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**Title:** Safety and efficacy of body wash products intended to be used in mild to severe atopic dermatitis

### **Introduction and objectives:**

Atopic Dermatitis (AD), also known as Atopic Eczema is a syndrome characterized by a chronic eczematous dermatitis, with associated pruritus, characteristic age-specific morphology and distribution of lesions and recurrent nature. Medical treatment of AD is longlasting and very often can cause severe side effects. However, in a daily basis proper dermocosmetic usage is highly recommended. In this study, the safety and efficacy of body wash products for patients with mild to severe AD is presented. This dermocosmetic formulations are based on Canola and Hemp oils, containing essential oils and high ratio of unsaturated fatty acids, which are the key elements of skin lipid barrier formation as well as regulators of inflammatory processes.

### **Materials & Methods:**

The clinical trials of two body wash products, gel and bath oil were performed. For the gel test, 16 children and teenagers at the age of 16 months to 17 years and 30 adults at the age of 21-68 were enrolled. For the bath oil, 15 children at the age of 1,7-13 and 30 adults at the age of 20-68 were chosen. All the patients were selected on the basis of a dermatological interview directed to atopic dermatitis symptoms. Dermatologists evaluated skin condition of patients using the 10 point analogue scale before treatment with tested products and 2 weeks after it. Also patients or their legal guardians evaluated safety and efficacy of products in the questionnaire at the end of the test.

### **Results:**

Both products were safe for patients with different severity of atopic dermatitis, regardless the age. No adverse effects were declared during clinical trials. In opinion of dermatologists, after the use of both products the decrease of skin dryness and visibility of overdried areas were observed as well as the increase in oilness, elasticity and smoothness of skin was noticed. In patients' opinion both products were delicate, protecting skin from dryness and reducing symptoms of roughness. Slightly better results were obtained for bath oil, which has longer contact with skin due to its application to bath tab.

### **Conclusions:**

A unique combination of Canola and Hemp oil is beneficial for condition of skin with AD. It is known that Canola oil has similar anti-inflammatory properties compared to mild steroid treatment, and Hemp oil is one of the richest sources of Omega 3, which is also a crucial element in inhibition of inflammatory cascade. Proper and regular dermocosmetic care program for patients struggling with AD might help to improve their skin condition as well as support its medical treatment.