm}, S_{Ew} were also assessed and indicated a significant ($p = 0.05$) reduction. Conclusively, creams loaded with Ananas comosus extract exhibit better physicochemical stability and represent a propitious improvement in skin barrier function, used as a functional moisturizing and anti-aging ingredient in topical skincare products.

S. Sawatzky, M. Schario, A. Stroux, L. Lunnemann, T. Zuberbier, U. Blume-Pevtavi, N. Garcia Bartels, Children with Dry Skin and Atopic Predisposition: Outcome Measurement with Validated Scores for Atopic Dermatitis, Skin Pharmacol Physiol. 2016;29(31): p. 148-56

Background: Dry skin is a common skin condition in childhood. Few studies exist investigating the influence of daily skin care on dry skin in infants at risk of developing atopic dermatitis (AD). We aimed to assess the effect of skin care on dry skin in this special cohort using validated scores for AD and analysis of skin microtopography. Methods: 43 children were randomized to group 1 (G1) and group 2 (G2) and 22 infants to group 3 (G3). During 16 weeks, G1 and G3 applied daily a plant-based emollient and G2 a petrolatum-based emollient. The core outcome was assessed by Severity Scoring of Atopic Dermatitis (SCORAD) and Patient-Oriented SCORing Atopic Dermatitis (PO-SCORAD). The influence on the parents' life was evaluated by a questionnaire and microtopography by Visioscan® VC 98. Results: The SCORAD index declined significantly until week (W) 16 in all groups ($p < 0.041$). The sleeplessness score analyzed by PO-SCORAD was highly reduced after W12 in G1 and after W16 in G2 ($p < 0.030$). The influence on the parents' anxiety was reduced in G3 at W12 and W16 ($p = 0.016$). The Visioscan parameter scaliness strongly diminished at W4 ($p < 0.049$) and W16 ($p < 0.013$) in all groups. Conclusions: This trial demonstrates improved skin conditions and sleep following daily emollient application in infants and children having dry skin and being at risk of AD. Especially parents of infants showed a reduced fear that their children might develop AD. Further studies are required to investigate the preventive effect of daily emollient therapy in this special cohort evaluating the outcome measures used in this trial.

A. Abdul Karim, A. Azlan, A. Ismail, P. Hashim, S.S. Abd Gani, B.H. Zainudin, N.A. Abdullah, **Efficacy of cocoa pod extract as antiwrinkle gel on human skin surface**, J Cosmet Dermatol. 2016 Sep;15(3): p. 283~95

Objective: Cocoa pods are abundant waste materials of cocoa plantation, which are usually discarded onto plantation floors. However, due to poor plantation management, the discarded cocoa pods can create suitable breeding ground for *Phytophthora palmivora*, which is regarded as the causal agent of the black pod disease. On the other hand, cocoa pods potentially contain antioxidant compounds. Antioxidant compounds are related to the protection of skin from wrinkles and can be used as functional cosmetic ingredients. Therefore, in this study, cocoa pods were extracted and to be used as active ingredients for anti-wrinkles. Methods: The active compounds in cocoa pod extracts (CPE) were screened using liquid chromatography mass spectrometry (LC-MS). Fibroblast cells were used to determine the effective concentration of CPE to maintain the viability for at least 50% of the cells (EC50). The gel was tested by 12 panelists to determine the efficacy of CPE in gel form using Visioscan to reduce skin wrinkles and improve skin condition. Results: CPE was detected to contain malic acid, procyanidin B1, rosmarinic acid, procyanidin C1, apigenin, and ellagic acid, all of which may contribute to functional cosmetic properties of CPE. The EC50 value of cocoa pod extracts was used to calculate the amount of CPE to be incorporated into gel so that the formulated product could reach an effective concentration of extract while being non-intoxicant to the skin cell. The results showed that CPE is potential ingredient to reduce wrinkles. Skin wrinkles reduced at $6.38 \pm 1.23\%$ with the application of the CPE gel within 3 weeks and significantly improved further ($12.39 \pm 1.59\%$) after 5 weeks. The skin hydration increased ($3.181 \pm 1.06\%$) after 3 weeks of the CPE gel application. Conclusion: Flavonoid compounds in CPE contributed to the functional cosmetic properties of CPE. The CPE which is nontoxic to skin cells help to reduce wrinkles on skin after 3 weeks of application. CPE can be used as the active ingredients in antiwrinkle products, and prolonged application may result in significant visual changes to the naked eyes.

M.Z. Helmi Rozaina, A. Ahmad, A. Idris, C.F. Low, M.E. Abdul Wahid, **The antioxidant effect of Beackea frutescence microemulsions dietary supplements on skin absorption studies**, Acta Biomaterialia Odontologica Scandinavica, 2016 Vol. 2, No. 1, p. 86–92

Objective: To study the effect of two different microemulsions containing Beackea frutescence supplements composed of nerolidool, selenium and vitamin E on absorption effect related to skin health and skin aging. Materials and methods: A total of 39 volunteers with normal and healthy skin were divided into three groups (n ¼ 13) and supplemented for a period of 12 weeks. Group 1 received a mixture of lutein (3 mg/day), lycopene (3 mg/day), a-tocopherol (10 mg/day), selenium (75 lg/day) and b-nerolidool (4.8 mg/day) and Group 2 was supplemented with a mixture of b-nerolidool (4.8 mg/day), lycopene (6 mg/day), selenium (75 lg/day) and a-tocopherol (10 mg/day). Group 3 was the placebo control. Wrinkling, smoothness, scaling and roughness of the skin were determined by Surface Evaluation of Living Skin (Visioscan). Results: Upon supplementation, serum levels of selected nerolidool increased in both groups. Skin thickness and density were determined by ultrasound measurements. A significant increase for both parameters was determined in the serum groups. Roughness and scaling were improved by the supplementation with antioxidant micronutrients. In the placebo group, no changes were found for any of the parameters. Conclusion: Beackea frutescence microemulsion supplements have shown significant change in the texture of human skin as well as scaling, wrinkling, smoothness and roughness were improved by the supplementation.

M. Mendes Fossa Shirata, P.M. Berardo Gonçalves Maia Campos, **Importance of texture and sensorial profile in cosmetic formulations development**, Surg Cosmet Dermatol 2016;8(3): p. 223-30

Introduction: The evaluation of the clinical efficacy of cosmetic formulations in real conditions of use is indispensable and the correlation of these results with texture and sensory profile analyses is necessary because impacts directly in the continuity of cosmetic treatment. Objective: The evaluation and correlation of the texture and sensorial profile, and clinical efficacy of cosmetic formulations containing alfafa oligosaccharides, cassava polysaccharides and sunscreens. Methods: It was evaluated the texture and sensorial profile, and clinical efficacy of formulations through biophysical and

imaging analysis techniques. Results: The methods presented a good correlation, because formulation added with sunscreens and active ingredients provided better spreadability and sensorial properties. The assessment of clinical efficacy was coherent with the sensory analysis once the "skin smoothness" parameter could be proven with the increase of hydration and improvement of skin microrelief. Conclusions: The application and correlation of the used techniques enabled the definition and obtainment of a formulation with sensory acceptance and proven clinical efficacy in the improvement of texture and skin hydration. Thus, this study provides contribution in dermatological area, once an appropriate sensory favors the adherence to the use of the product and the consequent treatment success.

K. Asaoka, S. Endo, Y. Suzuki, S. Komuro, T. Nemoto, M. Kaku, Hand hygiene using a new hand-cleansing formulation without sanitizers: Effect on Staphylococcus aureus removal and recovery of properties against skin damage, American Journal of Infection Control 44 (2016) p. 129-132

Background: Staphylococcus aureus is known to form a biofilm and colonize on damaged skin of the hands. We investigated changes in the quantity of S aureus on the hands and changes in skin damage when using a hand-cleansing formulation with potassium oleate but without a sanitizer (formulation A), which is highly effective in removing S aureus biofilm and causes minimal skin damage. Material and Methods: The participants (14 medical staff members) used 2 types of hand-cleansing formulations (formulations A and B), each for 4 weeks. S aureus of the hands was cultured from swab samples on agar plates. Surface of hands was measured using an ultraviolet light microscope. Results and Discussion: The quantity of S aureus after using formulation A for 4 weeks was $10^8 \pm 005$ CFU/mL, a statistically significant decrease from the quantity of S aureus ($10^{159} \pm 019$ CFU/mL) just before use ($P = .029$). Also, dryness of hand surfaces decreased. With formulation B, the quantity of S aureus did not significantly change from before to after use ($P > .05$). This presumably occurs because formulation A gently removes S aureus biofilm. Conclusions: Formulation A removed S aureus from the hands of participants, and skin damage on the hands improved.

A. Formann, Eine Interventionsstudie mit dem Nahrungsergänzungsmittel Pycnogenol® und dessen physiologische und molekular-genetischen Auswirkungen auf postmenopausale Frauen, Dissertation an der medizinischen Fakultät der Heinrich-Heine-Universität, Düsseldorf, 2016

Die Haut ist mit einer Fläche von circa 1,5 bis 2 m² das größte Organ des menschlichen Körpers.

T. Fujimura, Y. Shimotoyodome, T. Nishijima, K. Sugata, H. Taguchi, S. Moriwaki, Changes in hydration of the stratum corneum are the most suitable indicator to evaluate the irritation of surfactants on the skin, Skin Research and Technology 2017; 23: 97-103

Background/Purpose: Irritancy levels of surfactants on human skin have not been clarified completely. The relationships between skin damage and changes of skin properties caused by various surfactants were investigated using noninvasive measurements.

Interview with G. Mildau, The Challenge of Proving Claims, COSSMA 3 | 2017, p. 48-51

Regulations: Cosmetic claims are a complex topic. Which ones are legal and when do they go too far? This is part II of our interview with the organiser of the Cosmetic Days in Karlsruhe where 140 experts discussed all the ins and outs of the topic.

D. G. Mercurio, Clinical scoring and instrumental analysis to evaluate skin types, Clinical and Experimental Dermatology, 38, 302–309

Background. The biology of the skin is very complex, and there are a number of methods used to classify the different skin types. It is possible to measure or quantify the characteristics of the specific skin types, using a variety of techniques that can objectively evaluate the properties of the skin in a noninvasive manner.

A. Thiemann, M. Salmina-Petersen, S. Grone, J. Jdnichen, **For Blemish-free Skin**, COSSMA 4, 2017, p. 36-40

Dr. Straetmans' experience in alternative cosmetic preservation, especially with the company's Dermosoft Antimicrobials, led to the development of the range Dermosoft Decalact, a series of cosmetic raw materials with proven efficacies against skin disorders caused by certain microorganisms

M. Cocera, R. Saldana, G. Rodriguez, L. Barbosa-Barros, O. Lopez, **Multi-target delivery to eliminate dark spots**, PERSONAL CARE EUROPE, April 2017, p. 137 - 142

Skin pigmentation results from the synthesis and distribution of melanin in the skin. Increased melanin production is a result of either UV exposure or various disorders characterised by the appearance of dark spots on the skin. These dark spots, also called age spots, are permanent and increase over time with ageing, being one of the main concerns of middle-aged women all over the world, and especially in Asia.

S. Mac-Mary, J.-M. Sainthillier, P. Humbert, **Mesure instrumentale de l'hydratation cutanée**, EMC - Cosmétologie et Dermatologie esthétique, June 2017

L'eau joue un rôle fondamental dans les propriétés physiques de la peau en permettant d'assurer sa solidité, sa flexibilité et une perméabilité minimale pour que l'eau endogène puisse jusqu'à la surface cutanée activer les enzymes responsables de la desquamation. Dans la couche cornée, elle est fixée sur des substances hydrosolubles et hygroscopiques intracellulaires appelées *natural moisturizing factors*. Cette eau représente l'aspect statique de l'hydratation cutanée.

