

SKIN DOCTOR

Specific Skin Conditions and how Kosmea can help

Wrinkles & Ageing Skin

What causes wrinkles?

The skin's primary components are collagen and elastin. An interlacing of collagen fibres with a fine net of elastin gives skin its strength, elasticity, smoothness and resilience.

As humans have a life span, so do our cells. Ageing causes the skin's collagen fibres to fragment, or break down. At the same time the elastin molecules become fewer and the skin becomes thinner and more transparent as the subcutaneous layer loses fat. Imagine wearing a size 14 suit on a size 12 frame. The skin loses its ability to spring back into place after a movement or an expression, and we begin to see lines and wrinkles.

The primary cause for premature ageing is sun exposure, followed by diet, genes, and environment. Unfortunately for most people, up to 90% of sun damage has already been done by the time a person reaches 18.

Healthy skin will show less signs of ageing; collagen and elastin fibres are more resilient and skin remains smooth and elastic for longer. So if there are no miracle cures for ageing skin, how can we slow the process?

Wrinkle prevention:

The skin has three fundamental needs that are quite often, surprisingly, forgotten. As our largest organ, skin needs food, it needs to breathe and it needs protection from UV rays, and moisture loss.

Skin receives its nutrients both internally and externally. This means that what you apply topically to your skin is, to a large extent, absorbed, whether it is good or bad. The skin also absorbs the oxygen that is vital to healthy cells. Many of today's modern skin care products contain harmful petrochemicals and synthetic ingredients that are absorbed by the skin and prevent it from breathing. Imagine eating a plate of chemicals or sleeping with a pillow over your face. This is in effect what millions of people do every day.

Short term results with wrinkles and ageing can be achieved with many products that contain ingredients that firm and plump the skin. These ingredients affect the outer layers of the skin, leaving it feeling comfortable and smooth. In the long term, however, the skin essentials are sacrificed, and the results are the same; ageing, sagging skin. Healthy skin has the best chance of staying a step ahead of the ageing process.

How can rose hip oil slow the signs of ageing?

Essential fatty acids play a key role in the maintenance and regeneration of the collagen and elastin fibres that keep skin firm and youthful. The essential fatty acids and vitamins in rose hip oil are readily absorbed by the skin and help to slow the breakdown of these fibres. With its neutral pH balance and anti-inflammatory properties, rose hip oil keeps skin balanced and healthy, helping to protect against cell degeneration caused by bacteria and oxidants.

Recommended Kosmea products:

Age Defying Collection. This collection contains Purifying Cream Cleanser, Eighth Natural Wonder™ Revitalising Facial Serum,

Skin Clinic™ Certified Organic Rose Hip Oil and Replenishing Moisture Cream to prevent the signs of premature skin ageing.

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Acne

What is acne?

Acne is a disease of the sebaceous hair follicle that afflicts most people during teenage years. There are several different types of acne including blackheads, white heads (comedones), pimples (papules), pustules and cysts.

What causes acne?

Contrary to popular belief, acne is not caused by diet, poor hygiene, stress or excess surface oil on the skin.

Acne is directly related to the production of hormones within the body that cause the over-stimulation of the sebaceous glands. Under normal circumstances, sebum travels up the hair follicle and onto the surface of the skin. With acne, sebum becomes trapped with the hair follicle along with dead skin cells, becoming a breeding ground for bacteria. Chemicals produced by the bacteria cause inflammation of the follicle and the surrounding skin. Acne is a vicious circle - picking and squeezing can spread infection and cause severe scarring.

How can rose hip oil help?

It can be tempting for acne sufferers to scrub the skin several times a day to remove excess oil; however, this can actually intensify the problem. Our skin is designed to compensate for the removal of the oil by producing more and more, resulting in recurring infection and more acne.

The best solution is to cleanse gently, without stripping the skin, and to maintain the skin's balance. After cleansing, Kosmea's Skin Clinic™ Certified Organic Rose Hip Oil can be applied to damp skin both morning and night. Why add oil to oily skin? The essential fatty acids combined with the anti-inflammatory properties of rose hip oil will help to prevent infection and reduce over-stimulation of the sebaceous glands.

Over time, Kosmea's Skin Clinic™ Certified Organic Rose Hip Oil helps to repair the damaged skin and prevent acne scarring.

Recommended Kosmea products:

Clarifying Facial Wash, Daily Facial Exfoliant, Skin Clinic™ Certified Organic Rose Hip Oil and Hydrating Rosewater Mist to cleanse, purify and prevent your skin from break-outs.

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Psoriasis

What is psoriasis?

