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## **NOURISHING CREAMS.**

The cells of our body, including those of our skin, receive the nourishment they need through the circulatory system. Cosmetics has individuated with this improper, yet effective definition, a class of products able to give back to the skin those substances that, normally present in it, are impoverished during the day, causing functional deficiency in the physiological mechanisms.

The nourishing creams are those that, for their characteristics of slow release of the active components, are preferably used before the night time rest and they are therefore defined as "night creams". The purpose of the nourishing cream is acting on the skin in a slow and deep way to give the skin the time to absorb the substances of which it is composed.

A cream has to flow well, because it is often contemporarily applied along with a massage, therefore it has to lubricate the skin surface. This result is achieved by adding natural lipidic and sebum-similar substances in the cream. Emollience is another important characteristic.

These products are also defined "restitutive", because nourishing the skin can be meant as to give it back its lipidic substances of sebaceous origin which lack either because removed by excessive washings, or because the sebaceous glands are not able to sufficiently produce them.

The cutaneous re-acidification can be another function of creams. In this case it is defined normalizing creams. Generally they are oily creams addressed to skins tending to dry and dehydrated, but this type of products can also be used by people having an excessive sebaceous and sweat secretion, with an anomalous composition of the sebum, with oily, asphyxiated and comedonic skin. The creams that act on this type of skin are normalizing, that is sebum-regulator, because they contain substances as sulphur, biotin or H vitamin and others, that are able to carry out this function.

The normalizing creams, opportunely enriched with substances of vegetable and biological derivation in their formulation, can give good results if used on aged, relaxed, wrinkled and little elastic skins.