Y. Xu, R. Ma, J. Juliandri, X. Wang, B. Xu, D. Wang, Y. Lu, B. Zhou, D. Luo, **Efficacy of functional microarray of microneedles combined with topical tranexamic acid for melisma - A randomized, self-controlled, split-face study**, Medicine 2017

To evaluate the efficacy of a functional microarray of microneedles (MNs) plus topical tranexamic acid (TA) for melasma in middleaged women in China. Thirty female subjects with melasma were enrolled in this study. The left or right side of the face was chosen randomly to be pretreated with a functional microarray of MNs, followed by topical 0.5% TA solution once per week for 12 weeks. The other half-face was the control, treated with a sham device plus topical 0.5% TA solution. At baseline and at weeks 4, 8, and 12 of treatment, clinical (photographic) evaluations and parameters determined by Visia were recorded. At baseline and week 12, patient satisfaction scores and the biophysical parameters measured by Mexameter were also recorded. Side effects were evaluated at baseline and at the end of the 12 weeks. In total, 28 women (93.3%) completed the study. The brown spots' scores measured by Visia were significantly lower on the combined therapy side than on the control side at 12 weeks after starting treatment; there was no significant difference between sides at 4 or 8 weeks. After 12 weeks, melanin index (MI) decreased significantly in both 2 groups, and the MI was significantly less on the combined side at week 12. Transepidermal water loss, roughness, skin hydration, skin elasticity, and erythema index showed no significant differences between 2 sides at baseline, 4, 8, and 12 weeks after treatment. Physicians' evaluations of photographs showed better results at week 12with combined therapy: >25% improvement was observed in the MNs plus TA side in 25 patients, and in the TA side in only 10 patients. Subjective satisfaction scores on both sides increased significantly. The participants were more satisfied with the results of the combined therapy side than the control side. No obvious adverse reactions were observed throughout the study. Combined therapy with a functional microarray of MNs and topical TA solution is a promising treatment for melasma.

K. Bazela, R. Debowska, B. Tyszczyk, K. Rogiewicz, I. Eris, **Noninvasive Techniques for Anti-cellulite Product Efficacy Evaluation**, www.cosmeticsandtoiletries.com, December 2017

Cellulite is considered an endocrine metabolic microcirculatory disorder that causes interstitial matrix alterations and structural changes in subcutaneous adipose tissue. It is localized mainly on the thighs, buttocks and occasionally the abdomen, and it is characterized by an orange peel or cottage cheese appearance. Approximately 85% of women worldwide are concerned by cellulite. Although the cellulite pathogenesis is not fully understood, a variety of circulatory and structural

changes have been identified that contribute to the orange peel appearance of the skin. First, the capillary networks of the dermis are impaired from the breakdown in blood vessel integrity, which causes fluid retention and clumping of engorged fat cells in the subcutaneous tissue. The aggregation of adipose cells and the growth of collagen fibrils further hamper microcirculation, leading to dermal metabolism reduction. Moreover, dermal thinning occurs in response to minimized protein synthesis and reduced degradation. Adipose cells isolated from nutrition and toxins removal swell to micronodules that finally agglomerate to macronodules. Cellulite is a concern for many women. Therefore, appropriate research to investigate treatment options and objective methods measuring its efficacy are warranted. The present study aims to evaluate the efficacy of an anti-cellulite product using noninvasive investigation techniques. The key skin condition parameters measured include moisturization, roughness and the thickness of subcutaneous tissue.

T. Tomova-Simitchieva, A. Lichterfeld-Kottner, U. Blume-Peytavi, J. Kottner, Comparing the effects of 3 different pressure ulcer prevention support surfaces on the structure and function of heel and sacral skin: An exploratory cross-over trial, International Wound Journal, 2017; p. 1–9

Special support surfaces are key in pressure ulcer prevention. The aim of this study was to measure the effects of 3 different types of mattresses (reactive gel, active alternating air, basic foam) on skin properties of the sacral and heel skin after 2 hours loading. Fifteen healthy females (median age 66 years) were included. Transepidermal water loss, skin surface temperature, erythema, stratum corneum hydration, epidermal hydration, skin extensibility, elastic function, and recovery as well as skin roughness parameters were measured under controlled room conditions before loading, immediately after loading, and 20 minutes postloading in the supine position on the different mattresses. The highest increases in transepidermal water loss, skin temperature, and erythema were observed for the foam mattress after loading, indicating higher deformation and occlusion. Cutaneous stiffness decreased in all 3 groups, indicating structural changes during loading. There was a substantial decrease of mean roughness at the heel skin in the foam group, leading to a flattening of the skin surface. Study results indicate that the type of support surface influences skin structure and function during loading. The gel and air mattress appeared to be more protective compared with the foam mattress, but the differences between the gel and air were minor.

J. Kottner, V. Kanti, G. Dobos, E. Hahnel, A. Lichterfeld-Kottner, C. Richter, K. Hillmann, A. Vogt, U. Blume-Peytavi, The effectiveness of using a bath oil to reduce signs of dry skin: A randomized controlled pragmatic study, International Journal of Nursing Studies 65 (2017), p. 17–24

Background: Dry skin (xerosis cutis) is increasingly recognized as a relevant health problem in daily life and in health and nursing care. The use of bath additives such as oils is common to reduce dry skin, but empirical evidence supporting this practice is limited. Objectives: The aim of this study was to investigate the effectiveness of using a bath oil additive in improving skin barrier function and ameliorating dry skin in comparison to non-oil containing skin cleansers for bathing or showering. Design: Single centre randomized observer blind pragmatic parallel group trial. Settings: Out-patient/community care. Participants: Volunteers showing clinically mild to moderate dry skin recruited from the city of Berlin. Methods: Healthy children and adults were randomly assigned to use either a commercially available bath oil or to continue using their regular non-oil containing skin cleansers every other day over a study period of 28 days. Skin barrier parameters and the severity of dry skin were assessed at baseline and at two follow-up visits at the study centre. Transepidermal water loss was the primary outcome. Results: All sixty participants randomized completed the trial. Median age was 32.5 (IQR 8.3 to 69) years. At the end of study the mean transepidermal water loss in the intervention group was statistically significant lower compared to the control group (mean difference 1.9 (95% CI 3.1 to 0.8) g/m²/h). Stratum corneum hydration was statistically significantly higher in the intervention group at the end of the study. Skin surface pH and roughness were comparable in both groups and remained unchanged, while both groups showed a trend to improvement in dry skin symptoms. Conclusions: This pragmatic trial provides empirical evidence that the regular use of the investigated bath oil is effective in improving the skin barrier function in children and adults with mild dry skin when used in routine skin care and supports its use as a basic element for the management of a broad spectrum of dry skin conditions.

*U. Schlossberger, T. Jansen, **Wirksamkeit eines neuartigen transdermalen Applikationssystems in der Therapie von gealterter und chronisch lichtgeschädigter Haut**, Dermatologie am Alter Markt, Köln, Germany*

In einer offenen Pilotstudie wurde die Wirksamkeit eines neuartigen transdermalen Applikationssystems (Dermadrop®, Omega Diagnostics GmbH, Reinbek), bei dem mit Hilfe von hochkonzentriertem Sauerstoff definierte Wirkstoffe wie Hyaluronsäure in die Dermis eingebracht werden, bei Frauen mit gealterter und chronisch lichtgeschädigter Haut untersucht. Die Applikation erfolgte nach einem standardisierten Protokoll konsekutiv in 3 Sitzungen im Abstand von 1 Woche in der Periorbital- und der Oberlippenregion. Die Evaluierung fand vor Therapiebeginn, dann wöchentlich jeweils vor der Applikation sowie 1 Woche nach der letzten Applikation statt. An festgelegten Meßpunkten kamen biophysikalische Methoden zur Bestimmung verschiedener Hautfunktionsparameter wie SELS-Verfahren (Visioscan®), Cutometrie und Corneometrie (Courage u. Khazaka, Köln) zur Anwendung. Die klinischen Befunde wurden im Verlauf mit Hilfe von digitaler Photographie dokumentiert und miteinander verglichen. Die objektiven Befunde wurden mit der subjektiven Probandenzufriedenheit, die anhand von standardisierten Fragebögen ermittelt wurde, korreliert. Die Ergebnisse der Studie geben erste Hinweise auf die Wirksamkeit des Dermadrop®-Verfahrens in der Therapie von gealterter und chronisch lichtgeschädigter Haut. Es handelt sich um ein neuartiges dermatologisch-ästhetisches Therapiesystem, das eine Penetration von unterschiedlichen Wirkstoffen nicht-invasiv und schmerzfrei in die Dermis ermöglicht. Weitere Untersuchungen zur Evaluierung der Wirksamkeit des transdermalen Applikationssystems bei verschiedenen Indikationen sind vorgesehen.

*N. Cameli, **Platelet-rich plasma injections show efficacy in facial skin biostimulation**, Dermatologic Surgery, June 2017 - Volume 43 - Issue 6 – p. 826–835*

Background: Platelet-rich plasma (PRP) is an emerging treatment in dermatology recently proposed for skin rejuvenation. Objective: To evaluate the efficacy and safety of autologous pure PRP dermal injections on facial skin rejuvenation, investigating the cellularity of PRP samples. Materials and Methods: Twelve patients underwent 3 sessions of PRP injection at 1-month intervals. The clinical and instrumental outcomes were evaluated before (T0) and 1 month (T1) after the end of treatment by means of transepidermal water loss, corneometry, Cutometer, Visioscan, and Visioface. A flow cytometry characterization on PRP and peripheral blood (PB) samples was performed. Results: Clinical and patient evaluation showed improvement of skin texture. Skin gross elasticity, skin smoothness parameters, skin barrier function, and capacitance were significantly improved. No difference between PRP and PB lymphocyte immunological asset was observed. A leukocyte population (mainly CD3⁺) and neutrophils depletion were documented in all the PRP samples. Conclusion: This instrumental study demonstrated that PRP poor in leukocytes can provide objective improvements in skin biostimulation. Flow cytometry showed no variability among the PRP samples using a reproducible separation system and a low content in proinflammatory cells. Although a pilot study, it may be helpful for future investigations on PRP cellularity.

*N. Cameli, M. Mariano, I. Cordone, E. Abril, S. Masi, M.L. Foddai, **Autologous Pure Platelet-Rich Plasma Dermal Injections for Facial Skin Rejuvenation: Clinical, Instrumental, and Flow Cytometry Assessment**, Dermatol Surg. 2017 Jun;43(6): p. 826-835*

Background: Platelet-rich plasma (PRP) is an emerging treatment in dermatology recently proposed for skin rejuvenation. Objective: To evaluate the efficacy and safety of autologous pure PRP dermal injections on facial skin rejuvenation, investigating the cellularity of PRP samples. Material and Methods: Twelve patients underwent 3 sessions of PRP injection at 1-month intervals. The clinical and instrumental outcomes were evaluated before (T0) and 1 month (T1) after the end of treatment by means of transepidermal water loss, corneometry, Cutometer, Visioscan, and Visioface. A flow cytometry characterization on PRP and peripheral blood (PB) samples was performed. Results: Clinical and patient evaluation showed improvement of skin texture. Skin gross elasticity, skin smoothness parameters, skin barrier function, and capacitance were significantly improved. No difference between PRP and PB lymphocyte immunological asset was observed. A leukocyte population (mainly CD3) and neutrophils depletion were documented in all the PRP samples. Conclusion: This instrumental study demonstrated that PRP poor in leukocytes can provide objective

improvements in skin biostimulation. Flow cytometry showed no variability among the PRP samples using a reproducible separation system and a low content in proinflammatory cells. Although a pilot study, it may be helpful for future investigations on PRP cellularity.

M.P. Wakeman, An open-label forearm-controlled pilot study to assess the effect of a proprietary emollient formulation on objective parameters of skin function of eczema-prone individuals over 14 days, *Clinical, Cosmetic and Investigational Dermatology* 2017;10, p. 275–283

Background: This study examines the efficacy of a new plant-based emollient and assesses product acceptability. Methods: Primary efficacy endpoints were improvement in transepidermal water loss, hydration, skin elasticity and firmness, erythema, and skin roughness and smoothness as measured using the versions of Tewameter, Corneometer, Cutometer, Mexameter, and Visioscan VC98, respectively. The cream was applied twice daily by 32 participants to an area of one forearm unaffected by eczema, while the same area of the other forearm was used as a control. Measurements were taken at day 0 and day 14. Secondary endpoints assessed the acceptability of the product. Results: At the end of 2 weeks, transepidermal water loss, hydration, skin elasticity and firmness, erythema, and skin roughness and smoothness improved. All changes were statistically significant ($p < 0.01$). The rate of satisfaction with the emollient properties was 82%, and the rate of absorption into the skin was 88%. Results show that the emollient hydrates and repairs eczema-prone skin with high levels of acceptability.

