

ISSUE OCTOBER 2020

COSMETOPOLITAN



COS-INSIDE

Latest News
from RAHN

LAB-NEWS

The PGA
Hydration Shield

**AROUND
THE WORLD**

Chok Chok Beauty

GOOD TO KNOW

Care in the sun.
Know your skin
type ...

RAHN

Your partner for excellence

Dear Readers,



Take a look at our autumn bucket list for more autumn happiness:

- An outdoor picnic on the beach or in the park.
- On mild autumn nights, do some stargazing and count the shooting stars.
- Collect coloured leaves.
- Explore the woods.
- Explore the town by bike.
- Sit round a campfire with your friends.
- Bake an apple pie.
- Pick and enjoy blackberries.
- Take a road trip to somewhere new.
- Unplug! Disconnect for a few days and learn how to really relax.
- Go on a midnight walk.
- Try out a new restaurant.
- Eat your breakfast outside.

Enjoy our issue.

Yours,

Sandra

Sandra Gut
from your RAHN-Team

WHO IS NEW?



A very warm welcome to the new colleagues joining our team:



REBECCA FLEISCHHAUER
Function
Customer Service Cosmetics
Division
RAHN AG
Joined
14th August 2020



FLORENT ADEMI
Function
Customer Service Cosmetics & Accounting
Division
RAHN AG
Joined
15th August 2020

We hope our colleagues will settle in quickly and look forward to developing a strong and productive working relationship.

Hello, we are new in town ...

RAHN COSMETIC ACTIVES



REFORCYL®- AION

INCI: *Propanediol, Aqua, Cucurbita Pepo Seed Extract, Citric Acid*

REFORCYL®-AION rejuvenates and detoxifies the skin, by activating the most important parameters of a healthy autophagy process.

My strengths:

- Garb'Ageing Clean-Up
- Superhero for our skin and planet
- High-end Cell Waste Manager
- Carbon neutral
- Pumpkin Up-Cycling
- COSMOS

LABORATOIRES EXPANSCIENCE



Number 6

INCI: *Propanediol, Water, Persea Gratissima (Avocado) Fruit Extract*

Number 6 acts on the causes of the dark circles and eye bags.

My strengths:

- Anti-fatigue
- Glow-Effect
- Bye-bye eye bags & dark circles
- Avocado Up-Cycling
- COSMOS
- Ecocert

SYTHEON

**Asyntra CBD-Alt**

INCI: *Isosorbide Dicaprylate, Bakuchiol, Ethyl Linoleate*

Asyntra® CBD-Alt helps to amplify the power of CBD and Hemp oil. It is a blend that works on its own or in synergy with CBD / Hemp Oil to protect the skin from stress.

My strengths:

- CBD Alternative
- Improved Skin Barrier
- Reduced Skin Sensitivity
- Even Skin Tone
- Reduces Inflammation & Stress
- Strengthen Skin Surface

AJINOMOTO

**ProdeW 600**

INCI: *Betaine, Sodium PCA, Sodium Lactate, PCA, Serine, Alanine, Glycine, Glutamic Acid, Lysine HCl, Threonine, Arginine, Proline, Water*

PRODEW® 600 is a highly effective moisturizer formulated with NMF (Natural Moisturizing Factor) components. Indeed the composition of PRODEW® 600 mimics the amino acid composition in NMF, deeply moisturizing the skin by supplying amino acids to the stratum corneum.

My strengths:

- Highly effective skin moisturiser
- Improves skin barrier function
- Reduction of fine wrinkles
- Penetration into stratum corneum

Any questions – we are happy to help.

RAHN – Behind the scenes!

Not just any team ...

Who actually works in what department and what does the department do? Meet the team ...

EMINA BESIC GYENGE



Part of the team since?	October 3 rd 2016
Responsible for?	<p>Research and Development Manager Cosmetic Actives.</p> <p>What does it mean: I can creatively develop the newest RAHN Cosmetic Actives or “pimp up” the old ones with new studies, new ideas, new stories. I spend some time to write the brochure. I give our sales team deep insight into the new active. I give my best to transfer my enthusiasm to our customers. I am a nerd who tries to wrap the science in lots of emotion, tied with a ribbon of lightness and humour.</p>
How would you describe yourself in three words?	Direct, curious, rebellious
What are you passionate about?	Family, nature, music, art, food and science.
What do you like about RAHN?	<p>I am having the privilege not to be pushed to “grow up and behave”. I may keep my childlike curiosity and my “artistic licence”.</p> <p>This is something what I really appreciate very much. And this is the only way I can do my job properly. I am happy to have a boss who is aware of that.</p>

MARTINA EICHENSEHER



Part of the team since?	September 19 th 2010
Responsible for?	Marketing event organisation
How would you describe yourself in three words?	Helpful, organising abilities, adventurous
What are you passionate about?	Travelling – I love to explore new countries
What do you like about RAHN?	The team at RAHN is great.

