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SKIN CLEANSING.

Skin cleansing must be performed using products that do not alter its natural equilibrium. The skin, for its peripheral position, is exposed to the damages coming from outside: it gathers dust and germs that mix with sebum and sweat altering the equilibrium its surface. Today, with a certain irresponsibility, one tends to an excessive use of inadequate detergents. Their harmful action is increased by the use, in their formulation, above all for economic reasons, of excessively aggressive substances.

A good detergent product should have an emollient function able to guarantee cutaneous silkiness and transparency. It has to clean the skin deeply without drying up and irritating it, respecting that hydro-lipidic film that serves as a defence and protection against the attack of the harmful external agents. The classical soap results inadequate to the purpose because of the alkalinity that its solution in water generates, making it even harmful and not beneficial for the human skin, especially when used on particularly delicate skins as those of children or of elderly people.

In no way the cleanser doesn't have to remove or destroy the lipidic film covering the skin, in different measure according to the zones of the body considered, with a pH that varies from 5 to 6 acting as lubricant as antibacterial and against atmospheric agents. The common soap is an anionic tensioactive, therefore it is a molecule able to lower the superficial tension, of solubilizing grease and dirtiness, but it is in contrast with the physiologically acid condition of the cutaneous surface. One can affirm that common cleansing soaps contribute to give a sense of clean and of pleasant perfume and they are harmless enough if used with moderation for physiologically healthy skins.

The use of toilet soaps has to be limited or integrated with the use of creams or oils aimed at reconstructing lipidic cutaneous film of the skin, when the skin is delicate or already suffering for other physical stimulations. Some reactions, as the dermatitis due to soap or to alkaline substances and the cutaneous aridity, are rather frequent especially if the skin on which the soap is used is already dry or if the soap used doesn't have special characteristics that physiologically make it suitable.

There is an alternative to the classical soap constituted by the "not soap" or cleansing tablet: constituted by tensioattivi of different nature, mixed to waxes and polisaccarides added with softeners and umettanti substances. When using this product a minimum quantity should be used to clean and to make foam, but it is fundamental to rinse the skin for a long time to avoid leaving traces of it. A side effect in the use of this soap or of the traditional one, is that the exposure to the air on the soap dishes makes the product in this form inadequate from a hygienic point of view, in fact it would be better to use substances contained in bottles in closed dispensers that guarantee a better hygienic condition.

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