U. Magnet, C. Urbanek, D. Gaisberger, E. Tomeva, E. Dum, A. Pointner, A.G. Haslberger, Topical equol preparation improves structural and molecular skin parameters, *Int J Cosmet Sci*, 2017 Oct;39(5): p. 535-542

Objective: Equol has been shown to improve skin health and regeneration, due to its antioxidative, phytoestrogenic and epigenetic characteristics. The effects of a topical intervention on skin structure, telomere length and epigenetic markers in skin cells were analysed. Methods: Sixty-four participants were divided in four groups and three of them treated topically with the following: emulsion with Equol powder (Isoflavandiol-E-55-RS®); emulsion with microencapsulated Equol (Vesisorb® Isoflavandiol-E-55-RS®) and an emulsion with lecithin (Vesisorb® placebo). A control group of 6 volunteers did not receive any intervention. The active compound was a 0.5% equol-racemate. For 58 participants, all samples were collected. Structural analysis, molecular analysis and questionnaires were performed at the start of the study and after 8 weeks of intervention, twice a day. Structural skin parameters were analysed by Visioscan® VC 98 and Cutometer® dual MPA 580. Molecular analyses from epidermal cells collected by skin stripping of the forehead included telomere length and LINE-1 methylation, following DNA extraction, bisulfite conversion and qPCR as well as high-resolution melting curve analysis. Effects of nutrition and lifestyle habits were evaluated with a standardized food and lifestyle questionnaire. Results and Discussion: The surface analysis showed significant improvements in skin roughness, skin texture and skin smoothness after both interventions. Cutometer® dual MPA 580 measurement revealed improvement of skin firmness and elasticity parameters for both preparations. A decrease in mean LINE-1 methylation (n.s.) and telomere length (sign. $P < 0.05$) was observed in the sample group with age. In the treated groups, significantly longer telomeres were observed after intervention. Whether changes in telomere length reflect changes in the regulation of telomerase, epigenetic interactions or turnover of keratinocytes needs further research. Stability and availability of preparations in skin seems to be high as not many significant differences in the activity of pure or encapsulated substances were seen. Conclusion: The results of this study indicate that equol has beneficial effects on structural as well as molecular skin parameters and encourages further investigations to decipher the epigenetic regulation of skin ageing and interactions of equol.

N. Lall, N. Kishore, B. Fibrich, I.A. Lambrechts, In vitro and In vivo Activity of Myrsine africana on Elastase Inhibition and Anti-wrinkle Activity, *Pharmacogn Mag*, 2017 Oct-Dec;13(52): p. 583-589

Background: Myrsine africana (MA) is a plant traditionally used in South Africa to treat various diseases. Objective: The ethanolic extract of MA, was used for in vitro and in vivo studies to deter-

mine its elastase inhibitory activity. **Materials and Methods:** MA and its isolated compound, myrsinoside B, were tested in vitro for their elastase inhibitory activity. The MA extract was also evaluated for mutagenicity using two strains of *Salmonella typhimurium* (TA 98 and TA 100), microbial count, metal analysis, and stability. In vivo studies included irritancy and wrinkle reduction trials using Visioscan and Visioface. **Results:** The leaf extract showed good elastase inhibition with a 50% inhibitory concentration (IC₅₀) of 28.04 µg/ml. Myrsinoside B inhibited the elastase enzyme at an IC₅₀ of 4.68 ± 0.34 µg/ml. No colony growth observed during mutagenicity studies and it was concluded that MA ethanolic extract is a nonmutagen. MA extract was found to be a nonirritant during the patch test clinical trial. MA was found to contain negligible amounts of microorganisms and heavy metals. Gel cream containing MA crude extract was found to be stable for 2 years when kept at temperatures below 30°C. In clinical trials (in vivo), it was found that the test product containing 5% ethanolic extract of MA was effective in reducing wrinkles after application 2 times a day for 14 days and 28 days compared to the placebo aqueous cream. **Conclusion:** MA is effective in reducing the appearance of wrinkles. **Summary:** This is a first time report of the elastase inhibitory potential of *Myrsine africana* and myrsinoside B and the anti-wrinkle potential of *Myrsine africana*. *Myrsine africana* ethanolic extract effectively inhibited the elastase enzyme. *Myrsine africana* was effective in in vivo studies to reduce the appearance of wrinkles after 14 days.

P. Asawaworarit, S. Chuanchaiyakul, N. Kamanamool, T. Piyavechvirat, M. Udompataikul, The Comparative Study of Topical Therapy on Striae Alba between a Herbal Extract Cream and 0.1% Tretinoin Cream in Adolescence, J Med Assoc Thai, 2017 Jan;100(1): p. 93-99

Background: Striae are commonly developed in adolescence as a result of active growth spurt. Although they create little physical health issue, they are cosmetic concerns to the patients. Effective striae treatment can help improve their mental health and personality. **Objective:** To compare the effects of a herbal extract cream and 0.1% tretinoin cream in the treatment of striae alba. **Material and Method:** Forty eight participants aged between 10 - 19 years old, with striae alba at their thighs were randomized into two groups. Each group was separately treated with 0.1% tretinoin and herbal extract for 16 weeks. The width, length and surface roughness of the lesions were assessed including histological evaluation and participants' satisfaction. **Results:** Thirty nine participants completed the study after 16 weeks. Compared to initial lesions, the striae width was reduced by 9.01% (p = 0.002) in tretinoin group and 13.09% (p<0.001) in herbal extract group. The length was reduced by 9.54% in tretinoin group (p<0.001) and 8.73% in herbal extract group (p<0.001). The surface roughness assessed by Visioscan VC98 was reduced by 13.70% in tretinoin group (p = 0.036) and 17.24% in herbal extract group (p<0.001). From H&E staining, the mean difference of epidermal thickness was 4.79±7.15 microns in tretinoin group and 14.22±16.98 microns in herbal extract group. The mean difference of collagen amount was 13.75±6.02 units in tretinoin group and 6.60±4.92 units in herbal extract group. From Masson trichrome staining, the mean difference of collagen amount was 6.75±3.50 units in tretinoin group and 12.20±7.73 units in herbal extract group. From Verhoff van Gieson staining, the mean difference of elastin amount was 2.25±3.30 units in tretinoin group and 5.40±4.16 units in herbal extract group. There was no statistical significant difference between two groups in histological evaluation. The herbal extract caused irritant contact dermatitis only 4.55% in contrast to 72.73% from the tretinoin group. Most participants from both groups had moderate to high satisfaction according to the efficacy of their treatments. **Conclusion:** The herbal extract cream is as effective as 0.1% tretinoin cream in the treatment of striae alba. As tretinoin can cause skin irritation, the herbal extract can be a better alternative treatment.

R. Wanitphakdeedecha, W. Meeprathom, W. Manuskiatti, A pilot study of treatment of striae distensae with variable square pulse Erbium: YAG laser resurfacing, J Cosmet Dermatol, 2017 Dec;16(4): p. 466-470

Striae distensae (SD) are a frequent skin condition for which treatment remains a challenge. Various laser treatments have been employed to remove the epidermis and cause dermal wound and heating with subsequent dermal collagen remodeling. **Objective:** To determine the efficacy and safety of a variable square pulse Erbium: YAG (VSP Er:YAG) laser for the treatment of striae in skin phototypes III-IV. **Methods:** Twenty-one women with SD were treated monthly for 2 months with VSP Er:YAG laser resurfacing using a 7-mm spot size. One side of their striae was randomly treated with

one pass of 400 mJ in short pulse (SP) mode with 50% overlapping and one pass of 2.2 J/cm² in smooth (SM) mode with nonoverlapping. The other side of their striae was treated with two passes of 400 mJ in SP mode with 50% overlapping. Objective and subjective assessments were obtained at baseline and 1-, 3-, and 6-month after treatment. Results: In both SP&SM and SP only group, volume of SD measured by Visioscan VC98 reduced significantly at 6-month follow-up visit ($P=.017$ and $P=.034$, respectively). There were no statistically significant differences in skin roughness (SER), skin smoothness (SESM), and surface measured by Visioscan VC98. Transient postinflammatory hyperpigmentation (PIH) is the common side effect found in patients with darker skin tone even in nonsun exposure areas and can last as long as 6 months. Conclusions: VSP Er:YAG laser resurfacing is a promising treatment option for SD. Lower fluence should be used in patients with darker skin phototype to avoid the risk of PIH. In addition, pre- and post-treatment with topical preparations for PIH prevention may be needed.

J. Zhang, W. Hou, S. Feng, X. Chen, H. Wang, Classification of facial wrinkles among Chinese women, The Journal of Biomedical Research, 2017 31(2): p. 108–115

It is generally recognized that Caucasians and Asians have different skin aging features. The aim of this study was to develop a facial wrinkle grading scale for Chinese women. Standard photographs were taken of 242 Chinese women. Six sets of 0 to 9 wrinkle scales with reference photographs and descriptions were selected, including grading scales for resting and hyperkinetic crow's feet, frontalis lines, glabellar frown lines, and nasolabial folds. To identify the scale by objective quantitative measurement, skin surface measurements from the Visioscan[®] VC98 were used. To test the reliability and validity of our wrinkle scale, a multi-rater consensus method was used. A double-blind, randomized, vehicle-controlled 12-week study was conducted to use this clinical photo-score to evaluate the efficacy and safety of Centella triterpenes cream[®] in treating crow's feet. A newly developed 10-point photographic and descriptive scale emerged from this study. The final atlas of these photographs contained a total of 6 sets with 10 pictures each. From 0 to 9, surface evaluation of smoothness (SEsm) parametric measurements decreased progressively, indicating that the scale increased inversely. Weighted kappa coefficients for intra-assessor were between 0.75-0.87. The overall Kendall's coefficient is 0.86 on the first rating and 0.87 on the second rating. Thirtysix volunteers were recruited and 35 subjects completed a 12-week trial. Clinical photo-score by investigator showed a significant difference ($P < 0.05$) between the treatment side and control side after 4 weeks. Use of these scales in clinical settings to evaluate facial wrinkles in Asians individuals is recommended.

M. Khurram Waqas, B.A. Khan, N. Akhtar, F. Chowdhry, H. Khan, S. Bakhsh, S. Khan, A. Rasul, Fabrication of Tamarindus indica seeds extract loaded-cream for photo-aged skin: Visioscan[®] studies, Adv Dermatol Allergol 2017, XXXIV (4): p. 339–345

Introduction: Intracellular and extracellular oxidative stress triggered by free radicals promotes skin aging, which is designated by atypical pigmentation and wrinkles. The consumption of antioxidants is an efficacious measure to avert symptoms involved in skin aging. Aim: The current research was commenced to explore the anti-aging potential of antioxidants present in *Tamarindus indica* seeds extract. Material and methods: *Tamarindus indica* seeds extract was obtained by concentrating the ethanolic extract of seeds. The antioxidant activities of the extract were measured by nitric oxide radical scavenging assay, 2,2-diphenyl-1-picrylhydrazyl (DPPH) radical scavenging assay, hydroxyl radical scavenging assay and superoxide radical scavenging assay. Formulation comprising 4% of the concentrated extract of seeds was formulated by loading it in the internal aqueous phase of water-in-oil (W/O) cosmetic emulsion. The base, used as control, consisted of the same emulsion but without loading *Tamarindus indica* seeds extract. The cosmetic emulsions were applied to the cheeks of 11 healthy male volunteers for duration of 12 weeks. Both base and formulation were assessed for their antioxidant effects on different skin parameters i.e. skin moisture contents, elasticity and surface evaluation of living skin (SELS). Results: The formulation showed statistically significant ($p \leq 0.05$) and the base showed insignificant ($p > 0.05$) effects on skin elasticity and skin moisture contents. There is a significant decline in SELS, skin scaliness (SEsc), skin wrinkles (SEw), skin smoothness (SEsm), and skin roughness (SEr) parameters after application of the formulation. Conclusions: Topical application of the cosmetic emulsion entrapped with *Tamarindus indica* seeds extract containing various antioxidants exerts potential skin antiaging effects.

