

Table of Contents

Foreword by Prof Dr Ksenija Suvorova	VI
Foreword and Acknowledgements	VII
Table of Contents	IX
List of abbreviations	X
Chemical formulae – Representation	X
1 Introduction to Corneotherapy	1
1.1 Adjuvant and extended corneotherapy	2
1.2 Dermatological cosmetics	2
2 Structure of the skin	5
3 Skin diagnosis	8
3.1 Measurements	8
3.2 Measured values and subjective perceptions	9
3.3 Short- and long-term effects	10
4 Chemical and physical principles of corneotherapy	12
4.1 Requirements for bases and active agents	13
4.1.1 Base creams	13
4.1.2 Hydrophilic base gels	16
4.1.3 Hydrophobic oleogels	16
4.1.4 Lotions	17
4.2 Shelf life	19
4.2.1 Minimum shelf life	19
4.2.2 Physical changes	19
4.2.3 Chemical reactions	19
4.2.4 Microbiology	20
4.2.5 Sensory changes	20
4.2.6 Container properties	20
4.2.7 Ecology of plastics and polymers	21
4.3 Safety of skin care products	23
4.3.1 Pure substances and mixtures of substances	23
4.3.2 Hidden pollutants	23
4.3.3 Prohibited substances	23
4.3.4 Undesirable substances during storage and use	24
4.3.5 Endocrine disruptors	25
4.3.6 Nitrosamines	25
4.4 Active agents from nature	26
4.4.1 Natural or synthetic?	26
4.4.2 Natural cosmetics	27
5 Chemical and physical principles of extended corneotherapy	30
5.1 Membrane family	30
5.1.1 Phospholipids and phosphatidylcholine	31
5.1.2 Liposomes	31
5.1.3 Nanodispersions	33

5.1.4	Derma Membrane Structure (DMS)	33
5.1.5	Combinations and modular concepts	34
5.1.6	Properties of preparations containing membranes.....	35
5.1.7	Applications of membrane-containing products	36
5.2	Properties of nanodisperse systems at a glance	36
5.3	Active and auxiliary substances	39
6	Ingredients of skin care products – chemical structure classes	43
6.1	Water	43
6.1.1	Seawater	46
6.1.2	Thermal water	46
6.2	Acids and bases	48
6.3	Fatty acids	50
6.3.1	Essential fatty acids	51
6.3.2	Metabolism	51
6.3.3	Contrasting effects	53
6.3.4	Skin metabolism of essential fatty acids	53
6.3.5	Influence of drugs on the fatty acid metabolism	54
6.4	Hydrocarbons	55
6.4.1	Sebum	55
6.4.2	Vegetable hydrocarbons	55
6.4.3	Mineral hydrocarbons	55
6.5	Natural oils, fats and waxes	57
6.5.1	Waxes	57
6.5.2	Vegetable triglycerides	58
6.5.3	Vegetable fatty acids	58
6.5.4	Minor components of vegetable oils	59
6.5.5	Other vegetable oils	60
6.6	Terpenes	60
6.6.1	Essential oils	61
6.6.2	Vitamins and provitamins with terpene structure	61
6.6.3	Related vitamins	62
6.7	Steroids	62
6.7.1	Plant and animal sterols	63
6.7.2	Bile acids	63
6.7.3	Steroid hormones	63
6.7.4	Glucocorticoids	64
6.7.5	Saponins	64
6.7.6	Vitamin D ₃ (cholecalciferol)	66
6.8	Alcohols and phenols	66
6.8.1	Alcohols	67
6.8.2	Glycols	67
6.8.3	Phenols	69
6.8.4	Hidden alcohols	69
6.8.5	Denaturants	70
6.9	Aldehydes and ketones	72

6.10 Saccharides and polysaccharides	74
6.10.1 Mono- and oligosaccharides	74
6.10.2 Polysaccharides.....	74
6.10.3 Hyaluronic acid	76
6.10.4 Glycosides and their functions	78
6.11 Flavones and isoflavones	79
6.11.1 Hormonal properties	80
6.11.2 Glycosides of flavones and isoflavones	80
6.11.3 Side effects.....	81
6.12 Alkaloids	81
6.13 Amino acids.....	83
6.13.1 Physiological amino acids.....	83
6.13.2 Hair care	84
6.14 Peptides	84
6.14.1 Proteins	84
6.14.2 Natural peptides.....	84
6.14.3 Synthetic peptides	85
6.14.4 Peptides with special properties	85
6.14.5 Growth factors	85
6.14.6 Antimicrobial peptides.....	87
6.15 Enzymes	89
6.15.1 Effective biocatalysts	89
6.15.2 Enzyme classes	90
6.15.3 Enzymes in the network.....	90
6.15.4 Enzymes in cosmetics.....	92
6.16 Silicon compounds	92
6.16.1 Silica	92
6.16.2 Silicates	93
6.16.3 Silicones.....	93
6.17 Aluminium compounds	95
6.18 Trace elements	97
7 Ingredients of skin care products – by function	104
7.1 Preservatives	104
7.1.1 Jar, tube or dispenser?	105
7.1.2 Microbiology of products	106
7.1.3 Approved preservatives	106
7.1.4 Preservative chemistry	106
7.2 Emulsifiers	107
7.2.1 Emulsifiers and surfactants	108
7.2.2 Polyethylene glycols	109
7.2.3 Emulsions	111
7.3 UV filter	112
7.4 Moisturisers	116
7.4.1 Active agents	117
7.4.2 Limits of effectiveness	119