PHILIPPE AEBY



Part of the team since?	2005
Responsible for?	The worldwide export of our RAHN Cosmetic Actives via a distribution network.
How would you describe yourself in three words?	Curious, passionate, love to travel
What are you passionate about?	Japan, mountain biking, karate, history, Restoration of world receivers (radios)
What do you like about RAHN?	Space for creativity, great freedom of movement, trust, long-term goals



GABRIELA SCHULER

Part of the team since?	October 2003
Responsible for?	Technical Sales Manager for Eastern Switzerland and Austria
How would you describe yourself in three words?	Honest, sociable and quick-witted
What are you passionate about?	I love the outdoors and the mountains. Anyone who has ever been to the Alps knows what mood the sublime mountain giants trigger in you. In addition, there is the feeling of freedom that you experience when hiking and the incomparable moment when you have reached the top.
What do you like about RAHN?	Working independently, planning and designing daily routines. The challenge of finding solutions even with difficult topics.

The PGA Hydration Shield

What is it and what do you need to know?

-
- PGA stands for Polyglutamic Acid.
 - It is a novel, water-soluble peptide that is derived from fermented soybeans and it occurs naturally in our bodies.
 - It has amazing hydrating properties, water retaining capabilities plus multiple anti-ageing properties.
 - PGA has brilliant skin-sealing qualities, allowing your skin to retain its moisture for much longer than usual – like a shield.
 - In addition, it is an effective ingredient that will leave your skin smooth, plump and radiant.





How is it sourced?

- PGA is a natural peptide of D and L glutamic acid originally isolated from traditional soybean foods, natto / chunkookjang, that are widely consumed in Japan, Korea and China.
- PGA is produced under controlled fermentation process using a proprietary, non-GMO strain of *Bacillus subtilis* isolated from chunkookjang.
- The compositions, applications, and method of manufacture are covered under multiple patents and pending patent applications.

Dream Team for an overall Moisturisation

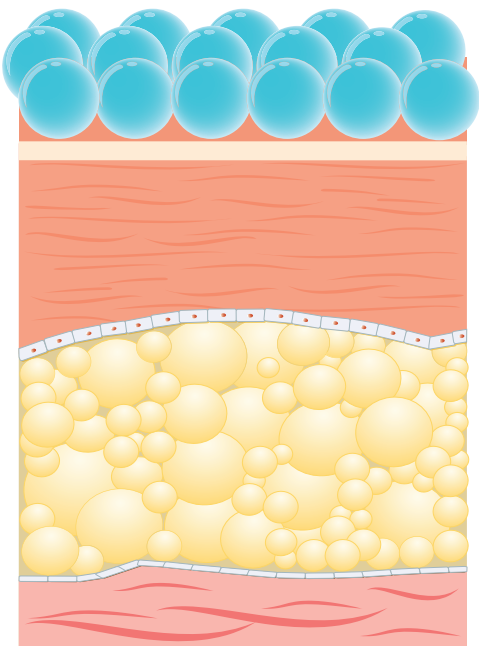
- PGA moisturises your skin deeply and helps maintain a healthy hydration level
- PGA hydrates the skin better than hyaluronic acid (HA)
- HA is always rapidly decomposed by the hyaluronidase. PGA helps the HA to survive, by inhibiting the hyaluronidase.
- Dream Team: In combination with HA, PGA acts as an effectiveness booster
- PGA decreases the appearance of fine lines and wrinkles for a younger-looking complexion
- PGA increases skin's elasticity
- PGA gives a silky skin feel
- Ultimately, by combining both HA and PGA within your skin care routine, you're ensuring that you hydrate the lowest levels of your skin, and 'seal in' the upper levels, resulting in an overall moisturisation.

THE PGA Hydration Shield – Gamma-MAX and Gamma-Oligo

Two products which provide unique and complementary functionalities:

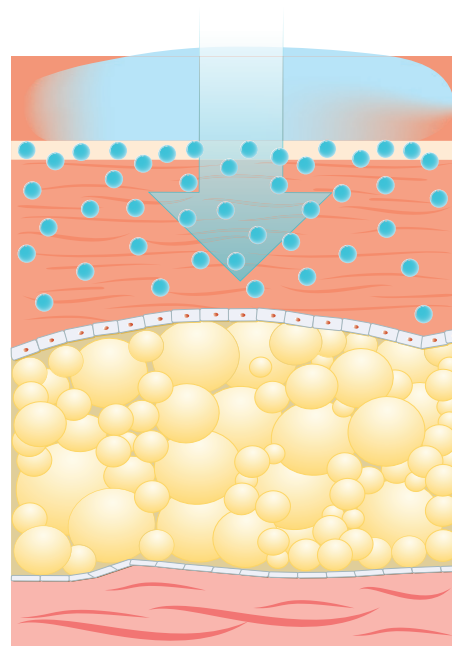
	Gamma-MAX	Gamma-Oligo
INCI Name	Sodium Polyglutamate or Natto Gum	Potassium Hydrolysed Polygamma-Glutamate or Natto Gum
Chemical designation	Poly-gamma-glutamic acid as sodium salt	Hydrolysed poly-gamma-glutamic acid as potassium salt
Molecular weight	Approx. 2.000.000 Daltons (high molecular)	Approx. 1.000 Daltons (low molecular)
Active content	100 % (pure substance)	100 % (pure substance)
Appearance	White, fine powder	White, fine powder
Solubility in water	Very good, transparent solution	Very good, transparent solution
Usage level	0.05 – 1 %	0.05 – 1 %
Primary site of action	On the skin	In the skin

