



# Bionorica® Derma Line

The innovative medical skin care



Guide to the topic of dry skin and neurodermatitis

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# Guide to the topic of dry skin and neurodermatitis

## Dear Readers,

Dry, cracked skin is not only unpleasant but also increases the risk of penetration by bacteria, allergens and harmful substances. The skin not only protects us from foreign substances and pathogens from the outside, it also prevents water being lost from the inside. It thus assumes an important protective and barrier function for the body.

Effective skin care helps to maintain this protective effect. In dry skin or skin prone to neurodermatitis, the natural barrier function is disturbed. That's why the right skin care is especially important here!

This guide explains what causes dry skin or neurodermatitis and how you can recognise such skin problems. You will also learn how to care for the relevant areas and best protect your skin barrier - for healthier skin!

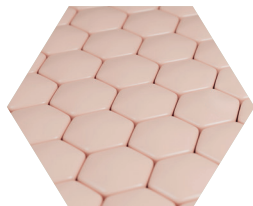


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# The skin - important protective and barrier function

The skin basically has 4 important main functions:



1. Protection against **mechanical effects** (impact, pressure)
2. Protection against the penetration of **pathogens and harmful substances** from the outside
3. Protection against **water loss** to the outside
4. Protection against **UV radiation** (sun protection)

To withstand these demands, the skin is made up of several layers with different functions. To ensure that the protective effect of the individual cells does not diminish over time, they are continuously renewed from the inside out. During this process, the outermost skin layer (horny layer) is regularly shed or flaked off and replaced by the layer underneath. The innermost layer (basal cell layer) consists of stem cells. From it emerge the typical skin cells, which then form the individual layers.



## By the way:

The skin has an additional protective layer on parts of the body that are subject to heavy wear, such as the palms of the hands or the soles of the feet. There are no hairs, sebaceous or scent glands here!



# Dry skin? Neurodermatitis? What is the difference?

**Everybody knows it.** Dry skin occurs particularly in the cooler seasons or when there is a lot of stress, such as frequent hand washing. In principle, this can affect anyone. In Germany alone, over 10 million people suffer from dry skin.\*

**Neurodermatitis**, on the other hand, is a **chronic disease** of the skin. It is often referred to as **atopic eczema** or **atopic dermatitis**. Overall, about 1 -2% of adults and 10 - 15% of all children are affected.\*\* Those affected find the often excruciating itching, which leads to sleep disturbances and associated poor concentration, particularly distressing and a severe restriction of their quality of life.

The cause of neurodermatitis is a combination of genetic factors, certain changes in the immune system and external environmental influences.

## Typical complaints include:

- Dry, cracked and scaly skin
- Itching
- Redness

## Characteristically, these skin areas are found here:

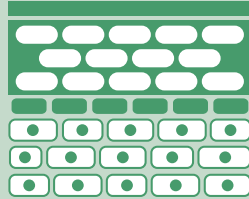
- Crook of the arm
- Back of the knee
- Neck and face

\* Augustin, M., et al. Prevalence, predictors and comorbidity of dry skin in the general population. J Eur Acad Dermatol Venerol 33.1 (2019): 147–150.

\*\* Werfel, T., et al. Diagnostik und Stufentherapie der Neurodermitis. Dtsch Arztebl Int 111.29–30 (2014): 509–520.

## How does the skin barrier work?

The skin barrier and its protective function can be clearly explained with the **"brick-and-mortar model"**:



The outermost skin layer, the horny layer, consists of about 15 - 20 individual cell layers. These are dead cells from the underlying layers of the skin. These dead **horny cells** are arranged in an overlapping manner and surrounded by a **complex structured lipid layer** - one can imagine this as a wall made of bricks and mortar. In combination, this forms a **resistant barrier against environmental influences from the outside and water loss from the inside**.

If there are **disturbances in the skin barrier**, **moisture can be lost** more easily to the outside. In addition, the **protective effect** at this point is **reduced** and pathogens or harmful substances from outside can penetrate more easily. With proper and regular care, the skin barrier can be restored.

## Influencing factors that attack the skin barrier

These ordered structures of the skin barrier can be disturbed by harmful environmental influences from the outside and metabolic processes from the inside.

### External factors:

- *Weather (cold temperatures, low humidity)*
- *Contact with irritating substances (cleaning agents, chemicals, hair dye products, etc.)*
- *Frequent, too long or too hot washing (without appropriate skin care)*
- *Diet (low drinking quantity, few omega-3 fatty acids)*
- *Medications (cortisone, beta-blockers, lipid-lowering drugs, oral contraceptives, etc.)*
- *UV rays (sunlight, tanning salon)*

### Internal factors:

- *Hormonal imbalance*
- *Increasing age*
- *Genetic predispositions*
- *Chronic diseases (kidney disease, diabetes mellitus, etc.)*



## Characteristics of dry skin

In dry skin or skin prone to neurodermatitis, gaps appear in the skin barrier which are reflected in a disruption of the ordered structures. The reduced protective function leads to moisture loss and dehydration of the skin. This allows pathogens and harmful substances to penetrate from the outside and cause inflammation.

### The problem area of dry skin



Due to the loss of moisture and the inflammatory reaction, the attacked skin barrier is additionally damaged - a vicious circle develops.



#### Characteristics of a dry skin:

- Rough, cracked, chapped area
- Itching
- Scaly skin
- Redness
- Feeling of tightness

## The right skin care: What should be considered?

Effective skin care supports the regeneration of the skin and the natural skin barrier. It helps to restore the normal condition of the skin as far as possible.

