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Skin Care for Sensitive Skin Focused on Ceramides

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Abstract

Recently, there are many sensitive skin persons in the world. From the viewpoint of the severity of skin symptoms, sensitive skin is between healthy skin and diseased skin. On the other hand, sensitive skin is classified as dry sensitive skin, oily sensitive skin and hypersensitive skin from skin physiological characteristics. Dry sensitive skin is characterized as low skin barrier, low secreted sebum and hypersensitivity. Oily sensitive skin is characterized as low skin barrier, high secreted sebum and hypersensitivity. There is another sensitive skin type whose skin barrier is normal but the skin is hypersensitive. This type is classified as hypersensitive skin.

Ceramides have important role of skin barrier function. The skin barrier function depends on the amount and on the profile of ceramides in the stratum corneum. The decrease in amounts of ceramides and changes in the profile of ceramides in the stratum corneum cause sensitive skin symptoms.

Thus, skin cleansing with keeping skin ceramides and topical treatment of ceramides are important for sensitive skin with low barrier function. Ceramides are often decreased while skin cleansing with traditional alkalic soaps. In a clinical test, dry sensitive skin was significantly improved by our mild acidic hand wash which can keep skin ceramides while washing. Replenishing ceramides or a pseudo-ceramide to low barrier skin is considered as crucial skin care. The pseudo-ceramide was designed and synthesized for a moisturizing ingredient. There are many reports that dry sensitive skin became hydrated and the skin barrier was improved by topical treatment of the pseudo-ceramide. In addition, improvement of skin symptoms of oily sensitive skin by a combination use with a mild acidic face wash and skin moisturizers with the pseudo-ceramide has demonstrated in a clinical test.

Key words: sensitive skin, ceramide, skin barrier, dry skin, oily skin.