Gamma-MAX and Gamma-Oligo – Powerful Spectrum Efficacy



Gamma-MAX

- Highly effective moisturisation on the skin with immediate and long lasting effect
- Increases the elasticity of the skin
- Improves the stability of hyaluronic acid on the skin: HA-Booster
- Magnificent sensory properties



Gamma-Oligo

- Penetrates into the skin and moistures it deep down thanks to 2 ideal complementary mechanisms:
 1. Boosting of the existing epidermal HA
 2. It simultaneously increases the NMF
- Improves the barrier of the skin
- Alleviates undesirable immune effects connected with photo-ageing
- Restores collagen and improves skin's elasticity

Marketing Claims

- Next level hydration by combining HA and PGA
- Ultra hydration
- Boost your skin's own NMF and HA
- Plumping, smoothing and glow-boosting
- Novel and natural amino acid complex
- PGA nourishes your skin cells and barrier for a younger-looking complexion
- Improves and soothes the skin condition in atopic dermatitis
- Skin hydration shield
- Creates Glass-like Skin
- 4-D-Moist: immediate, long term, deep and noticeable

Application Proposals

- Face and body mists, skin softener, gel, water cream, serum
- Anti-photo-ageing products
- Cleansers: micellar solution, foaming cleanser, shower sorbet
- Masks: hydrogel mask, water sleeping mask, bubble mask, jelly pack, splash mask
- Sun care products (pre and after sun)
- Dermal filler
- K-beauty products
- Glass-skin like products
- Fermented skin care products
- Hand sanitizer
- Scalp Care
- Skinification of Hair



Hydro-Lock Serum

St	Substance	INCI name USA	% [w/w]	Manufacturer
1	Water demin.	Water	93.80	several
	Gamma-MAX	Sodium Polyglutamate	0.30	BioLeaders Corporation, KR
	Glycerin 99.5 %	Glycerin, Water	3.00	several
	Genu Gum type RL-200Z-CG	Ceratonia Siliqua (Carob) Gum	1.00	CP Kelco, US
	Verstatil PC	Phenoxyethanol, Caprylyl Glycol	0.60	Evonik, DE
	Prodew P-DS-12	Sodium Caproyl Proline, Water	1.00	Ajinomoto, JP
	HyaCare	Sodium Hyaluronate	0.30	Evonik, DE

Pumpkin Milk

with REFORCYL[®]-AION

Garb'Ageing Clean-Up

Our Pumpkin Milk is not a tasty milk to drink but a new frame formulation with the active ingredient REFORCYL[®]-AION.

This formulation is characterised by its holistic naturalness. In order to protect the seas and the environment, it consists entirely of microplastic-free and exclusively natural ingredients. This light but rich emulsion provides your skin with gentle care and makes you look younger and younger from one application to the next as your skin experiences a spring clean.

But how does such a spring clean work in your skin?



Young skin thanks to sparkling clean cells

Breakdown products of our metabolism, such as misfolded proteins, are produced daily in our body and in our skin. The older we get, the more waste products accumulate in our cells. At the same time, there is a decline in the quality and activity of the mitochondria. The resulting skin ageing is noticeable in the loss of skin firmness and elasticity, weakening of the skin barrier, increased TEWL and reduced hydration.

Autophagy is used to clean up the cells and restore the function of the proteins. This process breaks down the waste products in our body cells and uses them to generate new cell building blocks.

REFORCYL®-AION is able to activate autophagy and at the same time improve mitochondrial fitness, so that sufficient energy is available for an efficient autophagic process. Cellular waste is broken down to produce fresh cell building blocks; the cells are thus subjected to a spring clean and the skin is rejuvenated. The improvements in skin barrier, TEWL, hydration, firmness and elasticity are not only measurable but also noticeable.

Recycle instead of throwing away

And REFORCYL®-AION, made from the pumpkin *Cucurbita pepo var. styriaca*, has even more special features. Not only have we developed another climate-neutral cosmetic active ingredient, we have also applied the principles of upcycling.

The pumpkin used comes from sustainable agriculture and a unique feature of this pumpkin variety is the peel-less seeds, which are used both for oil production and for re-cultivation. Only the seeds are used for further processing, the sponge-like flesh of the pumpkin remains on the field as soil fertiliser. The seeds used for oil production are then used to make a so-called presscake, which is processed into the valuable REFORCYL®-AION extract. This raw material is 100 % biodegradable and non-toxic for animals, plants and water organisms. The residual material from the extract production is composted and used as soil fertiliser. The CO₂ emissions resulting from the production of the extract of *Cucurbita pepo var. styriaca* have been calculated and are offset by two climate-friendly projects: a regional forest project in Switzerland and a hydroelectric project in the habitat of the mountain gorillas in the Democratic Republic of Congo.

REFORCYL®-AION thus offers a holistic concept to benefit the skin, the soul and our planet.



Are you interested in a sample?

Message us at cosmetics@rahn-group.com

Pumpkin Milk



Application

Apply every morning and evening gently onto face and cleavage.

