

Clinical Protocol

Clinical treatments should not be carried out on dehydrated skins with poor skin barrier function. Skin rejuvenation techniques may actually cause damage to the skin with more reddening, increased skin flaking; resulting in a poorer outcome, where the skin may appear worse than before the treatment. If you feel your skin may suffer as a result of poor lipid density or poor skin hydration ask your clinician's advice.

Skin Barrier function and lipid density are critical in moisture control. Soft keratin also enhances the skins barrier protection while moisture deeper in the skin is controlled by lipids but also fundamentally by hyaluronic acid. Hyaluronic acid fibres produced by fibroblast cells attract and hold hundreds of water molecules forming a jelly like fibre and acting as a reservoir for water, making it available for cell activity and function. Hyaluronic acid levels dictate the level of wrinkles and also maintain structural fibres such as collagen. Discuss your skin's needs in terms of moisture control and anti-aging effect with your clinician, prior to treatment.



Clinic Details

TANWARDS
SYNCHROVIT
SENSICURE
SYNCHROROSE
ENERPEEL
AKNICARE
THIOSPOT
HYDRATIME
NUTRITIME
FILLAST
SYNCHROELAST
SYNCHROCELL
LIPOACID
TERPROLINE
SUNWARDS



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Lipid Boosting for Dry, Flaky & Inflamed Skin



HYDRATIME
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SOLUTIONS FOR SKIN - MEDICALLY TESTED

Ceramides and Skin Moisture

Maintaining and enhancing skin lipids is of value to many skin types and certain skin condition symptoms can be improved by lipid boosting. These symptoms can range dry skin seen in sufferers of psoriasis to eczema and even ichthyosis, where an inability to maintain skin hydration can exacerbate the situation. Conversely, chronic acne leads to lipid loss and ceramide boosting can be beneficial to acne management.

Low lipid density combined with a low level of skin water binding agents results in dehydration leading to irregular rates of skin shedding and skin cell production. This leads to excessive dry skin in many or excessive oil production in others.

We have letters from mothers whose children with skin conditions have used our lipid boosting systems and have found they have been able to reduce prescription medication.

Providing the correct ceramides for lipid enhancement and also key skin barrier lipids such as cholesterol and fatty acids help prevent moisture loss from the upper layers of the skin. All three elements are needed for effective barrier repair, which is often compromised in many skin types.

Lipids and Chronic Acne

It is known that acne sufferers lose fatty acids and lipids - linoleic acid in particular - from their skin as a result of sensitivity to hormonal triggers. **Aknicare®**, our medical device for acne helps restore linoleic acid and slows down its abnormal loss from the skin. However in a number of chronic acne sufferers who have had the condition for many years we have found that also lipid boosting, increasing skin hydration and skin water retention have had amazing results.

Water Binding

There are a number of natural based molecules - namely *saccharide isomerate* and *hyaluronic acid* - that are very good at holding water in the skin, thus helping to reduce inter-cellular water loss. Combining this with lipid boosting can further enhance skin hydration.

Angry Skin

Many dry skin conditions also have associated inflammation, and we know UV rays can also cause skin inflammation often leading to excessive pigmentation production, reddening skin, tissue damage, thread veins and a distressed skin. So protecting skin from UV is important, but so is providing natural calming ingredients. This can also provide relief to the itchiness associated with some skin conditions.

Although ichthyosis, psoriasis and eczema are medical conditions, the symptoms of dry, itchy skin in particular can be effectively managed by addressing the issues mentioned above.

HYDRATIME® & NUTRITIME®

Hydratime® is a dermocosmetic management system, particularly effective for dry, itchy, irritated skin. The range includes Cleansing Milk and Tonic Lotion and/or Remover for preparing the skin, to ensure best results from **Hydratime®** and **Nutritime®**.

Hydratime® Remover works as a two-in-one product; it acts as a cleanser and refreshes like a tonic lotion. It leaves skin smooth and velvety. Skin hydration is promoted by hyaluronic acid and saccharide isomerate, which capture water, thus increasing moisture levels. All three preparatory products also contain natural calming ingredients which help to calm & soothe skin combat UV and other inflammatory triggers.

Hydratime® and **Nutritime®** is a dual system for people with dry, flaky and also itchy skin. They nourish deeply by enhancing the lipid content and smooth the skin by providing the full complement of ceramides and ceramide precursors, combined with beeswax, cholesterol and beneficial fatty acids.

The **Hydratime®** and **Nutritime®** systems also sustain, protect and re-establish the skin's barrier properties to resist moisture loss by delivering a range of water binding ingredients into the skin. They also provide sun protection using the latest organic pigments. Antioxidant and free radical scavenger activity is provided by special absorbable forms of Vitamin C and Vitamin E which support the natural calming ingredients.

Key Focus of Activity	HYDRATIME Ingredients	NUTRITIME Ingredients
Combined Range of Water Binding Agents to retain Skin Moisture Moisturising Factors	xylitol, xylitol glucoside Urea, lactic acid, Hyaluronic acid Saccharide Isomerate	Panthenol Saccharide isomerate, Acetylglucosamine, Hyaluronic acid
Skin Barrier lipid supplementation incorporating the complete range of ceramides	Ceramide I,II,III,IIIA,IIIB,VI, cholesterol, palmitic and stearic acid	Ceramide I,II,III,IIIA,IIIB,VI, cholesterol, bees wax
Powerful Antioxidant activity	Ascorbyl Tetraisopalmitate (Vitamin C derivative), Tocopheryl Acetate (Vitamin E derivative)	Ascorbyl Tetraisopalmitate (Vitamin C derivative), Tocopheryl Acetate (Vitamin E derivative)
UV Photo Aging Protective effect	Dimethyl sulfone	Dimethyl sulfone
Natural anti bacterial effect	Phyto sphingosine	Phyto sphingosine
Calming Anti inflammatory effect	Phyto sphingosine Dimethyl sulfone	Phyto sphingosine Soya protein Dimethyl sulfone
Target Effect	Super Skin Hydration	Super Skin Nourishment and Hydration

Hydratime® and **Nutritime®** are supplied as Face and Body creams where the formulae have been adjusted slightly to get best results. **Hydratime®** is a day cream and **Nutritime®** is used at night, although some people use either product morning and night.

Find out more about super skin hydration and skin barrier control at www.hydratime.co.uk.



HYDRATIME® & NUTRITIME® Complete Range