Psoriasis is a common inflammatory skin condition characterised by frequent episodes of redness, itching and an increased rate of skin cell turnover resulting in excessive growth of the epidermis. This growth continues to build up leaving thick, dry, silver scales on the skin.

What causes psoriasis?

The exact cause of Psoriasis is not yet known, although it seems to be an inherited disorder. The excessive growth of the skin is due to cells, associated with the immune system, that have been triggered by the body's defence mechanisms. These cells mistakenly rush to the affected site, and begin healing the area by producing new skin cells. The new skin cells are produced at a faster rate than the damaged cells are shed, and so the cycle of production goes on. This results in areas of skin that become thickened, red and inflamed.

How can rose hip oil help?

Psoriasis sufferers have skin that is low in essential fatty acids and prone to dehydration. This worsens the problem of scaling and itchiness and can leave the skin open to infection from scratching and minor injuries. The application of rose hip oil keeps the skin moist and nourished to reduce the itching and scaling and provides the right environment for healing. In addition, the anti-inflammatory properties of rose hip oil help to prevent infection.

Recommended Kosmea products:

Skin Clinic™ Certified Organic Rose Hip Oil

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Eczema & Dermatitis

What is eczema?

Atopic dermatitis or eczema is an itchy, dry, hypersensitive skin disorder that can affect people of any age, but is most common in children and young adults. An itching rash that may be red and blistering in children, or dry, scaly and thickened in adults occurs typically on the inner elbows, backs of knees, ankles, wrists, face, neck and upper chest.

Wrinkle prevention:

The exact cause of atopic eczema is unknown, although it is considered a hereditary condition. Diet and particular foods rarely provoke attacks, perhaps in about 10% of sufferers. Environmental factors such as dust, certain fabrics, household cleaning products and skin care products are more likely to cause the condition to worsen.

Household cleansers, detergents, soap, petrochemicals, synthetic colours, fragrance and solvents are a common cause for breakouts. By limiting contact with these irritating substances and preventing the skin from drying out, the risk of causing eczema to flare up is significantly lessened.

How can rose hip oil help?

Eczema sufferers have skin that is low in essential fatty acids and exhibits enormous water loss. This causes the skin to become tight, dry and scaly and can lead to cracking, itchiness and flaking. To compound the problem, everyday skin care products contain soap, harsh detergents and alcohol that further strip the skin of its natural oil and cause it to become unbalanced.

Rose hip oil has a pH balance of 5.1, similar to the natural oil produced by our skin. Its high content of essential fatty acids creates a fine occlusive film over the surface of the skin that holds in moisture and prevents the skin from becoming dehydrated and scaly. In addition, the anti-inflammatory properties of Rose Hip Oil help to prevent recurring infection.

Rose hip oil helps to repair damaged skin tissue and increases elasticity, minimising future scarring that can eventuate from persistent scratching. It is also effective in improving the appearance of old scars.

Recommended Kosmea products:

Skin Clinic™ Certified Organic Rose Hip Oil

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Scars

What are scars?

When a wound heals, the scar tissue will usually flatten and become a hypertrophic scar. Hypertrophic scars remain flat, they're common and often respond well to treatment. Unfortunately, some scars become enlarged and form firm, smooth growths call keloids.

A keloid is an enlarged scar that projects above the skin's surface. Keloid scars usually extend beyond the edges of the original scar and can become progressively more prominent. Although most people never form keloids, people who are genetically predisposed can form a keloid after a simple insect bite. This type of scar occurs more frequently in dark-skinned people.

Keloids are a cosmetic problem and never become malignant. The skin heals by formation of scar tissue. Susceptibility to severe scarring depends on your own genetic makeup, how deep the original wound was and the treatment applied to the area.

How does a wound heal?

The body needs several things to accelerate wound healing, including protein, vitamin A, vitamin C, vitamin E and zinc. While these can be found in a healthy diet, the topical application directly to the scar or wound can also help to prevent scarring. While it seems logical that to allow a wound to dry and scab over will promote faster healing, this treatment can actually increase the likelihood of scarring. The best environment for wound healing is a warm, moist environment with protection from bacteria. This treatment allows the skin to heal without stretching and tearing and can help prevent scarring.

How can rose hip oil help?

The essential fatty acids and vitamins in rose hip oil help to keep damaged skin hydrated so that a wound can heal quickly without drying out too quickly and tearing the skin surrounding the area. Its anti-inflammatory properties help to prevent infection.

The application of Kosmea's Certified Organic Rose Hip Oil to recent scars or even old scars up to twenty years old can help to improve scars in both colour and texture.

Recommended Kosmea products:

Skin Clinic™ Certified Organic Rose Hip Oil