S. Ueda, M. Tanahashi, Y. Higaki, K. Iwata, Y. Sugiyama, **Ingestion of Coffee Polyphenols Improves a Scaly Skin Surface and the Recovery Rate of Skin Temperature after Cold Stress: A Randomized, Controlled Trial**, J Nutr Sci Vitaminol (Tokyo), 2017;63(5): p. 291-297

Coffee polyphenols (CPPs) derived from coffee beans have beneficial effects on blood pressure and vascular endothelial function. In addition, CPPs suppress ultraviolet light induced erythema. However, the effects of CPPs on dry skin and cutaneous vascular function have not been clarified. We investigated the effects of CPPs on dry skin and the recovery rate (RR) of skin temperature after a cold-stress test as a measure of vascular function in subjects with visible scaliness in a double-blind, placebo-controlled, randomized study. The subjects were divided into two groups, the CPP group and the Placebo group. In the CPP group, the subjects ingested a beverage containing 297.8 mg CPPs every day for 4 wk. The degree of skin dryness was assessed quantitatively using a Visioscan to evaluate skin scaliness and smoothness. A subjective evaluation using a visual analog scale (VAS) of skin smoothness was also used. As a result, the scaliness and smoothness of cheek skin was significantly improved after 4 wk in the CPP group compared to the Placebo group. The improvements of the VAS score on 'skin smoothness' and the RR were also observed in the CPP group but the difference was not statistically significant. However, when the CPP group was divided into subgroups of high RR and low RR, the improvement of the RR was significant in the low RR subgroup. In conclusion, our results suggest that CPPs improve skin scaliness and play a role in cutaneous blood flow regulation after cold stress.

V. Raikou, A. Varvaresou, I. Panderi, E. Papageorgiou, **The efficacy study of the combination of tripeptide-10-citrulline and acetyl hexapeptide-3. A prospective, randomized controlled study**, J Cosmet Dermatol, 2017 Jun;16(2): p. 271-278

Background: Bioactive peptides have beneficial effects on the skin. Objective: We investigated to evaluate the effect of acetyl hexapeptide-3 and tripeptide-10 citrulline and the possible synergism between these two peptides. Methods: Twenty-four healthy volunteers were randomized to receive combination of acetyl hexapeptide-3 with tripeptide-10 citrulline (Group G1), tripeptide-10 citrulline (Group, G2), acetyl hexapeptide-3 (Group G3), or neither peptide (Group G4) for 60 days. Skin properties evaluated included skin microtopography, parameters cR2 and cR3, and transepidermal water loss (TEWL) using a skin visioscan and a tewameter, respectively. Results: After 20 days, the measurements between G1 and G2 groups (cR2 P=.045, cR3 P=.044), G2 and G3 groups (cR2 P=.017, cR3 P=.017), G3 and G4 groups (CR2 P=.022), and G2 and G4 groups (cR3 P=.028) from baseline were significant. After 60 days, measurements between groups G1 and G3 (cR2 P=.016, cR3 P=.025), groups G2 and G3 (cR2 P=.044, cR3= P=.044), and groups G1 and G4 (cR2 P=.025) were significant. After 20 days, changes in TEWL between groups G1 and G3 (P=.03), groups G2 and G3 (P=.045), and groups G3 and G4 (P=.025) were significant. After 40 days, changes between groups G2 and G3 (P=.028) and groups G3 and G4 (P=.01) from baseline were significant. Conclusion: Our results confirm the antiwrinkle activity of acetyl hexapeptide-3. A significant decrease in TEWL with acetyl hexapeptide-3 treatment is observed. We provided clinical evidence for the antiwrinkle efficacy of tripeptide-10 citrulline and possibly TEWL. The underlying mechanism by which these two peptides can act synergistically was not clear in this study.

Xi Li, C. Yuan, L. Xing, P. Humbert, **Topographical diversity of common skin microflora and its association with skin environment type: An observational study in Chinese women**, Scientific Reports, (2017) 7:18046

This study evaluated cutaneous microbial distribution, and microbial co-occurrence at different body sites and skin environments in Chinese women (39.6 ± 11.9 years, N= 100) during the winter season. Microbial distribution (*Propionibacterium acnes*, *Staphylococcus aureus*, *Staphylococcus epidermidis*, *Lactobacillus*, Pseudomonadaceae, and *Malassezia furfur*), association with biomarkers (antimicrobial peptides: LL-37, β -defensins [HBD-2, HBD-3]), and claudin-1) and skin biophysical parameters (transepidermal water loss, pH, skin scaliness and roughness, sebum and hydration levels) were also determined. Skin sites (glabella [GL], hand-back [HB], interdigital web-space [IS], antecubital fossa [AF], volar forearm [VF], back [BA]) were classified as normal, oily or dry based on two-step cluster analysis and exposed or unexposed (uncovered or covered by clothes,

respectively) based on seasonal apparel. Pseudomonadaceae and *Staphylococcus aureus* had the highest and lowest detection rate respectively at all sites. Cluster analysis identified skin sites as 'normal' (HB, BA, AF, VF), 'dry' (IS) and 'oily' (GL). Bacterial alpha diversity was higher in exposed (HB, IS, and GL) compared with unexposed sites (BA, AF and VF). Co-occurrence of *Staphylococcus aureus* with any of the other five microorganisms was lower in dry and oily skin versus normal skin. Skin exposure, biophysical/barrier profile and biomarkers were found to be associated with bacterial distribution and co-occurrence.

M. Debrowska, A. Mielcarek, I. Nowak, Evaluation of sex-related changes in skin topography and structure using innovative skin testing equipment, Skin Research & Technology, April, 2018

Background: Evaluation of skin condition on the basis of parametrization and objective measurements of the parameters has become obligatory. The aim of this study was to assess sex-related changes in skin topography and structure using the skin testing equipment. Materials and Methods: The study was carried out on the group of 40 volunteers (20 females and 20 males) of the mean age 24 ± 3 years. The skin parameters were measured using 3 devices: Visioscan® VC 98 (skin topography), Visioline® VL 650 (skin macro relief) and Ultrascan UC22 (ultrasound imaging of the skin). All measurements were performed on the inner part of the left forearm. Results: The skin parameters measured revealed significant differences in skin surface and structure between females and males. The skin of all women subjects was more homogenous in its structure with the presence of more abundant superficial skin lines and wrinkles in comparison to male skin. The higher number of skin furrows in the skin of women is in agreement with literature reports claiming that men's skin has lower number of wrinkles which are deeper and more pronounced. Ultrasound imaging of the skin indicated greater thickness and lower density of the dermis of men subjects compared to those of females. Conclusion: Non-invasive methods of skin testing using new and advanced equipment have provided a possibility of objective parametrization and evaluation of sex-related changes in skin topography and structure.

M.O. Melo, L. Kakuda, P.M.B.G Maia Campos, Clinical Efficacy of a Multifunctional Cosmetic Formulation for Mature Oily Skin, Poster Presentation at ISBS Conference San Diego, May 2018

Introduction: The skin may change due to factors as high temperatures, increasing sebum excretion and presenting oiliness and acne. These alterations can persist during the aging and provoke more changes that influence the use of cosmetics. The objective of this study was to evaluate the clinical efficacy of a cosmetic product developed for the mature oily skin. Methodology: The clinical efficacy was evaluated on 30 participants aged between 39 to 55 years old with oily skin. The analyzed parameters were: stratum corneum water content, TEWL, sebum content and percentage, microrelief and dermis echogenicity. The analyses were performed on different regions of the face. A placebo formulation was also tested. Results and Conclusions: The developed formulation improved the sebum content and percentage, skin microrelief in terms of skin roughness and desquamation and dermis echogenicity. The biophysical and skin imaging techniques utilized in this study were useful to test the clinical efficacy of an effective formulation for mature oily skin.

E. Berardesca, S. Mortillo, N. Cameli, M. Ardigo, M. Mariano, Efficacy of a shower cream and a lotion with skin-identical lipids in healthy subjects with atopic dry skin, Journal of Cosmetic Dermatology, May 2018

Background: Atopic dermatitis is a chronic, pruritic inflammatory skin disease that adversely affects quality of life. Aims: The current study evaluates the efficacy of a shower cream and a lotion, each with skin-identical lipids and emollients, in the treatment of atopic dry skin of subjects with a history of atopic condition. Methods: In all, 40 healthy females with clinically dry skin on the lower legs were enrolled in the study and underwent 4 weeks of daily use of the shower cream and 2 additional weeks of both the shower cream and the body lotion. Subjects were evaluated at day 0, week 4, and week 6. Skin barrier function was assessed by Tewameter®, skin hydration by Corneometer®, smoothness and desquamation by Visioscan®, and stratum corneum architecture by reflectance confocal microscopy (RCM). The investigator assessed the degree of dryness, roughness, redness, cracks, tingling and itch, and subjective self-assessment evaluated the perception of skin soothing, smoothness, and softness. Results: Skin barrier function and skin moisture maintenance

were significantly improved using the shower cream. The lotion with physiological lipids, together with the shower cream, also improved skin barrier function and moisture. Both the shower cream and the body lotion reduced clinical dryness, roughness, redness, cracks, tingling and itch, according to the dermatologist, and increased soothing, smoothness, and softness, according to the subjects of the study. Conclusion: The combination of a shower cream and a lotion with physiological lipids efficiently restores skin barrier function and increases skin hydration, becoming an effective skin-care option for patients with atopic dry skin.

U. Farooq, T. Mahmood, Y. Shahzad, A.M. Yousaf, N. Akhtar, Comparative efficacy of two anti-aging products containing retinyl palmitate in healthy human volunteers, J Cosmet Dermatol, 2018 Jun;17(3): p. 454-460

Background: No study yet described the comparative efficacy of two over-the-counter (OTC) anti-aging products in Asian subjects using the techniques involving analysis of living skin. Aim: We sought to evaluate the anti-aging efficacy of two commercial formulations containing retinyl palmitate using a high-resolution UVA video camera. Method: Total 11 healthy male volunteers, agreed to participate in this single-blind split-face design study with the mean age of 25.5 years. Every night, volunteers applied one type of cream on the left side and other type of cream on the right side of the face, as directed according to the study design for 60 days. Measurements of the parameters were taken at 0, 1st, 7th, 15th, 30th, and 60th day of study period using noninvasive UVA video camera Visioscan® VC98. Cream applied on right side of the face labeled as "R" and on the left side as "L." Results: Sixty-day use of the creams showed significant improvement in SELS parameters of the skin. Percent change in skin wrinkling (SEw) parameter calculated after 60 days was -6.68% after applying cream R and -8.27% after applying cream L. Conclusion: We concluded that constituents in both creams have potentially influenced skin surface parameters, thus indicating that, these creams as a better option to lessen the effects of aging on facial skin on long-term application.

M.O. deMelo, P.M.B.G. Maia Campos, Characterization of oily mature skin by biophysical and skin imaging techniques, Skin Res Technol. 2018; 24: p. 386-395

Background: The skin is a complex biological system and may suffer change according to the environmental factors, as higher temperatures can increase sebum excretion, presenting oiliness and acne. These alterations can persist during the aging and provoke more changes in aged skin. In this study we evaluated the mature oily skin characteristics using biophysical and skin imaging techniques. Material and methods: Sixty healthy female subjects, aged between 39 and 55 years old were recruited and separated into 2 groups according to their skin type: normal/ dry and oily skin. The skin was evaluated in terms of stratum corneum water content, transepidermal water loss (TEWL) sebum content, dermis thickness and echogenicity, skin microrelief, and pores content. Results: The mature oily skin presented no significant differences when compared to the normal/dry skin on the stratum corneum water content and TEWL parameters. The sebum content was significantly higher on the oily skin group. The microrelief analysis showed an increase of skin roughness values in the oily skin and increase of scaliness in the normal/dry skin. The oily skin showed lower dermis echogenicity mainly in the frontal region and higher dermis thickness when compared to normal/ dry skin. Conclusion: The mature oily skin showed different characteristics from normal/dry skin in terms of sebum content, microrelief parameters, and dermis thickness. This way, the characterization of mature oily skin in an objective way is very important to development of dermocosmetic products for more effective treatments focused specially on this type of skin.

N. Braun, S Binder, H Grosch, C Theek, J Ülker, H Tronnier, U. Heinrich, Effect of microgravity on skin physiology: new findings, IFSCC Congress, Munich, September 2018

The skin is the largest organ of the human body and has several functions, such as protection, thermal regulation, sensation and endocrine functions. Despite recorded skin problems in space and the fact that the skin is easily accessible and can be continuously examined by means of a large number of non-invasive test methods, investigations of the effects of space flight on skin are underrepresented so far. A first pilot study (SkinCare) was performed by Tronnier et al. on a single astronaut during a 6 month mission. Different skin compartments, namely the surface, epidermis and dermis were analyzed before, during and after the mission. Here, main skin physiological changes

observed were a coarsening of the epidermis and a loss of skin elasticity confirmed by changes in the ultrasound picture on the skin. These changes appear to be reversible because after a year, the skin's condition returns to normal [1]. The aim of the present Skin B project was to validate these results on an increased number of astronauts with advanced devices and additional measurements. Therefore, measurements were carried out on 6 astronauts with respect to skin hydration, transepidermal water loss / barrier function and surface evaluation of the living skin in-orbit. Additional measured parameters on ground were skin elasticity, skin density and thickness as well as microcirculation. Thus, the Skin B experiment will complement the SkinCare experiment and aims to confirm the changes observed in the original experiment. However, the skin is not the only or primary focus of the project, but rather serves as a model for all organs covered with epithelial and connective tissue. This study will help the astronauts to prepare for a long stay in space and to set up space travels, e.g. planned exploration of the moon and deeper space.

