

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 syndrome	22
1.4.1. Skin barrier in the sensitive skin syndrome.....	22
1.4.2. Sensory alterations in the sensitive skin syndrome	24
How the sensation of itching is formed	24
The phenomenon of neurogenic inflammation.....	25
Peculiarities of the skin sensory mechanisms involved in the skin sensitivity syndrome	27
Sensory properties of keratinocytes.....	27
1.4.3. Cell damage	31
1.4.4. Genetic predisposition.....	31
1.4.5. Skin blood vessels.....	32
1.4.6. Psychological stress.....	32
1.4.7. The nocebo effect.....	36
1.4.8. The microbiome in sensitive skin.....	36

PART II

CLASSIFICATION AND CLINICAL PRESENTATION OF SENSITIVE SKIN SYNDROME

1.1. Classification of sensitive skin	42
1.2. Clinical manifestations of the sensitive skin syndrome	43

PART III
DIAGNOSIS AND DIFFERENTIAL DIAGNOSIS OF
SENSITIVE SKIN SYNDROME

1.1. Diagnosis of hypersensitivity	45
1.2. Differential diagnosis.....	47
1.2.1. Atopic dermatitis	49
1.2.2. Chemical irritant contact dermatitis.....	51
1.2.3. Phototoxic contact dermatitis	52
1.2.4. Physical irritant contact dermatitis	56
1.2.5. Allergic contact dermatitis	56
1.2.6. Photoallergy	60
1.2.7. Rosacea	60

PART IV
SENSITIVE SKIN CARE

Chapter 1. Cosmetic care for sensitive skin	66
1.1. Limiting triggering factors.....	66
1.2. Protecting sensitive skin.....	68
1.3. Cleansing sensitive skin	70
1.3.1. Factors determining the irritant potential of a cleanser.....	71
pH range.....	71
Surfactants.....	73
1.3.2. Active additives.....	79
Moisturizers	79
Calming agents	79
1.3.3. Peculiarities of using cleansers for sensitive skin.....	79
1.3.4. Selection of cleanser	80
1.4. Peeling the sensitive skin.....	81
Chapter 2. Sensitive skin treatment	85
2.1. Restoring and maintaining the skin barrier	85
2.1.1. Substances that restore the lipid barrier.....	88
2.1.2. Homeostasis-stabilizing peptides	89

2.1.3. Pre- and probiotics.....	89
2.1.4. Special diet	90
2.2. Skin moisturizing	91
2.2.1. Occlusion and artificial hydrolipid mantle	91
2.2.2. Water saturation of the stratum corneum from inside.....	91
2.3. Decreasing excitability of the skin receptors	93
2.4. Anti-inflammatory measures.....	94
2.5. Peculiarities of care for atopic sensitive skin.....	95

PART V AGE-RELATED CHANGES IN SKIN SENSITIVITY

Chapter 1. Epidermal function.....	100
1.1. Barrier function alterations	100
1.1.1. Epidermal growth factor.....	102
1.1.2. Calcium ion concentration gradient.....	102
1.1.3. Extracellular lipid sheets of the <i>stratum corneum</i> (lipid barrier)	102
1.1.4. pH gradient across the <i>stratum corneum</i>	103
1.1.5. Glucocorticoids and cortisol	103
1.1.6. Other factors	106
1.2. Decreasing hydration of the <i>stratum corneum</i>	106
1.3. Increasing the pH of the skin surface.....	107
Chapter 2. Clinical implications of age-related changes in the epidermis	109
2.1. The impact of hypohydration of the <i>stratum corneum</i>	109
2.2. The role of barrier function failure.....	109
2.3. The role of pH changes.....	110
Chapter 3. Anti-ageing skincare and nutraceuticalal products for sensitive skin.....	111
3.1. Acidification of the <i>stratum corneum</i> (acidotherapy).....	111
3.2. Topical application of barrier lipids.....	111
3.3. Other substances of natural origin	112

PART VI
**PSYCHOLOGY. SKIN HYPERSENSITIVITY AS A MANIFESTATION OF
A SENSITIZED PERSONALITY**

1.1. Relationship between a patient's mental state and skin condition.....	115
1.2. The concept of sensitivity at the skin level and the personality level ..	117
1.3. How a skincare practitioner can become a psychologist	119
1.4. Complex treatment.....	121

PART VII
SENSITIVE SCALP: DIAGNOSIS AND TREATMENT STRATEGY

1.1. Etiology and pathogenesis of sensitive scalp syndrome.....	125
1.2 Diagnosis of sensitive scalp syndrome.....	127
1.3. Modern approaches to the sensitive scalp treatment	127
Conclusion	129
References.....	131