St	Substance	INCI name USA	% [w/w]	Manufacturer
1	Water demin.	Water	68.25	several
	Pentiol Natural	Pentylene Glycol	3.00	several
	Dermosoft 1388 ECO	Glycerin, Water, Sodium Levulinate, Sodium Anisate	3.00	Evonik, DE
2	Symbioprot V	Hydrolized Vegetable Protein, Sodium Citrate, Magnesium Stearate, Xanthan Gum	2.00	Evonik, DE
	Borage Seed Oil organic	Borago Officinalis Seed Oil	4.00	All Organic Trading GmbH, DE
	Tegin M Pellets	Glyceryl Stearate	1.00	Evonik, DE
	Tego Alkanol 1618	Cetearyl Alcohol	0.50	Evonik, DE
	Dermofeel Toco 70 non-GMO	Tocopherol, Helianthus Annuus (Sunflower) Seed Oil	0.20	Evonik, DE
	Myritol 312	Caprylic / Capric Triglyceride	12.00	BASF, DE
3	Citric Acid solution 10 %	Citric Acid, Water	3.00	several
4	Perfume Beech Wood R148	Fragrance	0.05	Huber the Nose, CH
5	REFORCYL®-AION	Propanediol, Water, Cucurbita Pepo (Pumpkin) Seed Extract, Citric Acid	3.00	RAHN AG, CH

Chok Chok Beauty

Moisturize, moisturize, moisturize.

Bring on that “Chok Chok” bounce. This Korean beauty trend is gaining traction.

What is actually Chok Chok skin? The term Chok Chok translates to “damp” or “moist,” so it makes sense that it is used to describe a super hydrated, bouncy and young-looking complexion. Chok

Chok skin is so hydrated, it’s radiant without a stitch of foundation or highlighter.

To get this look, Korean make-up artists emphasize two things: multiple layers of moisturizer and constant misting.

Turn your bathroom into your own treatment room and look forward to dramatically improved skin.



Here's how you do the Chok Chok look:

1. Oil-based cleanser + makeup remover

Massage product in a circular motion onto the face then rinse with water. The oil will emulsify once mixed with water to wash away all the oil-based impurities and makeup.

Nourishing Butter-Gel Cleanser

St	Substance	INCI name USA	% [w/w]	Manufacturer
1	Glycerin 99.5 %	Glycerin, Water	34.30	several
	Sisterna SP70-C	Sucrose Palmitate	2.00	Sisterna B.V., NL
	Sisterna L70-C	Sucrose Laurate, Water, Alcohol	3.00	Sisterna B.V., NL
2	Cupuacu Butter Refined	Theobroma Grandiflorum Seed Butter	20.00	Laboratoires Expanscience, FR
	English Poppy Seed Oil	Papaver Somniferum Seed Oil	40.00	Northstar Lipids (UK) Ltd, GB
	Dermofeel Toco 70 non-GMO	Tocopherol, Helianthus Annuus (Sunflower) Seed Oil	0.20	Evonik, DE
	Red Fusion	Fragrance	0.50	Aromatic Flavours & Fragrances Europe Ltd., GB

2. Water-based cleanser

Water cleansers are typically the foaming ones we are all familiar with. These remove dirt and debris from the face, along with any remaining residue from the oil cleanse.

Anti-Blemish Cleansing Cream

St	Substance	INCI name USA	% [w/w]	Manufacturer
1	Water demin.	Water	52.30	several
	Dermosoft MCAV	Dipropylene Glycol, Caprylyl Glycol, Glyceryl Caprylate	1.00	Evonik, DE
	Keltrol CG-SFT	Xanthan Gum	0.50	CP Kelco, US
2	Amilite GCS-12K	Sodium Cocoyl Glycinate, Water	35.00	Ajinomoto, JP
	Amisoft ECS-22W	Disodium Cocoyl Glutamate, Water	3.00	Ajinomoto, JP
	Sensual Flower	Fragrance	0.70	Aromatic Flavours & Fragrances Europe Ltd., GB
3	Water demin.	Water	5.00	several
	Citric Acid 100 %	Citric Acid	2.00	several
4	Sytenol A	Bakuchiol	0.50	Sytheon Ltd, US

3. Exfoliator

Their purpose is to relinquish away dead skin cells so that products have a direct pathway to interact with your skin.

Coffee Scrub Stick

St	Substance	INCI name USA	% [w/w]	Manufacturer
1	Tego Alkanol 1618	Cetearyl Alcohol	27.60	Evonik, DE
	TEGO Feel C 10	Cellulose	1.00	Evonik, DE
	Sisterna A10E-C	Sucrose Tetrastearate Triacetate	2.50	Sisterna B.V., NL
	Dermofeel Sensolv	Isoamyl Laurate	3.00	Evonik, DE
	Coconut Oil refined, organic	Cocos Nucifera (Coconut) Oil	3.00	All Organic Trading GmbH, DE
	Cacao Butter Pellets	Theobroma Cacao (Cocoa) Seed Butter	2.00	Henry Lamotte Oils, DE
	Tego SMO V	Sorbitan Oleate	0.20	Evonik, DE
	Virgin Prunus Oil	Prunus Domestica Seed Extract	5.00	Laboratoires Expanscience, FR
	Organic Cold Pressed Coffee Bean Oil	Coffea Arabica (Coffee) Seed Oil	2.00	Biopurus, GB
	Dermosoft GMCY	Glyceryl Caprylate	0.50	Evonik, DE
	Dermofeel Toco 70 non-GMO	Tocopherol, Helianthus Annuus (Sunflower) Seed Oil	0.20	Evonik, DE
	2	Amisoft GS-11P	Sodium Stearoyl Glutamate, Sodium Cocoyl Glutamate	20.00
Elfan AT G		Sodium Cocoyl Isethionate	30.00	Akzo Nobel Chemicals GmbH, DE
FOSSIL PEELING POWDER		Diatomaceous Earth	1.00	RAHN AG, CH
3	Cappucino	Fragrance	2.00	Mystic Moments UK, GB

4. Toner

Toners will provide a first layer of hydration to your skin that will allow the rest of the products to be more easily absorbed.