Q. Peijin, C. Jianjie, J. Lili, D. Gan, W. Yue, Composition and diversity of microbial community of Chinese female facial skin from different age and its association with skin characteristics, IFSCC Congress, Munich, September 2018

Skin is the largest organ of the human body. As the interface between the body and the external environment, skin is the first line to protect the human body against the pathogen invasion. Meanwhile human skin harbors a variety of commensals, including bacteria, fungi and viruses. Each area of human body hosts its unique microbial community. Many factors contribute to the structure and function of skin microbiome, for example the host, their age, genetic variation, hygiene, life style and it shifts according to the characteristics of the micro-environments. The adverse shifts might cause a dysbiosis state and it has been reported to be associated with skin disease, such as atopic dermatitis, acne and dandruff. Therefore, exploration of skin microbiome not only helps us understand the correlation between microorganisms and the skin physiological status, but also provide a new perspective to pathogenic factors and new therapeutic targets. In previous study, skin microbiota was demonstrated that varies from different body sites and individuals. However, the reports mainly focused on the Western people and limited study on Chinese skin microbiome. In preliminary work, researchers paid more attention on skin microbiome associated with skin disorders, especially in AD patients, while the relationship between descriptive skin-related characteristics of individual (like wrinkles, hydration, etc.) and skin microbiota is ambiguous. In this work, 34 Chinese female volunteers living in Shanghai were recruited for facial skin microbial community study. Skin samples were collected and Miseq gene sequencing platform was operated. To achieve overall and details of skin appearances, the skin types and characteristics were clinically graded by dermatologist and measured by instruments. The goal of this study is to characterize the composition and variability of the skin microbiota in health people divided into age groups. Moreover, the aim of study is to evaluate the association of the skin microbial distribution with skin physical and physiological properties and the interaction of microorganisms themselves. In our study, it is suggested that *Proteobacterium* is prevalent in elder group together with wrinkles. Additionally, higher trans-epidermal water loss is correlated with *S. aureus* and this may in turn to design a product to recover the skin microbiome balance. In addition, gain more knowledge about microbes interaction with each other is critical to design the skin care products with probiotics and prebiotics. These findings expand our insights in health skin microbiome and will be useful in clinical treatment near the further.

V.H. Pacagnelli Infante, J. Migliati, P.M.B.G. Maia Campos, Why should I use sunscreen? The impact of lifestyle on the hydrolipidic, structural and morphological characteristics of young men skin, IFSCC Congress, Munich, September 2018

The consumption of cosmetics among men has grown in the last years. However there is some resistance to the use of these products due to the culture, sensory, perception and access for this audience to consume cosmetic products. Considering that the use of sunscreens is a public health issue and directly affects the quality of life, the objective of this study is to show the skin differences between two groups, one that uses sunscreen regularly and one that does not use, using biophysics and skin imaging techniques. Sixty men between 18 and 28 years old, phototypes II, III and IV were randomly selected and questioned about their photoprotection habits. Hydration, integrity of the stratum corneum (TEWL, Corneometer and VisioScan), amount of sebum (Sebumeter)

and activity of the sebaceous glands (Sebufix) were made. We analyzed the amount of pores (Visioface), formation of erythema (Mexameter), ultrasound of the dermis (DermaScan C) in the frontal and malar regions and we obtained reflectance confocal microscopy images (RCM) for analysis of the quality of the epidermis and papillary dermis at the cellular level in the frontal region. Of the 60 participants, 24 regularly uses sunscreens (group A) and 36 were not (group B). When questioned about the reasons for not using sunscreen, group B mentioned that did not obtain family incentive and /or sunscreens was sticky or oily. Changes in the integrity of the stratum corneum were observed, with thickening of this layer of the epidermis and impairment of the barrier function with increase of TEWL and decrease of the hydration for group B. The granular layer of the epidermis is also thicker for this group. There was an increase in microrelief roughness for the same group. Moreover, there is also a higher activity of the sebaceous glands, with consequent greater number of pores for group B. Also, a decrease in the echogenicity ratio of the group B were observed, evidenced by the decrease of the dermoepidermal junction layer (related to the depth of the papillae), increase in pore diameter and worst collagen quality. We observed a disruption of the honeycomb pattern of the epidermis and the presence of polycyclic papillae for group B. This same group showed dilatation in the veins in the basal layer of the epidermis and a significant increase in erythema, evidencing signs of possible inflammation. The presented damages evidences the necessity of UVB photoprotection (more related to the damages in the integrity of the barrier) and UVA, too (damages in the region of the papillary dermis). The lifestyle influences the choices and their consequences, showing that sun exposure can cause damage even early, especially in groups that present a certain cultural resistance to the use of cosmetics such as the male. Furthermore, we have shown that the damages of unprotected sun exposure happen in different layers of the skin, which increases the need to develop suitable sunscreens with UVA and UVB protection and with a good sensorial improving the adhesion of photoprotection among men.

G. Boyer, G. Bellemere, C. de Belilovsky, C. Baudouin, Characterization of dry skin in vivo in a pediatric population. Application for evaluation of specific skin care products for normal and dry baby skin, IFSCC Congress, Munich, September 2018

Dry skin is a common condition during childhood. Clinical scoring of dry skin includes tactile evaluation of the skin surface to assess roughness. It also includes visual examination of the appearance of the skin and for severe cases the presence of dander. To our knowledge, no instrumental evaluation of roughness has ever been performed to objectively score skin dryness in a pediatric population, nor to document the clinical efficacy of skin care products specifically developed to address dry skin condition. A study has been conducted on 80 subjects with normal or dry skin (as scored by dermatologists and pediatricians, 40 children each), aged from 1 day to 4 years. Roughness has been measured on the face using an innovative tribo-acoustic device. Topographic properties have also been measured in parallel using a Visioscan device to assess roughness through image analysis of skin surface. Measurements have been performed at T0 and after 21 days of daily face cream product application. Each group applied a cream designed for its skin type. Measurement of tribo-acoustic signal on skin surface shows that roughness is significantly higher in dry skin than in normal skin. No difference between normal and dry skin has been observed using Visioscan device. After 21 days of product application, significant improvement of both tribo-acoustic and topographic parameters has been observed on normal skin (respectively 8.6% and 12.7%) and also on dry skin (respectively 16.4% and 13.7%), suggesting global improvement of skin roughness following product application. This study shows that objective assessment of roughness, in particular sensorial approach like tribo-acoustic measurement, could be of great interest to characterize dry skin in a pediatric population and to demonstrate clinical efficacy of skin care products.

M. Dabrowska, A. Mielcarek, I. Nowak, Evaluation of sex-related changes in skin topography and structure using innovative skin testing equipment, Skin Res Technol. 2018; 24, p. 614-620

Background: Evaluation of skin condition on the basis of parametrization and objective measurements of the parameters has become obligatory. The aim of this study was to assess sex-related changes in skin topography and structure using the skin testing equipment. Materials and Methods: The study was carried out on the group of 40 volunteers (20 females and 20 males) of the mean age 24 ± 3 years. The skin parameters were measured using 3 devices: Visioscan® VC 98 (skin topography), Visioline® VL 650 (skin macro relief) and Ultrascan UC22 (ultrasound imaging of the skin).

All measurements were performed on the inner part of the left forearm. Results: The skin parameters measured revealed significant differences in skin surface and structure between females and males. The skin of all women subjects was more homogenous in its structure with the presence of more abundant superficial skin lines and wrinkles in comparison to male skin. The higher number of skin furrows in the skin of women is in agreement with literature reports claiming that men's skin has lower number of wrinkles which are deeper and more pronounced. Ultrasound imaging of the skin indicated greater thickness and lower density of the dermis of men subjects compared to those of females. Conclusion: Non-invasive methods of skin testing using new and advanced equipment have provided a possibility of objective parametrization and evaluation of sex-related changes in skin topography and structure.

*C. Uhl, G. Lanzendörfer-Yu, **How effective is your anti-acne product?**, SPC December 2018*

For assessing, treatment analysis and documentation, acne has to be either graded or lesion scoring has to be done. Both methods strongly depend on the skills of the examiner and bear high inter-individual deviations. Biophysical measurements using sebumetry, porphyrin fluorescence, and standardized photographic images of the face can overcome these disadvantages. Additionally, they can be used for comprehensive evaluation of the treatment protocol.

*V. Mazzarello, M. Ferrari, P. Ena, **Werner syndrome: quantitative assessment of skin aging**, Clinical, Cosmetic and Investigational Dermatology 2018: 11, p. 397–402*

Background: Werner syndrome (WS) is a rare autosomal recessive disorder characterized by premature aging in adults. Although not sufficient to diagnose WS, persistent short stature and alteration of the dentition are among the few early signs that appear at puberty and can lead to a suspected diagnosis. Objective: The study aimed at quantifying the signs of WS skin aging through biophysical parameters to find new parameters to be applied together with clinical observations in order to diagnose the disease early. Patients and methods: The skin disorders induced by the disease were studied using noninvasive techniques: Tewameter TM300, Corneometer CM825, Skin-pH-Meter PH900, Mexameter MX16, Visioscan VC98, and Cutometer MPA580. Twenty-four patients divided into young group, WS group, and elderly group were recruited for the study. Results: The WS skin is quite similar to aged skin, with some differences concerning the barrier function and skin elasticity; for instance, a WS patient of 30 years of age has the same skin roughness of a 50/60 years old subject with a more severe skin condition leading to higher dryness, high transepidermal water loss, and less distensibility correlating with skin indurations. Conclusion: In patients with WS, the biophysical parameters can quantify the damage induced on the skin by the disease. In order to stage the degree of the disease, biophysical parameters could be used in the future as a diagnostic procedure in the initial stages of the disease as they may reveal lesions not yet clinically perceptible or in advanced stages.

*N. Braun, S. Binder, H. Grosch, C. Theek, J. Ulker, H. Tronnier, U. Heinrich, **Current Data on Effects of Long-Term Missions on the International Space Station on Skin Physiological Parameters**, Skin Pharmacol Physiol 2019; 32: p. 43-51*

Background: Skin reaction to spaceflight has not really been studied yet, although the skin has a very important barrier function to protect the body and can contribute to a more general understanding of physiology. It is proposed here to make a more thorough investigation of the skin during longterm spaceflight, using noninvasive techniques. Aims: The aim of the present Skin-B study is to investigate the kinetics and range of possible skin modifications during long-duration spaceflights and their recovery. Methods: In order to investigate the effect on skin physiological parameters during spaceflight, measurements were carried out on 6 astronauts with respect to skin hydration, transepidermal water loss/n barrier function, and surface evaluation of the living skin in orbit. Additional measured parameters on the ground were skin elasticity, skin density and thickness, as well as microcirculation. Results: Data from the Skin-B subjects (n = 6) contradict the results obtained in the previous pilot study SkinCare (n = 1 subject). In the present study, no deterioration of the skin was found but rather an improvement in skin hydration and skin barrier function, and no changes or improvement in the appearance of the skin surface. Furthermore, the skin density and skin thickness as well as skin elasticity values were unchanged from pre-flight values. Conclusion: In conclusion, we found that spaceflight under present conditions has no negative impact on skin

physiological parameters.

*J.I. Yablonski, D.R. Winne, **Beginner's Guide to Natural Organic – Product Safety, Claims Support and Preservation**, Cosmetics & Toiletries, Volume 134, No. 2, February 2019, p. 18-31*

Browsing a cosmetic counter, searching online or tuning into home shopping networks, one cannot help but notice the ever-increasing number of cosmetic and personal care products purporting to be *green, natural* or *organic* that are obviously targeting the rapidly growing environmentally conscious consumer and spa markets. Entire sections of exhibitions and trade shows have been dedicated.

