

# /AETHERN<sup>®</sup>

## Ultimate Skincare Program Efficacy Study

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# Overview

In order to evaluate the effectiveness of **AETHERN® Ultimate Skincare Program**, we commissioned a pilot study of a group of 25 women in Barcelona, Spain aged between 36 and 50, lasting 60 days.

## Methodology

Over the two-month, the 25 women took a daily dose of **AETHERN® Ultimate Skincare Program**, that acts on the four cutaneous aging factors: Hydration, Radiance, Firmness, and UV Protection.

The parameters measured were:

- ✓ The level of hydration of the stratum corneum of the epidermis using a Callegari SoftPlus corneometer.
- ✓ The elasticity increased of the stratum corneum of the epidermis using a Callegari SoftPlus corneometer.
- ✓ The level of oxidative stress, as indicated by the levels of free radicals and antioxidant defense capacity using a fingerstick sample and a Callegari CR3000.

# Materials

## Hydration and Elasticity Measurement

### Callegari Soft Plus

Soft Plus is a skin assessment system employed by top healthcare and beauty professionals at a global level. It exclusively incorporates a PC system so that professionals are completely independent.

It is designed to assist professionals by support the understanding of individual skin conditions and decision-making processes on recommendations of products and treatments.

Soft Plus provides professionals:

- ✓ Expert screening and consultation
- ✓ Personalized services for each individual customer
- ✓ Storage of customer data

### Single Rapid Tests via Probes

HYDRATION	pH	TEMPERATURE
ELASTICITY	SEBUM	MELANIN

# Hydration and Elasticity Measurement

## Callegari Soft Plus

### Technical Features

SKIN ANALYSIS			
	PRINCIPLE	FIELD	RESOLUTION
Hydration	Capacitance measurement	0-100 c.u.	1 c.u.
pH	Double cell electrode	2-12	0,1
Sebum	Photometric reading at $\lambda=505$ nm of test strip	0-100 c.u.	1 c.u.
Elasticity	Stress/deformation of skin by suction application	0-50 c.u.	1 c.u.
Melanin	Double wavelength reflectance photometer ( $\lambda_1=875$ nm, $\lambda_2=660$ nm)	0-100 c.u.	1 c.u.
CELLULITE ANALYSIS			
Temperature	Measurement of surface temperature via infrared sensor	20-40°C	0.1°C

### Readings via Camera Using Soft Plus Software

The Soft Plus also performs advanced visual analysis of skin and hair via a professional, light-weight micro-camera.

#### READINGS VIA CAMERA

- **Wrinkles:** an exclusive 3D analysis of wrinkles. Measure the length, width and depth of each wrinkle and move the image around for detailed consultation. Monitor before and after treatment as the program picks up on the small changes.
- **Pigmentation:** assess the presence of dark spots or areas of hyper-pigmentation via an easy to view color coded system. Monitor before and after treatment.
- **Pores:** assess the diameter of client pores.

### How Are Results Provided by the Soft Plus System?

Results are displayed on large touch screen display via graphs, images and comments. Both screens and TV monitors may be plugged directly into the product for conferences, meetings or marketings displays. The Soft Plus also provides advice on skincare regimes based on the results.

## Level of Oxidative Stress Measurement

### Callegari CR3000

The CR3000 series are a range of instruments for screening and monitoring or primary care essays, especially created for the point of care setting, offering health care workers the latest technology on the market.

The instruments support point of care operators in offering new services to patients, providing improved patient care.

### Methodology

- Automatic test procedure: simply place the cuvette into the reading cell. The operator is completely guided by displayed prompts.
- The CR3000 is fully operated via a touchscreen, making testing easier and more enjoyable compared to conventional keyboard operation.
- Testing is performed on tiny capillary blood samples.
- CR3000 instruments have been developed with the understanding that time is of the essence for point-of-care users. Three reading cell analysers are available, and results are supplied in a matter of seconds making the CR3000 one of the most rapid POC testing systems on the market.
- The CR3000 provides assessment of free radical attack and antioxidant capacity using a simple fingerstick blood sample.
- Key features include:
  - Rapid barcode reading system – the reader automatically recognizes the test placed into the reading cell.
  - Three assays tested simultaneously, dramatically reducing turnaround times (TATs).
  - One-touch display of procedures for each assay, shown clearly on screen.
  - Solid-state technology ensures robust, reliable instrument performance.
  - Self-diagnostics program runs at start-up and informs users of any detected defects.
  - Wet chemistry application assures accuracy and precision comparable to laboratory equipment.
  - Thermostated reading cells at 37°C provide optimal conditions for temperature-sensitive tests.
- Capillary blood samples are collected in capillaries placed into cuvettes containing reagents and airtight caps. This procedure ensures a cleaner, safer process compared to conventional testing. At no point does the instrument come into direct contact with the blood samples.