#### What is important for proper skin care?

##### Regular application of cream:

Dry skin or skin prone to neurodermatitis needs more care than normal skin. In addition, anyone who performs a lot of demanding activities with their hands, is often exposed to colder temperatures or has to wash or disinfect their hands several times a day may need particularly intensive skin care.

##### Dispensing with unnecessary ingredients:

Many substances contained in skin care products, such as synthetic fragrances, are potential allergens and can cause irritation and further damage to the skin barrier. In addition, the kerosenes and silicones which are often contained can slow down the development of the skin barrier in the long term. Therefore, the simple rule applies: **The fewer ingredients, the lower the risk of undesirable skin reactions.**



#### Important:

Be aware of whether certain substances are causing your skin problems and avoid these substances if possible. This can be, for example, certain ingredients, foods or medications!

## Bionorica® Derma Line: Regeneration, protection and moisture for the skin

Dry, itchy and irritated skin requires **special care**. The products of the Bionorica® Derma Line, the innovative medical skin care, meet the special requirements of dry skin or skin prone to neurodermatitis. The **unique combination** of **ginger**, **cannabidiol (CBD)**, **shea butter** and **high-quality plant oils** contained in it nourishes the skin with a **triple effect** of **regeneration, protection and moisture**.



### Bionorica® Derma Line triple effect

Regeneration



Protection

Moisture

Dermatological studies confirm the care effectiveness and very good tolerability, even on skin prone to neurodermatitis.

## How ginger root and cannabidiol can relieve skin problems

### Regeneration

Ingredients extracted from **ginger root** and pure **cannabidiol (CBD)** can work together to support skin **regeneration processes**. The condition of irritated skin as well as the itching of problem areas of dry skin or skin prone to neurodermatitis are alleviated. The feeling of tightness is reduced.

**Ginger extract** has skin conditioning and antioxidant properties and can also help reduce roughness.

Regeneration processes of the skin can also be supported by another ingredient: **Cannabidiol**. CBD has no psychoactive, intoxicating or narcotic effect.

A dermatological study of subjects with dry skin or skin prone to atopic dermatitis showed that the use of **Bionorica® Derma Line Lotion** led to a significant reduction in signs of dryness and feelings of tightness.

**91%** of users confirmed in the survey that the lotion reduced typical skin complaints of their dry or neurodermatitis-prone skin.



## Shea butter and high-quality vegetable oils promote the protective function of the skin

### Protection and moisture

**High-quality vegetable oils** and a special extract of **shea butter** also promote the **protective function** of the skin and provide intensive and long-lasting **moisture**.

After using Bionorica® Derma Line Lotion for 8 days, **89 %** of subjects reported that their skin felt more protected. In addition, users as well as dermatologists confirmed the intensively moisturising effect.

## Basic care with lotion, face care and hand cream

For people with dry skin or skin prone to neurodermatitis, the following products from the **Bionorica® Derma Line** are suitable for **basic care** for daily use:



The basic care products soothe and care for the skin. With regular use, they alleviate signs such as dry, cracked and irritated skin and promote a healthier complexion.

## Atopi Intensive Care for very dry, itchy and irritated problem areas

**Atopi Intensive Care** was specially developed for the requirements of very dry skin or special problem areas. It reduces skin irritations such as red, flaky or dry skin. And the excruciating itching is also steadily relieved - for more quality of life and a better sense of well-being.



## Bionorica® Derma Line – The right product for every body region and intensity of symptoms



# Bionorica® Derma Line dispenses with unnecessary ingredients

An important rule of thumb for people with dry skin or skin prone to neurodermatitis is:

## As few ingredients as possible!

For this reason, synthetic fragrances, paraffins and silicones were deliberately avoided in the development of the **Bionorica® Derma Line** for people with dry skin or skin prone to neurodermatitis.



## More practical tips for skin care

As well as taking appropriate care of your skin, you can protect it from damage in everyday life with these useful tips and advice:



### Cleaning:

Try to avoid excessive hand washing, frequent showering and bathing (especially in hot water temperatures). It is best to use oily bath additives to reduce the drying effect. People with sensitive skin should also dry themselves carefully and, above all, not „rub themselves down“, otherwise the upper layers of the skin will be worn away too much.



### Protection against UV radiation:

Use sun protection products with a high sun protection factor before going out in the sun. Redness and sunburn cause damage to the skin and can lead to a significant worsening of the symptoms in already damaged skin areas.



### Drink enough:

Fluid is important for healthy skin and an intact skin barrier. So make sure you drink enough. About 2 litres spread over the day is ideal.



### Be careful with inflamed areas of skin:

Reddened, painful or blistered areas on the skin should always be treated separately and, especially if they persist for a long time, should also be examined by a doctor.



Dry skin? Neurodermatitis?

# Bionorica® Derma Line

The innovative medical skin care



without synthetic  
fragrances, paraffins  
and silicones

Bionorica®  
Derma Line

INGWER *Lotion*

Zur täglichen  
Basispflege bei  
sehr trockener  
oder zu Neurodermitis  
neigender Haut.

- fördert den  
Hautzustand
- pflegt und  
beruhigt die Haut
- spendet  
Feuchtigkeit

CBD



## Unique combination

Ginger, CBD and shea butter



## Triple effect

Regeneration, protection,  
moisture



## Clinically proven

Reduces typical skin  
complaints



Find out more at:  
**bionorica-dermaline.de**

**NOW EXCLUSIVELY AVAILABLE AT  
YOUR PHARMACY**

For reasons of better readability, we use the generic masculine noun  
in our texts. However, all genders are always addressed in terms of  
equal treatment.