Aloe Soothing Skin Tonic

St	Substance	INCI name USA	% [w/w]	Manufacturer
1	Water demin.	Water	66.05	several
	Glycerin 85 %	Glycerin, Water	4.00	several
	Ajidew NL-50	Sodium PCA, Water	2.00	Ajinomoto, JP
	TN003CR Aloe Vera Powder 200x	Aloe Barbadensis Leaf Juice	0.05	Terry Laboratories, Inc., US
	Original Extract Lotus	Nelumbo Nucifera Root Water	4.00	Gattefossé Schweiz, CH
2	Dermofeel G10 LW 70 MB	Polyglyceryl-10 Laurate, Water, Citric Acid	3.50	Evonik, DE
	Aloe Fresh	Fragrance	0.40	Aromatic Flavours & Fragrances Europe Ltd., GB
3	Ethanol 94 % denat.	Alcohol denat., Water	20.00	several



Step 5 & 6 – Essence and Active

This step is considered the heart of the K-Beauty routine. It's all about a boost of hydration. These are also the steps that you can tailor to target whatever you like. Whether you're trying to get rid of wrinkles, acne or discolouration nothing works as hard as a serum or ampoule.

Inspiring Face Serum

St	Substance	INCI name USA	% [w/w]	Manufacturer
1	Water demin.	Water	80.50	several
	Glycerin 85 %	Glycerin, Water	3.00	several
	MYRAMAZE®	Propanediol, Water, Myrothamnus Flabellifolia Leaf/Stem Extract, Ascorbic Acid, Citric Acid	2.00	RAHN AG, CH
2	UniqSens™ SFE System	Pectin, Xanthan Gum, Chondrus Crispus (Carrageenan)	1.20	CP Kelco, US
	Dermofeel Sensolv	Isoamyl Laurate	1.50	Evonik, DE
	Verstatil PC	Phenoxyethanol, Caprylyl Glycol	1.00	Evonik, DE
3	L-Arginine solution 10 %	Water, Arginine	1.30	Ajinomoto, JP
4	Ethanol 94 % denat.	Alcohol, Water	5.00	several
	Sensuous Mélange	Fragrance	0.50	Aromatic Flavours & Fragrances Europe Ltd., GB
5	Water demin.	Water	2.00	several
	Hyalu-Cage System NE	Water, PentyleneGlycol, Sodium Hyaluronate-Crosspolymer, Sodium Chloride, Hydroxyacetophenone	2.00	I.R.A. Istituto Ricerche Applicate S.R.L., IT

Step 7: Sheet & Targeted Masks

You can find masks with tons of different ingredients and materials, but they all have one thing in common – serious absorption of product into your skin. Masks provide deep hydration by locking in everything else you've put onto your face at this point.

Ocean Essentials Seaweed and Minerals Gel Mask

Phase	Ingredient	INCI Nomenclature	% [w/w]	Manufacturer
A	Water demin.	Water	q.s. to 100.00	several
	Keltrol® CG-SFT	Xanthan Gum	1.50	CP Kelco, US
	Genuvisco® CG-131	Chondrus Crispus	0.50	CP Kelco, US
B	NAB® Arnica Extract	Arnica Montana Flower Extract & Algae Extract	0.50	Lonza, CH
	AG014 Aloe Vera Gel 10x	Aloe Barbadensis Leaf Juice	0.20	Terry Laboratories, US
	HyaCare	Sodium Hyaluronate	1.00	Evonik, DE
	Gingko Biloba Extract	Glycerin, Ginkgo Biloba Extract	1.00	several
	Seamollient® CI	Algae Extract, Water	1.50	BASF, DE
	Glycerin	Glycerin	2.00	several
	Verstatil PC	Phenoxyethanol, Caprylyl Glycol	1.00	Evonik, DE
C	Sea Salt	Sea Salt	1.00	several
	Water denim.	Water	5.00	several
D	Fragrance	Fragrance	q.s.	several
	Parsley Leaves (Dried)	Petroselinum Crispum (Parsley) Leaf	0.10	several

Step 8: Eye Cream

Eye cream provides hydration and plumpness to the eye area, which helps to keep it firm and fight away wrinkles.

