

# Table of Contents

Abbreviations..... 8  
Introduction ..... 9

## PART I

### ETIOLOGY AND PATHOGENESIS OF SENSITIVE SKIN

1.1. The epidemic of sensitive skin ..... 11  
1.2. Triggers of sensitive skin syndrome ..... 13  
1.3. How the skin senses: cutaneous sensory receptors ..... 16  
1.4. Pathogenesis of the sensitive skin ..... 23  
    1.4.1. Skin barrier in the sensitive skin..... 23  
    1.4.2. Sensory alterations in the sensitive skin ..... 25  
        How the sensation of itching is formed ..... 25  
        The phenomenon of neurogenic inflammation..... 26  
        Peculiarities of the skin sensory mechanisms involved  
        in the skin sensitivity syndrome ..... 28  
        Sensory properties of keratinocytes..... 29  
    1.4.3. Cell damage ..... 32  
    1.4.4. Genetic predisposition..... 33  
    1.4.5. Skin blood vessels..... 33  
    1.4.6. Psychological stress..... 34  
    1.4.7. The nocebo effect ..... 37  
    1.4.8. The microbiome in sensitive skin..... 38

## PART II

### CLASSIFICATION AND CLINICAL MANIFESTATIONS OF SENSITIVE SKIN SYNDROME

1.1. Classification of sensitive skin ..... 44  
1.2. Clinical manifestations of the sensitive skin syndrome . ..... 45

PART III  
DIAGNOSIS AND DIFFERENTIAL DIAGNOSIS OF  
SENSITIVE SKIN SYNDROME

*(Albanova V.I.)*

1.1. Diagnosis of hypersensitivity .....	47
1.2. Differential diagnosis.....	49
1.2.1. Atopic dermatitis .....	51
1.2.2. Chemical irritant contact dermatitis.....	53
1.2.3. Phototoxic contact dermatitis .....	55
1.2.4. Physical irritant contact dermatitis .....	58
1.2.5. Allergic contact dermatitis .....	58
1.2.6. Photoallergy .....	63
1.2.7. Rosacea .....	63

PART IV  
SENSITIVE SKIN CARE

<b>Chapter 1. Cosmetic care for sensitive skin .....</b>	<b>70</b>
1.1. Limiting triggering factors.....	70
1.2. Protecting sensitive skin.....	73
1.3. Cleansing sensitive skin .....	75
1.3.1. Factors determining the irritant potential of a cleanser.....	75
pH range .....	75
Surfactants.....	78
1.3.2. Active additives.....	84
Moisturizers .....	84
Calming agents .....	84
1.3.3. Peculiarities of using cleansers for sensitive skin.....	84
1.3.4. Selection of cleanser .....	85
1.4. Peeling the sensitive skin.....	86
<b>Chapter 2. Sensitive skin treatment .....</b>	<b>91</b>
2.1. Restoring and maintaining the skin barrier .....	91
2.1.1. Substances that restore the lipid barrier.....	94
2.1.2. Homeostasis-stabilizing peptides .....	95

2.1.3. Pre- and probiotics.....	95
2.1.4. Special diet .....	97
2.2. Skin moisturizing .....	97
2.2.1. Occlusion and artificial hydro lipid mantle .....	97
2.2.2. Water saturation of the <i>stratum corneum</i> from within.....	98
2.3. Decreasing excitability of the skin receptors.....	99
2.4. Anti-inflammatory measures.....	100
2.5. Peculiarities of care for atopic sensitive skin.....	102

## PART V

### AGE-RELATED CHANGES IN SKIN SENSITIVITY

<b>Chapter 1. Epidermal function.....</b>	<b>107</b>
1.1. Barrier function alterations .....	107
1.1.1. Epidermal growth factor .....	109
1.1.2. Calcium ion concentration gradient.....	109
1.1.3. Extracellular lipid sheets of the <i>stratum corneum</i> (lipid barrier) .....	109
1.1.4. pH gradient across the <i>stratum corneum</i> .....	110
1.1.5. Glucocorticoids and cortisol .....	113
1.1.6. Other factors .....	113
1.2. Decreasing hydration of the <i>stratum corneum</i> .....	114
1.3. Increasing the pH of the skin surface.....	115
<b>Chapter 2. Clinical implications of age-related changes in the epidermis .....</b>	<b>116</b>
2.1. The impact of hypohydration of the <i>stratum corneum</i> .....	116
2.2. The role of barrier function failure.....	116
2.3. The role of pH changes.....	117
<b>Chapter 3. Anti-ageing skincare and nutraceutical products for sensitive skin.....</b>	<b>118</b>
3.1. Acidification of the <i>stratum corneum</i> (acidotherapy).....	118
3.2. Topical application of barrier lipids.....	118
3.3. Other substances of natural origin .....	119

PART VI  
PSYCHOLOGY: SKIN HYPERSENSITIVITY AS A MANIFESTATION  
OF A SENSITIZED PERSONALITY

*(Nikolaeva N.N.)*

1.1. Relationship between a patient's mental state and skin condition .....	123
1.2. The concept of sensitivity at the skin level and the personality level .....	125
1.3. How a skincare practitioner can become a psychologist .....	127
1.4. Complex treatment.....	130

PART VII  
SENSITIVE SCALP: DIAGNOSIS AND TREATMENT STRATEGY

*(Gadzhigoroeva A.G., Romanova Y.Y.)*

1.1. Etiology and pathogenesis of sensitive scalp syndrome.....	134
1.2. Diagnosis of sensitive scalp syndrome .....	136
1.3. Modern approaches to the sensitive scalp treatment .....	137
<b>Conclusion .....</b>	<b>139</b>
<b>References .....</b>	<b>141</b>