*N. Theppornpitak, M. Udompataikul, T. Chalermchai, S. Ophaswongse, P. Limtanyakul, **Nitrogen plasma skin regeneration for the treatment of mild-to-moderate periorbital wrinkles: A prospective, randomized, controlled evaluator-blinded trial**, J Cosmet Dermatol. 2019 Feb;18(1): p. 163-168*

Background: Nitrogen plasma skin regeneration is a novel device that produces heat to the skin, resulting in the production of new collagen. Because of lower energy with safer skin damage and lesser adverse effects who have high Fitzpatrick's skin type especially Thais, this technique is very interesting for clinical application for skin esthetic treatment. However, this treatment has yet been empirically studied as the treatment for mild-to-moderate periorbital wrinkles. Objectives: This study aimed to evaluate clinical efficacy of nitrogen plasma for the treatment of mild-to-moderate periorbital wrinkles. Methods: Eighteen volunteers were enrolled. Each volunteer was randomized to receive nitrogen plasma treatment on one side of periorbital wrinkles with three sessions at a three-week interval and compared with contralateral side without treatment. Photographic examination, skin wrinkle (SEw) score, melanin index, patients' satisfaction score, side effect, and pain score were reported. Results: At over fourteen weeks, all volunteers completed the study. Treatment with nitrogen plasma group had significantly better improvement for periorbital wrinkles score by Lemperele scale, skin wrinkle (SEw) score by Visioscan® VC 98, and the melanin index by Mexameter® than the control groups ($P = 0.004$, $P < 0.001$, $P < 0.001$, respectively). This study also showed significantly greater satisfaction score to favor the nitrogen plasma treatment group than the control group ($P < 0.001$). The short-term adverse effects included erythema, scaling, temporary hyperpigmentation, pruritus, and dryness. Conclusion: Nitrogen plasma skin regeneration is effective and safe for the treatment of mild-to-moderate periorbital wrinkles and darkening.

*C. Uhl, **Efficacy testing of microbiomeskin care**, PERSONAL CARE EUROPE, April 2019, p. 41-45, PERSONAL CARE ASIA, May 2019, p. 51-55, косметолог 2 [94] 2019 (in Ukrainian), Cosmetics & Toiletries Brasil, Vol. 31, Mai-June, 2019, p. 22-27 (in Portuguese)*

For years now, we have accepted the idea that we can nourish our intestinal tract with dedicated bacterial ingredients from food supplements and thereby improve our general health. Books written on this subject have become bestsellers. But why should we focus only on our intestinal tract? There are so many different microbial communities that can be found on and inside our body. Especially the colonization of the skin being our largest organ, tangible to the hands, visible to the eye, and in constant contact with the outside environment has moved to the front of cosmetic research. The idea of being a complex ecosystem is adding to the existing trend of personalised cosmetics, and will confirm the customer in their feeling of uniqueness.

В течение многих лет мы принимали идею о том, что можем обогащать наш кишечный тракт специальными бактериальными ингредиентами из пищевых добавок и тем самым улучшать общее состояние здоровья. Книги, написанные на эту тему, стали бестселлерами. Но можем ли мы сосредотачиваться только на нашем кишечном тракте?

O microbioma cutâneo é a população de microrganismos que habita a pele. Neste trabalho, o autor apresenta uma breve descrição da importância da atividade do microbioma e dos meios analíticos instrumentais para medir a eficácia de produtos cosméticos de interesse do microbioma cutâneo.

A. Charpentier, **Soothing effect dedicated to sensitive skin**, PERSONAL CARE EUROPE, April 2019, p. 76-77

The skin plays multiple roles of protection, perception, immunity, regulation of blood and lymphatic reservoir for the whole body. Thanks to several mechanical, chemical or biological (sebum, biofilm...) reactions, the skin ensures its integrity according to the various endogenous or exogenous environmental variations. Today, the increase in the fragile phenomena of skin is a major issue in the development of dermo-cosmetics.

M.L. Vazquez-Gonzalez, G. Rodriguez, L. Rubio, J. Nestor, E. Fernandez, L. Barbosa-Barros, O. López, **Intelligent ageing repair with skin superfoods**, PERSONAL CARE EUROPE, April 2019, p. 157-162

The many environmental factors related to modern lifestyle generate a skin imbalance that leads to premature ageing. In this study, we evaluate the capacity of a new skin delivery system based on bicosomes (named bicosome-xanthin) to provide intense detox and revert the signs of ageing. This system was specially designed to incorporate, stabilise and deliver microalgae extract into deep skin layers. Bicosomexanthin proved to be effective in protecting the skin against pollution particles and to prevent 90% of the damage caused by blue light. This extraordinary ingredient also proved *in vivo* to boost the skin's antioxidant capacity and barrier function, to accelerate epidermal cell renewal, improve skin brightness and firmness, and visibly reduce wrinkles.

M. Kanlayavattanukul, N. Lourith, P. Chaikul, **Youth in Yields - Jasmine Rice Extract Whitens, Protects and Smooths Skin**, Cosmetics & Toiletries, Vol. 134, No. 5, May 2019, p. 26-33

The demand from consumers for natural products including cosmetics continues to increase. Eco-friendly, organic and sustainable options are in the mainstream of this trend. Moreover, active phenolics derived from natural sources are playing an important role in the safety and efficacy of cosmetics. In relation, rice, or *Oryza sativacv. Indica* (Oryzeae), is well-known as the major staple in Asian cuisine. It has long been used in traditional Asian medicines as well as Italian remedies, including for aesthetic benefits for skin.

A. Charpentier, **Wrinkles, peaks and valleys – Anti wrinkles objectivation**, Special International Issue of Industries Cosmétique, April 2019

Brands communication is always on the lookout for new techniques for highlighting anti-wrinkle results. As soft as it may be, skin is not a flat surface, it has a relief, which is organized in relatively uniform way into a system a wide, deep primary furrows and transverse secondary more superficial fine lines.

M.M.F. Shirata, P.M.B.G.M Campos, **Eficácia clínica de formulações cométicas contendo tetraisopalmitato de ascorbila e peptídeos de arroz na pele jovem com fotoenvelhecimento**, Congresso Colamiqc, São Paulo, May 21-23, 2019

Considerando que a intensidade do fotoenvelhecimento está diretamente relacionada ao grau de exposição a radiação solar, a pele de pessoas ainda jovens pode apresentar alterações decorrentes do mesmo, como hiperpigmentações e redução da elasticidade da pele. Nesse contexto, o desenvolvimento de formulações fotoprotetoras e de formulações cosméticas contendo substâncias ativas com propriedades antioxidantes, hidratantes e com potencial para atuar na derme é fundamental para a prevenção e atenuação de tais alterações cutâneas. Para a comprovação dos benefícios dessas formulações na pele fotoenvelhecida, a avaliação da eficácia clínica por técnicas de biofísica e análise de imagem permite a análise objetiva de várias características da pele além da correlação dos resultados obtidos por meio de diferentes parâmetros, o que possibilita a obtenção de resultados mais conclusivos.

*I. Meyer, D. Stuhlmann, L. Garbe, G. Schmaus, **How to mimic probiotics circumventing hurdles of handling alive microorganisms?*** Euro Cosmetics, 6-2019, p. 24-26

The concept of probiotics to improve gut health is well established in scientific literature and consumer's perception ¹. However, benefits of microorganisms applied topically are much less described. According to Symrise's Consumer Market Insight research already 79% of consumers believe that the use of probiotics is beneficial for the skin health ². 63% of consumers think that probiotics fits well to beauty care products.

*F. Carlomagno, S. Zanzottera, **Empowering the Micro-World of the Skin Microbiota: Approaches to Maintain Nature's Ideal Homeostasis for Betterment of Cosmetic Products,*** Euro Cosmetics, 6-2019, p. 18-22

Skin is a complex environment where billions of microorganisms live providing a unique environment for each host, collectively referred to as the skin microbiota. Skin microbiota is, therefore, the result of an equilibrium between protective and pathogens species of those microorganisms. However, this balance can be disrupted by stressors. The alteration of skin microbiota, known as dysbiosis, has been associated with skin disorders. This article is designed to demonstrate different approaches to the prevention of skin microbiota dysbiosis.

*C. Uhl, **Claim support for Microbiome Skin Care,*** happi, July 2019

Since the dawn of mankind, humans have struggled to understand why they were struck by disease. Many theories have been established, most of them discarded now. In the first century BC, Roman medical author Cornelius Aulus Celsus mentioned the term "virus," the Latin term for "poison." He used it to describe the phlegm that transmits rabies. Until the 17th Century, this term was used for all infectious diseases.

*I. Meyer, M. Pesaro, D. Stuhlmann, L. Garbe, G. Schmaus, **Practical Probiotics: Live Microbial Skin Benefits without Limits,*** Cosmetics & Toiletries, Vol. 134, No. 8, p. DM14-22

Driven by modern lifestyle and the eclectic evolution of new technologies, consumers are aware of the potential skin damage environmental stressors can induce. As such, consumers increasingly seek topical products that improve skin's endogenous first-line defense mechanisms. In relation, the concept of probiotics to improve gut health is well-established in both the scientific literature and consumer perception.¹ In fact, 79% of consumers already believe the use of probiotics is beneficial for skin health and 63% of consumers think probiotics fit well into the beauty care category. Regardless, the benefits of microorganisms applied topically are not widely described.

*J. Crowther, **The Big Reveal: UV Imaging Uncovers Sun Protection, Skin Dryness and Microbiome,*** Cosmetics & Toiletries, Vol. 134, No. 8, p. 33-45

Our world typically appears in an abundance of colors from which we derive a vast amount of information. Despite this, our eyes are still only sensitive to a relatively narrow range of wavelengths— from approximately 390-720 nm. As such, while standard visible light imaging of the skin provides a good amount of information about skin condition, such as redness, erythema, overall appearance and skin tone, our eyes are not sensitive to the broader spectral ranges as low as 300 nm and as high as 3,000 nm. At shorter wavelengths is UV light, while longer wavelengths signify infrared (IR) radiation. These both interact with skin differently than visible light and can provide information that is not perceivable by normal visible light imaging.

*F. Carlomagno, S. Zanzottera, **Skin microbiota: the new era of personal care ingredients,*** PERSONAL CARE ASIA PACIFIC, September 2019

Skin is a complex environment where billions of microorganisms live providing a unique environment for each host, collectively referred to as the skin microbiota. Skin microbiota is, therefore, the result of an equilibrium between protective and pathogens species of those microorganisms. However, this balance can be easily disrupted by stresses. An alteration of skin microbiota may lead to dysbiosis, which has been associated with skin disorders. The present paper aims to demonstrate the efficacy of a specific selected bacterial strain from cutting-edge biofermentation technology able

to maintain skin homeostasis and consequent prevention of skin disorders.

F. Carlomagno, Effectiveness of a Biotechnological Active Ingredient for Cosmetics Targeting Skin Microbiota Protection, presentation at the 25th IFSCC Conference Milan, October 2019

The skin is the largest organ of the human body in surface, mainly serving as a physical barrier which protects the body from external aggression. An adult's skin hosts an average population of 1,000 billion microorganisms among fungi, viruses and bacteria. This fauna lives and moves on the skin surface as well as in the superficial layers of the epidermis to down to the hair follicles and glands. Microorganisms form a complex ecosystem collectively referred to as skin microbiota. This tiny, but important micro-world is essential for the skin to main it healthy and to work as a perfect barrier. A distinctive combination of microorganisms all over our body is peculiar for all of us, although scientists point out that skin microbiome varies a lot during our lives. This variation is linked to age, changes of lifestyle and to the external stressors we are submitted to (4). Different body sites can also have completely different skin microbiota configurations, both inter- and intra-personally, linked to the peculiar characteristics of that precise micro-environment. For example, just focusing on the face, studies show that there are great differences between forehead and cheek skin microbiota, due to the existence of moist, dry and sebaceous skin sites (5). Despite continuous changes in its composition, when the body is healthy, skin microbiota seems to be an equilibrium between protective and pathogens microorganisms. These live together in a complex community and have a number of different symbiotic interactions. If we consider bacteria, the most important and frequent phyla living on human skin are Actinobacteria, Firmicutes, Proteobacteria and Bacteroidetes, without huge differences among ethnicities. Further, looking more deeply into specific taxonomic classification, as class or genus or species, we can find differences among peoples' microbiomes even by looking at subjects with very similar age, lifestyle, and from the same ethnicities. The general truth for everyone's healthy condition seems to be the homeostasis of skin microbiota with its singular peculiarities.