7 Effects Eye Cream

St	Substance	INCI name USA	% [w/w]	Manufacturer
1	Water demin.	Water	48.66	several
	Verstatil PC	Phenoxyethanol, Caprylyl Glycol	0.80	Evonik, DE
	Glycerin 85 %	Glycerin, Water	2.00	several
2	Keltrol CG-SFT	Xanthan Gum	0.20	CP Kelco, US
	Carbopol Ultrez-10	Carbomer	0.30	Lubrizol, US
3	Myritol 312	Caprylic / Capric Triglyceride	10.00	BASF, DE
	Tegosoft DEC	Diethylhexyl Carbonate	5.00	Evonik, DE
	White Poetry	Fragrance	0.04	Aromatic Flavours & Fragrances Europe Ltd., GB
4	Bimiol BSC 035	Water, Caprylic / Capric Triglycerides, Pentylene Glycol, Hydrogenated Lecithin, Glycerin, Butyrospermum Parkii (Shea) Butter, C12-16 Alcohols, Palmitic Acid, Squalane, Ceramide NP	25.00	BSC Skincare Development GmbH, DE
5	REFORCYL®	Glycerin, Water, Glutamine, Decyl Glucoside, Phenethyl Alcohol, Citric Acid, Cistus Incanus Flower / Leaf / Stem Extract, Gynostemma Pentaphyllum Leaf / Stem Extract	3.00	RAHN AG, CH
6	L-Arginine solution 10 %	Water, Arginine	5.00	Ajinomoto, JP



Step Nine: Moisturiser

Whether you use a gel, cream or oil, this is the final step in your nighttime routine. A moisturiser is absolutely necessary to lock in moisture to your face.

Hydrating Face Gel

St	Substance	INCI name USA	% [w/w]	Manufacturer
1	Water demin.	Water	92.30	several
	Gamma-MAX	Sodium Polyglutamate	0.10	BioLeaders Corporation, KR
	Glycerin 99.5 %	Glycerin, Water	3.00	several
	Genu Gum RL-200Z-CG	Ceratonia Siliqua (Carob) Gum	1.00	CP Kelco, US
	Verstatil PC	Phenoxyethanol, Caprylyl Glycol	0.60	Evonik, DE
	Prodew P-DS-12	Sodium Caproyl Prolinate, Aqua	1.00	Ajinomoto, JP
	HYDRACTIN®	Glycerin, Water, Disodium Adenosine Triphosphate, Carica Papaya (Papaya) Fruit Extract, Phenoxyethanol, Algin, Sodium Hydroxide	2.00	RAHN AG, CH

Step Ten: Sunscreen

Korean women are practically vampiric in their avoidance of the sun and use of sunscreen. SPF isn't just something you need to consider when you're on holiday, but rather a vital part of your morning skin routine- even if you won't be spending any time in direct sunlight. Protecting your skin against UV damage is simply the most effective defence we have against uneven pigmentation, skin damage, fine lines and wrinkles.

Protecting and Lifting in Harmony

St	Substance	INCI name USA	% [w/w]	Manufacturer
1	Water demin.	Water	68.85	several
	Dermosoft MCAV	Dipropylene Glycol, Caprylyl Glycol, Glyceryl Caprylate	1.00	Evonik, DE
2	Disodium EDTA	Disodium EDTA	0.10	several
3	Carbopol Ultrez 10	Carbomer	0.30	Lubrizol, US
4	Myritol 318	Caprylic / Capric Triglyceride	5.00	BASF, DE
	Neo Heliopan HMS	Homosalate	2.00	Symrise, DE
	Miglyol 8810	Butylene Glycol Dicaprylate / Dicaprate	3.00	IOI Oleochemical, DE
	Neo Heliopan 303	Octocrylene	2.00	Symrise, DE
	Amisoft HS-11P(F)	Sodium Stearoyl Glutamate	0.15	Ajinomoto, JP
	Sisterna SP70-C	Sucrose Stearate	1.00	Sisterna B.V., NL
	Dermofeel GSC	Glyceryl Stearate Citrate	2.00	Evonik, DE
	Tego Alkanol 1618	Cetearyl Alcohol	2.00	Evonik, DE
	Parsol 1789	Butyl Methoxydibenzoylmethane	2.00	DSM, NL
	Keltrol CG-SFT	Xanthan Gum	0.30	CP Kelco, US
	Dermofeel Toco 70 non-GMO	Tocopherol, Helianthus Annuus (Sunflower) Seed Oil	0.20	Evonik, DE
	Dow Corning EL-9240 Silicone Elastomer Blend	Dimethicone, Dimethicone Crosspolymer	3.00	Dow Corning, US
5	NaOH solution 10 %	Sodium Hydroxide, Water	0.90	several
6	RADICARE®-GOLD	Crambe Abyssinica Seed Oil, Beta-Carotene, Xanthophylls, Tocopherol, Helianthus Annuus (Sunflower) Seed Oil, Rosmarinus Officinalis (Rosemary) Leaf Extract	3.00	RAHN AG, CH
7	LIFTONIN®-XPRT ECO	Water, Mannan, Pentylene Glycol, Citric Acid	3.00	RAHN AG, CH
8	Perfume Creme P123	Fragrance	0.20	Huber the Nose, CH

Find products you love. Think of your skincare ritual as a bit of relaxing me-time, as something that will not only feel good, but will leave your skin soft, dewy and glowing.

Care in the sun.

Know your skin type ...

Many people say that summer is the best season of the year. The beautiful summer weather draws us outdoors – to the coast or the lido or simply to a deckchair on the balcony. Some people can bask in the sun for hours without getting sunburnt. For others, just a few rays of sunlight are enough to redden the skin.