7.5	Antioxidants	120
7.5.1	Body's own radicals	120
7.5.2	Exogenous radicals	121
7.5.3	Endogenous antioxidants	121
7.5.4	Exogenous antioxidants	122
7.5.5	Autoxidation	122
7.5.6	Vitamin C and E as radical scavengers	122
7.5.7	Antioxidants in skin care products	123
7.6	Vitamins and provitamins	124
7.6.1	Vitamin A and retinoids	125
7.6.2	Vitamins at a glance	126
7.7	Fragrances	128
7.7.1	Scent perception	128
7.7.2	Natural and synthetic fragrances	129
7.7.3	Body notes	129
7.7.4	Perfumes	132
7.8	Plant extracts	133
7.9	Cosmeceuticals	134
7.9.1	Cosmeceuticals – the criteria	135
7.9.2	Examples of cosmeceuticals	135
7.10	Food supplements	136
7.10.1	Active agents – topical and oral?	137
7.10.2	Spicy substances in food and cosmetics	138
8	Forms of application and uses	144
9	Preparative treatments	147
9.1	Skin cleansing	147
9.1.1	Detergent components	148
9.1.2	Cleansers for sensitive skin	148
9.2	Baths	149
9.2.1	Foam baths	149
9.2.2	Salt baths	149
9.2.3	Therapeutic baths	150
9.2.4	Skin care baths	150
9.2.5	Aromatherapy	150
9.3	Peeling	151
9.3.1	Mechanical peels	151
9.3.2	Chemical peeling	151
9.3.3	Enzyme peeling	152
9.3.4	Laser and microdermabrasion	152
9.3.5	Practical advice	152
9.3.6	Peeling methods at a glance	153
9.4	Toning the skin	154
9.5	Masks and packs	154
9.6	Massages	156
9.7	Final care and home care	158

10	Decorative cosmetics for problem skin	159
10.1	Camouflage	159
10.2	Make-up for problem skin	160
10.3	Lipsticks	161
10.4	Mascara	161
10.5	Powders	161
10.6	Self-tanners	163
11	Apparative treatments	166
11.1	Laser and IPL	167
11.2	Ultrasound	169
11.3	Radio frequency	170
11.4	Iontophoresis	170
11.5	Dermaroller	171
11.6	Devices and preparations: Synergies at a glance	171
12	Specific care instructions	176
12.1	Care of the hands	176
12.1.1	Hand cream formulations	177
12.1.2	Further tips for hand care	178
12.2	Anti-pollution	179
12.3	Body care	180
12.4	Facial care and combination skin	181
12.5	Eye care	183
12.6	Lip care	186
12.7	Foot care	188
12.8	Baby and infant care	190
12.9	Intimate care	192
12.10	Sweat and body odour	194
12.11	Men's cosmetics	196
12.12	Hair removal	197
12.13	Hair growth	199
12.14	Overdoing skin care	201
13	Anti-aging preparations	205
14	Medical wellness preparations	209

15 Skin alterations and their corneotherapeutic treatment.....	211
15.1 Hormone-related changes.....	211
15.1.1 Puberty	211
15.1.2 Monthly period	213
15.1.3 Pregnancy	213
15.1.4 Climacteric and menopause	215
15.2 Skin barrier disorders.....	216
15.2.1 Neurodermatitis – atopic dermatitis	216
15.2.2 Perianal barrier disorders.....	218
15.2.3 Pressure ulcer	218
15.3 Cornification disorders.....	218
15.3.1 Acne	219
15.3.2 Psoriasis	222
15.3.3 Actinic keratosis.....	224
15.4 Connective tissue disorders.....	225
15.4.1 Atrophic skin	225
15.4.2 Stretch marks.....	225
15.4.3 Cellulite	225
15.4.4 Scleroderma	229
15.5 Rosacea and couperose	229
15.6 Scars	231
15.7 Pigmentation disorders.....	232
15.7.1 Brightening agents	233
15.7.2 Tranexamic acid – against pigmentation spots and redness	234
15.7.3 Vitiligo.....	235
15.7.4 Other hypopigmentations	236
15.8 Irritations	236
15.9 Inflammations	237
15.10 Allergies	239
15.11 Dermatoses – Eczema	240
15.12 Perioral dermatitis	241
15.13 Itching	242
15.14 Light-damaged skin	244
15.14.1 Prevention	244
15.14.2 Sunburn	244
15.14.3 Photosensitisation and phototoxicity	245
15.14.4 Endogenous light damage	246
15.15 Cancer therapies – Pre- and aftercare	246
15.15.1 Surgery	247
15.15.2 Radiotherapy	247
15.15.3 Chemotherapy	248
15.15.4 Immunotherapy	249

15.16 Aesthetic surgeries – Pre- and aftercare	249
15.17 Drug side effects	250
15.18 Multiple chemical sensitivity (MCS)	254
15.19 Nerve irritation	255
15.20 Food intolerances	257
16 Skin microbiome and infections	262
16.1 Bacterial infections	262
16.2 Fungal infections	262
16.3 Viral infections	264
16.4 Disinfection	266
16.5 Physical balances	266
16.6 Adapted skin care	267
17 Problem skin or medical indication?	269
17.1 Pharmaceutical base creams	269
17.2 Identical active agents	271
17.3 Adjuvant corneotherapy	272
17.4 Magisterial recipes	272
17.5 Medical devices	277
17.6 Placebos	279
17.7 Summary	279
Supplementary literature	281
Trademarks	282
Index	283
The author	293