V.T. Ferreira, P.M.B.G. Maia Campos, Design and development of sunscreen formulations: correlation of physicalmechanical properties and skin biophysical measurements, presentation at the 25th IFSCC Conference Milan, October 2019

Although UVA radiation accounts for only 9.5% of the solar radiation, it can lead to impairment of dermis and epidermis, even in the case of non-extreme exposures. Long UVA rays are the most significant part of the UVA spectrum as it penetrates the skin most deeply and play a decisive role in many aspects as photoaging, DNA damaging through the production of free radicals, immune system responses and various photodermatoses. Avobenzene is a consolidated UVA filter, yet its low photo stability is related to undesirable photochemical reactions which may compromise physical and chemical properties of formulations, mostly when associated with inorganic UV filters, which may further increase research and development challenges. Considerable effort is necessary developing photoprotective products with satisfactory UVB/UVA protection ratio, that are visually and sensorially pleasing and match safety and efficacy by forming a stable and homogeneous film over skin surface, both avoiding adverse effects and ensuring the photoprotective activity. Herein, definition of the appropriate vehicle is fundamental where emulsifying agents not only influence efficacy of fatty components but also model surface tension and the cutaneous film formation, compatibility, physical-mechanical properties and distribution on the skin, greatly influencing sunscreens efficacy. In this context, this study aims to systematic develop formulations of satisfactory UVB/UVA protection ratio, with ability to form a stable and homogeneous film on the skin surface, and to evaluate the effect of waxes concentration in the formulations over the rheological behaviour as well their clinical effects by skin biophysical techniques.

A.M. Motta, A new natural and biomimetic detergent concept, PERSONAL CARE NORTH AMERICA, October 2019, p. 27-30

It is widely recognized that a toned and well moisturized skin can be maintained only if the superficial layers of the epidermis are able to fully accomplish their barrier function, protecting the deepest and delicate areas of the derma from sensitizing agents and controlling permeability and transpiration of the physiological water present in the intercellular spaces. The skin barrier function is continuously exposed to aggressions. The daily use of soaps and potentially aggressive detergents can alter the hydrolipidic skin film and skin barrier integrity, reducing its impermeabilizing action

and favoring skin dehydration. Trans Epidermal Water Loss (TEWL) constitutes one of the main indicator to evaluate skin barrier integrity. The ideal detergent must be able to effectively remove dirt, greasiness and pollutants, meanwhile respecting the lipidic and protein fractions of the horny layer and the superficial hydrolipidic film.

D. Khazaka, C. Uhl, In-house tests complement CRO final product testing, PERSONAL CARE EUROPE. September 2019

Before a cosmetic product is offered on the market, final tests are obligatory for the manufacturer to prove its safety and to substantiate the various claims on the products, e.g. reduces wrinkles up to 20%, increases skin hydration for 24 h. There are no limits to modern claims. All over the world, contract research organisations (CROs) varying from small laboratories to vast multinational institutes offer their services to the cosmetic manufacturers to perform all kind of tests and compile the final necessary product documentation.

H. Dobrev, Value of non-invasive bioengineering investigations of the human skin in vivo, Dissertation in Dermatology and Venerology at the University of Plodiv, 2019, Bulgaria

The skin is the largest organ of the human body. It has a surface area of about 2 m² and a weight of about 16% of the body weight. Skin is a great visual field. Most of the changes that occur in it are visible and accessible to dermatologists. For centuries, the dermatologist's eyes and fingers have been his main diagnostic tools. Old physicians are known to describe the rash elements with great love, diligence and methodicality, especially with regard to morphological details. Today, this descriptive phase in the evolution of dermatology has lost its dominance. According to Prof. J. Serup, "*The dermatologist's eyes and hands are already becoming archaic diagnostic tools.*" With the introduction of modern skin bioengineering methods, there has been a transition from the "visible" to the "invisible". From the "visual" field, dermatology is increasingly becoming an "instrumental" field. The advantage of the new research methods created is that they enable the detection of invisible changes in skin functions, as well as their objective and quantitative measurement. This dissertation is devoted to the new methods of skin functional diagnostics. It illustrates the practical application of some of them in the field of dermatology and cosmetic science based on the experience of the sector of "Functional diagnostics of the skin" at the Department of Dermatology and Venereology, University Hospital "St. George", Plovdiv, Bulgaria. The literature review part provides an overview of current bioengineering methods for functional skin diagnostics. The apparatus used to carry out the present work is described in detail. Additionally, two little-known aspects of skin bioengineering research are presented - protocol and research ethics. Data on Bulgarian experience in the field of skin functional diagnostics have also been reported.

M.O. de Melo, P.M.B.G. Maia Campos, Application of biophysical and skin imaging techniques to evaluate the film-forming effect of cosmetic formulations, Int J Cosmet Sci. 2019 Dec;41(6): p. 579-584

Objective: Products with film-forming effect, or 'second skin', which guarantees an immediate protective effect after application, is a highlight, especially when composed of natural ingredients. Thus, the objective of this study was to evaluate the immediate film-forming effect on skin of a gel and emulsion formulations added with *Kappaphycus alvarezii* and *Caesalpinia spinosa* extracts through biophysical and skin imaging techniques, especially with the Reflectance Confocal Microscopy (RCM). Methods: The measurements were done in the forearm region before (baseline) and 1 h after of application of the developed formulation and its control. The parameters related to the stratum corneum water content, transepidermal water loss (TEWL), cutaneous microrelief and morphological and structural characteristics of the epidermis were analysed through the following biophysical and skin imaging techniques: Corneometer[®] CM 825, Tewameter[®] TM 300, Visioscan[®] VC98 and Vivascope[®] 1500, respectively. A sensorial analysis was also performed to study how the formulations were perceived on the skin. Results: The obtained results showed that the active ingredient under study allows the film formation on the skin surface, leading to a reduction of TEWL and skin desquamation. The obtained images from RCM showed a reduction of furrows on the skin surface and a film formation after a single application of the formulations. However, these effects were

more pronounced in the emulsion formulation, which suggests a synergistic effect of the active ingredient under study with the emollients of formulation composition. This result was also observed in the sensorial analysis, as both formulations added with the active substance were well evaluated. Conclusion: The presence of *Kappaphycus alvarezii* and *Caesalpinia spinosa* extracts in the studied cosmetic formulations, enabled a film formation on a skin surface, bringing benefits as a reduction of transepidermal water loss and skin desquamation, as well as a furrows reduction and an improvement of stratum corneum after 1h of application. Finally, the skin imaging techniques can be suggested as an excellent tool to evaluate a film-forming effect of cosmetic formulations.

L.-Y. Lin, S.-C. Chiou, S.-H. Wang, C.-C. Chi, Effects of Facial Threading on Female Skin Texture: A Prospective Trial with Physiological Parameters and Sense Assessment, Evidence-Based Complementary and Alternative Medicine, Volume 2019

Background: Facial threading is a common tradition in Taiwan, Southeast Asia (called “Bande Abru”), Middle East (called “KHITE”), and Egypt (called “Fatlah”). In addition to the ability to remove facial vellus hairs, facial threading can make the skin fairer and shinier. However, there has been a lack of hard evidence regarding the effects of facial threading on the skin. Objective: To examine the effects of facial threading on skin physiology as well as visual and touch senses by using scientific instruments. Methods. A total of 80 participants were allocated to receive facial threading, application of powder only, exfoliation, and shaving. Prior to and following the assigned treatment, a noninvasive skin condition detection device was used to measure skin coarseness, hydration, melanin, and erythema index. Sense assessment and image analysis were also performed. Results: This study showed that facial threading was found to improve the facial skin roughness indices with significant decreases by 30.4%, 35.9%, and 16.7%, respectively, for the participants’ forehead, cheek, and mouth corner skin. No significant adverse changes in moisture levels and skin pigment indices were detected. In addition, there was improvement in subjects’ touch sense of their skin and feelings about skin color. Conclusions. Traditional facial threading can remove facial vellus hairs and lower skin roughness levels, thereby improving the skin texture. However, pricking sensation appeared during the facial threading process, which might cause concerns about irritation.

P. Suchonwanit, K. Triyankulsri, M. Ploydaeng, K. Leerunyakul, Assessing Biophysical and Physiological Profiles of Scalp Seborrheic Dermatitis in the Thai Population, BioMed Research International, Volume 2019

Background: Scalp seborrheic dermatitis (SD) is a common and chronic inflammatory skin disease which tends to recur over time. By measuring biophysical properties of the stratum corneum, many studies report abnormal biophysical profiles and their association in various dermatologic diseases. The aim of the study is to analyze the biophysical properties and skin barrier defects of scalp SD compared to healthy controls. Materials and Methods: This study is a cross-sectional study assessing the correlation of various biophysical and physiological profiles in scalp SD. Forty-two Thai participants with scalp SD were enrolled in the study and 40 healthy participants were also enrolled as the control group. Both SD and control group were subjected to a one-time biophysical and physiological properties’ measurement of transepidermal water loss (TEWL), stratum corneum hydration (SCH), skin surface pH, skin surface lipid, and skin roughness. Results: The mean TEWL of lesional skin of SD cases were significantly higher than those of control group ($P < 0.05$). Relating to high mean TEWL, the mean SCH was found to be significantly lower in SD cases ($P < 0.05$). Skin surface lipid was also found to be significantly higher in SD group ($P < 0.05$). However, there were no differences in skin surface pH ($P = 0.104$) and roughness ($P = 0.308$) between the two groups. Pairwise comparison of each subgroup found that moderate and severe SD demonstrated significantly higher mean skin surface lipid than that of control group ($P < 0.05$). Conclusion: Scalp SD may be associated with seborrhea in Thai population. Monitoring of SCH, TEWL, and skin surface lipid could be helpful in assessing severity and evaluating the treatment outcome in patients with scalp SD.

C. Theek, H. Tronnier, U. Heinrich, N. Braun, Surface Evaluation of Living Skin (SELS) parameter correlation analysis using data taken from astronauts working under extreme conditions of microgravity, Skin Res Technol., 2019;00: p. 1–7

Background: In space, due to fluid shift a 45% decrease in the skin topography parameter volume (mm³) was seen using the VisioScan[®] camera. Simultaneously, the parameters roughness, scaling and wrinkles changed dramatically as well. Thus, the present study has the objective to understand the relationship between the SELS parameters under extreme conditions and their application by addressing scientific-dermatological questions. Material and Methods: SELS measurements were performed on the volar forearms of six astronauts. The Pearson correlation coefficient was used to determine the association between the variables. Results: A significant correlation was found between the skin topography parameter volume and the skin parameters roughness, scaling and wrinkles. A closer look at each astronaut revealed a significant correlation for all astronauts for the parameters volume and roughness and for more than 65% of the astronauts for the parameters volume and scaling and volume and wrinkles. However, no correlation could be found between the parameters skin hydration and roughness and scaling, respectively. Conclusion: Only the parameter skin volume leads to meaningful data under microgravity. Physiological changes observed by fluid shift are comparable to the skin condition edema on earth. Based on the obtained data, we can conclude that the formulas for the SELS parameters roughness, scaling and wrinkles for this special skin condition need to be reviewed.

P. Rattanawitpong, R. Wanitphakdeedecha, A. Bumrungrert, M. Maiprasert, Anti-aging and brightening effects of a topical treatment containing vitamin C, vitamin E, and raspberry leaf cell culture extract: A split-face, randomized controlled trial, J Cosmet Dermatol. 2020 Jan

Background: Skin aging has many manifestations such as wrinkles, uneven skin tone, and dryness. Both intrinsic and extrinsic factors, especially ultraviolet light-induced oxidative radicals, contribute to the etiology of aging. Human skin requires both water- and lipid-soluble nutrient components, including hydrophilic and lipophilic antioxidants. Vitamins C and E have important protective effects in the aging process and require exogenous supply. Raspberry leaf extracts contain botanical actives that have the potential to hydrating and moisturizing skin. Topical products with these ingredients may therefore combine to provide improved anti-aging effects over single ingredients. Objectives: To evaluate the anti-aging and brightening effects of an encapsulated serum containing vitamin C (20% w/w), vitamin E, and European raspberry (*Rubus idaeus*) leaf cell culture extract. Methods: Fifty female volunteers aged 30–65 years were allocated one capsule of serum for topical application on one side of the face for 2 months, in addition to self-use of facial skin products. Both test (treated) and contralateral (untreated) sides were dermatologically assessed after 4 and 8 weeks. Skin color (melanin index), elasticity, radiance, moisture, and water evaporation were measured by Mexameter MX18[®], Cutometer[®], Glossometer GL200[®], Corneometer CM825[®], and Tewameter TM300[®] instruments, respectively (Courage + Khazaka Electronic GmbH). Skin microtopography parameters, smoothness (SEsm), roughness (SEr), scaliness (SEsc), and wrinkles (SEw), were measured by Visioscan[®] VC98 USB (Courage + Khazaka Electronic GmbH), and gross lifting effects were measured by VECTRA[®] H1 (Canfield Scientific), and adverse reactions and satisfaction were also assessed. Results: Skin color, elasticity, and radiance were significantly improved. The smoothness, scaliness, and wrinkles were also revealed significant improvement. Mild adverse reactions were tingling and tightness. Conclusions: The vitamin C, vitamin E, and raspberry leaf cell culture extract serum has anti-aging and brightening effects of skin.