How our skin reacts to the sun is mainly influenced by genetic factors and varies according to skin type. The skin's intrinsic protection time, i.e. the time during which un-tanned skin can be exposed to the sun without reddening, varies depending on the

type. Sensitivity to harmful solar radiation is mainly determined by genetic factors.

The most commonly used classification of skin types is the Fitzpatrick scale. This distinguishes between six different skin types.

Skin types I to IV are called European skin types, as they are typical of the European population. Skin type V is typical for inhabitants of the Arabian Peninsula, North Africa, India and for dark Asians, while skin type VI is typical for indigenous peoples of Central Africa and aborigines.



What skin type are you?

Take the test ...

The following questions can help you to narrow down your skin type.

1	How many freckles do you have on unexposed areas of your skin?	Score points
	Many	0
	Several	1
	A few	2
	Very few	3

2	Your natural hair color is:	Score points
	Red or light blonde	0
	Blonde	1
	Dark blonde or light brown	2
	Dark brown s	3
	Black	4

3	Your eye color is:	Score points
	Light blue, light gray or light green	0
	Blue, gray or green	1
	Hazel or light brown	2
	Dark brown	3
	Brownish black	4

4	Your natural skin color (nonexposed areas) is:	Score points
	Ivory white	0
	Fair or pale	1
	Fair to beige, with golden undertone	2
	Olive or light brown	3
	Dark brown or black	4

5	Does your skin tan?	Score points
	Never, I always burn	0
	Seldom	1
	Sometimes	2
	Often	3
	Always	4

6	How does your skin respond to the sun?	Score points
	Always burns, blisters and peels	0
	Often burns, blisters and peels	1
	Burns moderately	2
	Burns rarely, if at all	3
	Never burns	4

7	How sensitive is your face to the sun?	Score points
	Very sensitive	0
	Sensitive	1
	Normal	2
	Resistant	3
	Very resistant / Never had a problem	4

8	How deeply do you tan?	Score points
	Not at all or very little	0
	Lightly	1
	Moderately	2
	Deeply	3
	My skin is naturally dark	4

Next step – add up your points and retrieve your skin type on the following page according the points you got.

Typical characteristics of the different skin types at a glance:



0 – 6 / Type 1 – Pale white skin

Typical features are:

- very pale skin
- blond or reddish hair
- blue, green or grey eyes
- freckles
- never tans
- often burns

If you belong to this skin type, this means that your body's own protection time against the sun's radiation is only about 5 - 10 minutes. Even if you only spend a short time in the sun, you should use a very high sun protection factor (50+) and stay in the shade if possible.



7 – 13 / Type 2 – White skin

Typical features are:

- pale skin
- blonde to brown hair
- usually blue, green or grey eyes
- sometimes freckles
- slow tanning
- often burns

If you belong to this skin type, this means that the self-protection time of your skin is only about 10–20 minutes. You should use a high sun protection factor (30–50).



14 – 20 / Type 3 – Light brown skin

Typical features are:

- medium skin colour
- dark blonde to dark brown hair
- any eye colour
- rarely freckles
- slow but steady tanning
- rarely burns

If you belong to this skin type, this means that your body's own protection time is only about 20–30 minutes. You should use a medium sun protection factor (20–25) to protect your skin from radiation.



21 – 27 / Type 4 – Moderate brown skin

Typical features are:

- olive or brownish skin
- dark hair
- brown eyes
- never freckles
- tans quickly
- rarely burns

If you belong to this skin type, this means that your body's own protection time is only about 30–40 minutes. You should use a medium sun protection factor (15–20).



28 – 34 / Type 5 – Dark brown skin type

Typical features are:

- dark skin
- black hair
- brown eyes
- rarely burns

If you belong to this skin type, this means that your skin rarely burns but after about 60 minutes in the sun, your body's own protection time is over. So if you are staying in the sun longer, you should not forget to use sunscreen.



35+ / Type 6 – Very dark brown skin type

Typical features are:

- very dark brown skin
- black hair
- brown eyes
- rarely burns

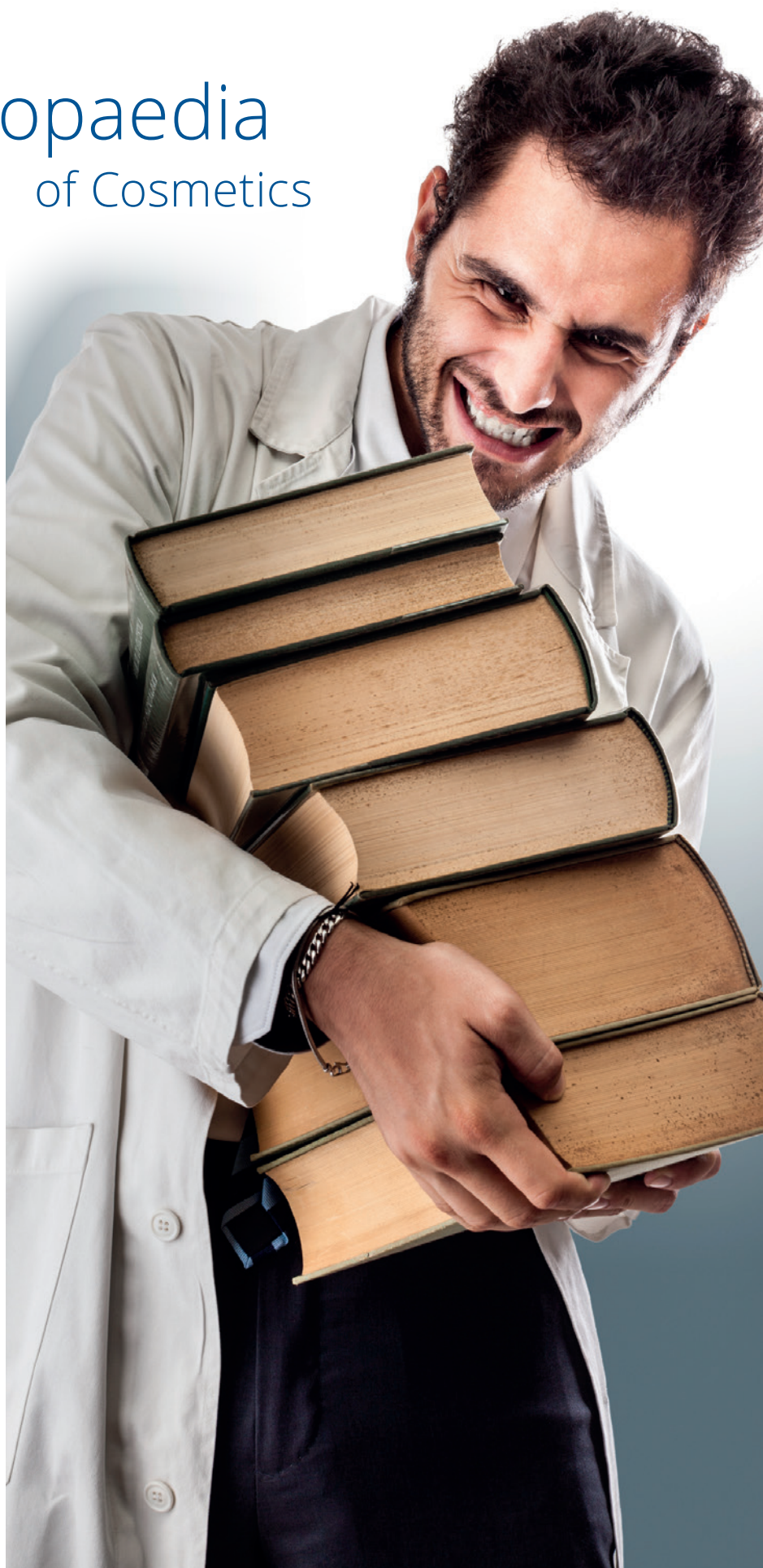
If you belong to this skin type, this means that you almost never get sunburnt but after about 90 minutes in the sun, your body's own protection time is over. Above all, don't forget to protect your eyes and lighter areas of skin such as the palms or the lips.

These skin types are a guideline. Some people may not fit exactly into one category.

The Encyclopaedia of Cosmetics

N for ...

- ...**N**anoparticles
- ...**N**atto Gum
- ...**N**atural Moisturising Factor
- ...**N**eutral oils
- ...**N**erol
- ...**N**iacinamide
- ...**N**icotinic acid ester
- ...**N**iosomes
- ...**N**on-irritating
- ...**N**ylon



Nanoparticles

= the term "nano" comes from the Greek and means "dwarf". The particles are only 1 to 100 nanometres in size and therefore not visible to the human eye. Because of their tiny size, nanoparticles have a very large surface area and therefore different properties than larger particles of the same element.

Natto Gum

= a fermentation product of soy protein by *Bacillus natto*. Originally, it offers excellent moisturizing and lubricating properties.

Natural Moisturising Factor

= the skin is equipped with a built-in moisturization system, the "Natural Moisturizing Factor" (NMF). This consists of a mixture of hydrophilic substances with strong water-binding capacity. The NMF mainly consists of lactic acid, amino acids, pyrrolidonecarboxylic acids (PCA), sodium lactate, urea and inorganic ions (sodium, potassium, calcium, magnesium).

Neutral oils

= general term for triglycerides with medium-chain fatty acids. They have a good spreading ability and skin smoothing properties.

Nerol

= occurs naturally in neroli oil, rose oil and other essential oils and is characterised by a rose-like smell.

Niacinamide

= is also known as nicotinamide, or easier to pronounce, vitamin B3. It is crucial for the functioning of the skin barrier. It has great anti-inflammatory properties and can help to improve uneven skin tones, soften fine lines and wrinkles and strengthen a weakened surface.

Nicotinic acid ester

= promotes the microcirculation of the skin and produces a warming effect when applied locally. Frequently found in sports lotions, massage creams or anti-cellulite products.

Niosomes

= liposomes whose membrane substance consists of synthetic non-ionic surfactants.

Non-irritating

= not causing irritation to the skin

Nylon

= known in the form of Nylon-6 or also Nylon-12 (INCI). This is a white, odourless powder which is characterised by a particularly round particle shape. Nylon is often used in cosmetics to improve the feel of the skin as well as for matting.

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