



## words from prof. Aubrey Parsons dry and dehydrated skin

The term dehydration is often used to describe a variety of skin conditions ranging from oil dryness and the inability of the epidermis to retain moisture. Generally, dry skin indicates skin that is lacking oil and dehydrated skin means it is lacking water.

The causes of dry skin, although not completely defined, are centered around three overlapping areas: lack of water in the stratum corneum, overactive epidermal turnover, and barrier disturbances.

Chronic low level irritation from either chemicals or UV exposure can increase turnover as part of the inflammatory process. This allows inadequate time for the keratinocytes to differentiate properly, resulting in a defective barrier that cannot hold water, intensifying a dry skin.

The third major cause of dry skin is barrier damage where there is depletion of intercellular lipids or the acid mantle, resulting in transepidermal water loss.

Sophisticated lightweight emulsions and water delivery systems exist to effectively treat these conditions, without suppressing the skin's natural moisturising and hydrating ability.

The incorrect use of certain moisturisers can create a negative feedback system, limiting the skin to produce its own natural moisturising factors.

## Q&A

### treatment of dry and dehydrated skin

#### **What external treatment can be applied for this skin condition?**

Nimue's core prescriptions are aimed at normalisation through stimulation of skin functions. Applying moisture in the form of O/W emulsions to the skin surface in the form of masks, serums and treatment creams will have an immediate effect. A lightweight product will provide hydration and barrier protection without suppressing the skin's natural moisturising ability.

#### **What internal treatment can support this skin condition?**

Introducing water to the tissue by drinking adequate amounts and reducing chemical and physical dehydration factors such as coffee, alcohol, sun exposure, air conditioning and medication such as diuretics. A balanced diet including essential fatty acids, nuts and fruit will also assist.

#### **What ingredients in skin care products are effective for this condition?**

Phytoceutical and certain biotechnological ingredients such as glycosaminoglycans, hyaluronic acid, low molecular weight essential fatty acids, amino acids and mucopolysaccharides are some of the ingredients that contribute. Modern delivery systems can further enhance the properties and efficacy of the treatment.

#### **Can an oily skin be dehydrated?**

Yes, it can be even though it exhibits excess oil. If you attempt to strip skin of all oil content, the skin can become even oilier.

#### **Is the use of an oil rich cream recommended for a dry skin?**

No, products that contain fats, oils and waxes can clog pores and make the skin problem worse by overloading it and suppressing the skin functioning, however there are new hydrophilic and lipophilic ingredients that can alter this chemistry.

#### **Which products in nimue are particularly suitable for these conditions?**

The newly launched nimue super hydrating mask as well as the super hydrating serum.



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## product news | hydrating solutions



### super hydrating mask for home care

A moisture rich cream mask to supplement, soothe and hydrate dry and dehydrated skin conditions.

A phytoceutical hydrating complex and hyaluronic acid optimise and maintain skin hydration, ubiquinone reduces the visible signs of ageing skin and corn oil extract soothes and provides skin comfort and alleviates the effects of environmental stress on the skin.

### super hydrating mask for professional use in treatments

A light textured cream mask based on a blend of natural skin moisturisers and plant oils such as a phytoceutical hydrating complex, hyaluronic acid, ubiquinone and avocado and orange oil to supplement and hydrate a dry and dehydrated skin to restore softness, suppleness and greatly enhance your nimue face treatment.

#### Benefits

- relieves dryness, dehydration and fine lines
- restores softness and suppleness to the skin
- provides a glowing revitalised appearance
- improves skin smoothness and comfort

## high performance delivery against wrinkles

### improved skin refirmer

An innovative, luxurious and fast acting multi functional rejuvenation treatment based on state of the art peptide technology for effective treatment against wrinkles and expression lines.

#### What makes Nimue's Skin Refirmer unique?

It is based on a unique peptide complex that targets the treatment of wrinkles and expression lines for fast acting results.

#### What is a peptide?

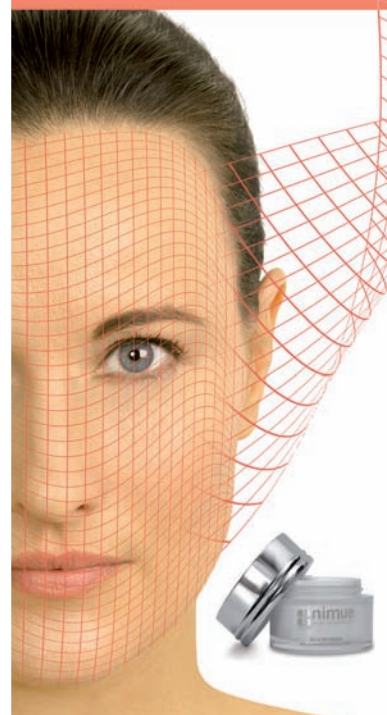
A biotechnological ingredient based on unprecedented innovation with sophisticated amino acids that exert a positive influence on the relaxation of facial muscles.

#### Who can benefit from this treatment?

Nimue's Skin Refirmer is targeted at the prevention and first appearance of expression lines between the age of 30 to 40 and the active anti-wrinkle and smoothing effect on existing lines and wrinkles for mature skin aged from 40 upwards.

#### What results can be expected?

Skin Refirmer reduces muscle contractions and helps to reduce the appearance of expression lines, smoothes out the skin's surface and relaxes facial lines.



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