N. Lourith, M. Kanlayavattanukul, Formulation and clinical evaluation of the standardized Litchi chinensis extract for skin hyperpigmentation and aging treatments, Ann Pharm Fr, 2020 Mar;78(2): p. 142-149

Introduction: The standardized litchi extract had been revealed on phytochemical actives, in vitro and cellular activities against aging and darkening of skin. However, a formulation containing the extract has never been developed as per clinical evaluated. Materials and methods: The litchi serum was developed, safety and efficacy were clinically evaluated in human volunteers. The stable and none irritated 0.05 and 0.1% litchi serums were randomized-single blind placebo control clinical

applied on the inner forearm of 29 volunteers for a consecutive 112 days and monitored by Mexameter® MX18, Cutometer® MPA 580 and Visioscan® VC 98. Results: Skin lightening efficacy of the 0.1% and 0.05% litchi serum was significantly ($P<0.001$ and $P<0.05$) higher than the placebo. Skin elasticity and wrinkle reduction was significantly ($P<0.05$ and $P<0.005$) achieved by the 0.1% litchi serum. The efficacy of litchi serums was confirmed by a split-face, randomized, single-blind controlled that the 0.1% litchi serum was significantly ($P<0.05$) better than the 0.05% one of all examined parameters. Conclusion: Safety and efficacy of litchi extract are clinically confirmed for hyperpigmentation and aging of skin treatments.

*D.J. Son, J.C. Jung, Y.M. Choi, H.Y. Ryu, S. Lee, B.A. Davis, **Wheat Extract Oil (WEO) Attenuates UVB-Induced Photoaging via Collagen Synthesis in Human Keratinocytes and Hairless Mice**, Nutrients 2020, 12, 300*

The efficacy of wheat extract oil (WEO), standardized to glucosylceramides, for protecting against ultraviolet B (UVB)-induced damage of skin barrier function was assessed using the SKH-1 hairless mouse model and two human skin cell lines, namely, CCD-986sk and HeCaT. The ability of repeated oral administration of 30, 60, and 120 mg of WEO/kg/day for 12 weeks to prevent skin damage of SKH-1 hairless mice induced by UVB irradiation was evaluated. The results demonstrated that UVB-induced water evaporation (transepidermal water loss, TEWL) was significantly decreased by WEO. Similarly, UVB-induced losses in moisture and skin elasticity were improved by WEO supplementation. WEO attenuated the tissue procollagen type I, hyaluronic acid (HA), and ceramide reductions induced by UVB treatment as well. Collagen concentrations in skin tissue were increased in the WEO-treated mice, while UVB-induced epidermal thickening was reduced. In vitro studies using HeCaT human keratinocytes confirmed increased HA and collagen synthesis in response to WEO treatment. This may occur via WEO suppression of matrix metalloproteinase-1 (MMP-1), since its induction by UVB treatment was diminished in treated CCD-986sk cells. Oral administration of WEO improves skin barrier function in UVB-irradiated mice by attenuating damage typically observed in photoaging. This research further clarifies the clinical benefits previously observed by dietary WEO consumption.

*A. Charpentier, **Clinically supporting ‘antiage’ and ‘pro-age’ claims**, Personal Care Europe, June 2020*

Claims of personal care evolve following trends and various innovations in the field of the active ingredient development, the finished product formulation and the way both are evaluated, demonstrating their performances. Since 2014, the cosmetics industry is gradually leaving the era of anti-ageing behind. Today, most consumers are more in the mood for a well ageing, slow ageing or pro ageing approach. The philosophy of the ‘pro-ageing’ movement has sought to remove all ‘anti’ claims because, according to this concept, women over 50 are not interested in looking younger; they want to look healthy and be honest about their age. Some brands have used the idea of “improves the appearance of skin quality”, and “restore the skin comfort”, for example. A new vocabulary of renewal, regeneration, plumpness and “glow” now dominates the language of the beauty industry.

Moderne Hautanalyse - Die ungeschminkte Wahrheit, Fit for Fun, Juli 2020

Ein geschultes Auge sieht der Haut auf Anhieb das Wichtigste an – aber nicht alles. Präzise Informationen über den Hautzustand liefern diese fünf technischen Geräte.

*S.I. Jang, My. Lee, J. Han, J. Kim, A.R. Kim, J.S. An, J.O. Park, B.J. Kim, E. Kim, **A study of skin characteristics with long-term sleep restriction in Korean women in their 40s**, Skin Res Technol. 2020;26: p. 193-199*

Background: Previous studies have demonstrated increased pore size and darkening skin color with total sleep deprivation. There are many studies of skin characteristics with short-term sleep restriction, but there are few studies on skin characteristics when sleep is restricted more than three consecutive days. This study evaluated skin changes with sleep limited to 4 hours per night for six nights. Materials and Methods: The study included 32 Korean women in their 40s. Skin hydration, desquamation, barrier recovery, texture, gloss, transparency, elasticity, crow's feet, frown lines, and color were measured. Individual sleep time was monitored by smartwatches. Subjects slept 8 hours

per night for six nights in week one and 4 hours per night for six nights in week two. Results: Skin hydration was significantly reduced after 1 day of sleep deprivation, and it continued to decrease. Skin gloss, desquamation, transparency, elasticity, and wrinkles were significantly aggravated after 1 day of sleep deprivation. Skin texture was significantly aggravated on the fourth day of sleep restriction. Elasticity was most affected by reduced sleep, with a standardized coefficient of $-.320$, indicating a significant decrease over time as compared to other characteristics. Conclusion: Skin hydration was gradually decreased with sleep restriction. Skin texture did not change after only 1 day of sleep restriction. It is a new finding that elasticity decreases more than other skin characteristics with prolonged sleep restriction.

K.M. Enright, A. Nikolis, In vivo determination of the skin surface topography and biophysical properties of human hands: Effects of sex and hand dominance, Skin Res Technol. 2020;26: p. 277-283

Background: The effect of hand dominance on the skin topography and parameters associated with skin health and aging is unknown. Methods: Healthy adult volunteers were recruited. The following four strata were enrolled: Group 1: male, right handed; Group 2: male, left handed; Group 3: female, right handed; and Group 4: female, left handed. The differences between groups on their surface evaluation of living skin (SELS) parameters were evaluated. These variables included (a) roughness (SER); (b) smoothness (SESM); (c) scaliness (SESC); and (d) wrinkles (SEW). Results: A total of twenty subjects were recruited, with five in each stratum. Significant differences between groups were found for SESC [$F(7,31) = 2.742, P = .024$, partial eta squared = 0.382] and SEW [$F(7,31) = 3.705, P = .005$, partial eta squared = 0.456]. An evaluation of the descriptive statistics revealed that males had a higher mean SESC value than females and a lower mean SEW value. Moreover, the dominant hand of both sexes had a higher mean SEW value than non-dominant hands. Conclusions: Given the evidence of sex and handedness differences in wrinkle genesis and desquamation severity, these factors should be considered in the dermatological treatment and counseling of patients.

D.S. Kim, K.U. Song, H.K. Lee, J.H. Park, B.J. Kim, K.H. Yoo, J.H. Shin, Synergistic effects of using novel home-use 660- and 850-nm lightemitting diode mask in combination with hyaluronic acid ampoule on photoaged Asian skin: A prospective, controlled study, J Cosmet Dermatol, Jul 2020

Background: Recently, light-emitting diode (LED) devices are among those mostly preferred for esthetic application because they improve the appearance of photoaged skin characterized by wrinkles, sagginess, pigmented lesions, and others. In addition, the use of hyaluronic acid (HA) for skin rejuvenation is already well proven. Aims: This study aims to evaluate the synergistic effects of using home-use LED mask device with HA ampoule. Methods: The total number of recruited subjects was 48:24 in Group A treated with both home-use LED mask device and HA ampoule and 24 in Group B treated with HA ampoule only, for 4 weeks. To assess the efficacy of the treatment, the following were used: Antera 3D CS, EOS 800D with Image-Pro Plus, DUB-USB, VisioFace Quick, and Visioscan VC98. Results: After treatment, the volume measurement (mm) for prejowl sulci and nasolabial fold flattening as well as the area measurement (pixel) for lower chin firmness improvement was significantly reduced, and the number of pores (ea) for enlarged pores as well as the desquamation index (%) for the amount of corneocytes significantly decreased in both Group A and Group B. Moreover, the percentage of skin density significantly improved. Furthermore, Group A showed a significantly faster and higher rate of improvement than Group B. Conclusion: The use of 660- and 850-nm home-use LED mask device can generate synergistic effects on home-use topical applications like HA on photoaged face, and such device can be safely and efficiently used daily in personal environments.

J.N.C Ng, R. Wanitphakdeedecha, C. Yan, Efficacy of Home-Use Light Emitting Diode Device at 637 and 854-nm for Facial Rejuvenation: A Split-Face Pilot Study, J Cosmet Dermatol, Jul 2020

Background: The use of light-emitting diode (LED) in combination wavelength for facial rejuvenation has been previously reported. Nowadays, there has been a growing market for home-use cosmetic devices because of its low-cost and convenience. Objective: To evaluate the efficacy and

safety of home-use LED device on facial rejuvenation. Methods: This was a prospective split-face clinical trial with a total of 24 subjects, who presented with photo aging skin. All subjects were treated with the home-use LED device on the left side of their face, twice a week for 8 weeks. Primary outcomes measured in the study were the changes in the biophysical properties of the skin assessed with the following parameters: skin elasticity, skin hydration, texture and wrinkles. Evaluations were done at baseline, 2-, 4-, 6- and 8-week follow-up. Subjects' self-improvement scores and adverse reactions were also recorded. Results: All 24 subjects completed the study and attended all follow-up. Skin elasticity was significantly higher in the LED group compared to the control during the 6- and 8-week follow-up ($p < 0.05$). In the LED group, an image of the treated skin captured using Visioscan® showed improvement of the skin texture at 8-week follow-up. Majority of the subjects in the LED group scored good improvement on all follow-ups (37.5%, 41.7%, 58.3% and 62.5%) when compared to the baseline. No adverse reactions or pain were recorded in the study. Conclusion: The home-use LED device with a combination wavelength of 637 and 854 nm, is safe and can be used as an adjunctive treatment for self-administered facial rejuvenation.

R. Wanitphakdeedecha, J.N.C. Ng, N. Junsuwan, S. Phaitoonwattanakij, W. Phothong, S. Eimpunth, W. Manuskiatti, Efficacy of olive leaf extract-containing cream for facial rejuvenation: A pilot study, J Cosmet Dermatol, Jul 2020, 19(7): p. 1662-1666

Background: Olive leaf extract (OLE), a naturally extracted product from olive leaves, contains oleuropein and other bioactive phenolic compounds. Oleuropein was identified to have various medical properties. It was also found to inhibit the effects of both acute and chronic UVB-induced skin damage as well as accelerate wound healing activity. Aims: To evaluate the efficacy of olive leaf extract-containing cream on facial rejuvenation. Methods: This is a prospective pilot study with a total of 36 participants, who presented with photoaging skin. All participants applied the olive leaf extract-containing cream (SUPERHEAL™ O-Live Cream, PhytoCeuticals, Inc, USA) to their whole face twice daily for 2 months. Primary outcomes measured in the study were the changes in the biophysical properties of the skin assessed with the following parameters: melanin and erythema index, transepidermal water loss (TEWL), skin hydration, skin pH, sebum level, texture, and wrinkles. Results: After 2 months, TEWL decreased significantly ($P = .007$) and maintained the results 1 month after discontinuation of the treatment ($P = .007$). Skin hydration also increased significantly after 2 months ($P = .004$). Wrinkles improved significantly on all follow-ups ($P < .001$, $P = .001$, $P = .001$, respectively). An image of the skin captured using Visioscan® showed improvement of the skin texture 2 months after treatment. Majority of the participants (64%) noted improvement in their skin texture. Conclusion: Olive leaf extract-containing cream provided benefits on skin rejuvenation in human skin.