Full scientific documentation and prestigious published articles on the assays are available.

## Level of Oxidative Stress Measurement

### Callegari CR300

#### Technical Features

Total Cholesterol	X
HDL Cholesterol	X
LDL Cholesterol	X
Glucose	X
Triglycerides	X
Hemoglobin	X
Erythrocytes	X
Hematocrit	X
Lactic Acid	X
Glycosuria	X
Free Radical Attacks	X
Antioxidant Capacity	X
Urid Acid	X
HbA1c	X
Cardiac Risk Assessment	X

# General Results

## More Hydration for the Skin

As skin ages, it undergoes biological changes: the dermis thins, sebaceous gland activity declines, and blood vessels reduce, leading to dry, less resilient skin and impaired moisture balance.

AETHERN® Ultimate Skincare Program, with 5g of collagen peptides, hyaluronic acid, and silicon, helps improve skin hydration from within.

According to our study of 25 women, visible results are obtained:

- After just 21 days of treatment with AETHERN® Ultimate Skincare Program, one of the most remarkable findings of this study was the effect of feeling of skin hydration.

After two months taking one daily dose of AETHERN® Ultimate Skincare Program the results were as follows:

- **80% of women had more hydrated skin.**
- **80% of women reported softer, more luminous skin.**

### Increased Hydration

AETHERN® Ultimate Skincare Program contains collagen and hyaluronic acid, two crucial components for the maintenance of optimal skin structure and hydration, helping in reducing skin problems.

These active ingredients act on the dermis, the deepest layer of the skin, and epidermis, the outermost layer of the skin, thus ensuring optimum deep moisturizing.

### Increased Luminosity, Vitality, and Texture

AETHERN® Ultimate Skincare Program contains a blend of antioxidants like beta carotene, astaxanthin and polyphenols from pine bark, active ingredients that offer optimal nutrition and oxygenation to the skin.

These features promote an optimal balance of sebum and water, resulting in better skin color, texture, and transparency.

### Softer Skin Sensation

After two months of taking a daily dose of AETHERN® Ultimate Skincare Program, the skin becomes more hydrated and softer.

Women feel a revitalized skin with a younger appearance and report an improvement in skin quality and texture.

## More UV Protection for the Skin

Cellular aging is driven by multiple factors and corresponds to the alteration or even destruction of cells. A key contributor is an excess of free radicals, reactive molecules that damage cells and increase oxidative stress. This process is driven by factors such as environmental pollution, sun exposure, stress, and a diet low in antioxidants, and is closely linked to premature skin aging.

The combatants of free radicals are antioxidants and are obtained through diet and supplements. Compounds such as carotenoids, selenium, zinc, and vitamin E help neutralize free radicals, supporting the body's defense against oxidative stress and premature skin aging.

AETHERN® Ultimate Skincare Program features a synergistic blend of antioxidants, like beta-carotene, lutein, pure astaxanthin, vitamin E and selenium.

After two months taking one daily dose of AETHERN® Ultimate Skincare Program the results were as follows:

- **87% of women report stronger antioxidant defenses and a more even, radiant skin tone.**
- **56% of women see a decrease in free radicals. Free radicals promote oxidative stress, a factor directly linked to premature skin aging.**

## Improves Internal Skin Protection

Reduces oxidative stress by reducing the levels of free radicals. Oxidative stress increases with pollution, stress, exposure to the sun, poor diet and so on, and is directly linked to premature skin aging.

AETHERN® Ultimate Skincare Program contains pure astaxanthin, vitamin E, zinc, and selenium, which contribute to the normal function of the immune system and to the protection of cells from oxidative stress.

## Increasing Antioxidant Defenses

Reduces oxidative stress by increasing the internal antioxidant defense. Carotenoids and other antioxidants improve melanin activation and boost immunity. The complex antioxidant synergy contained in the AETHERN® Ultimate Skincare Program formula helps to provide the skin with excellent protection against the sun.

## Even Skin Tone and Better Texture

After two months of taking a daily dose of AETHERN® Ultimate Skincare Program, the tone of the skin becomes more uniform and luminous. This is a sign that the skin's natural defense has improved.



## More Elasticity & Density for the Skin

Collagen is an important building block of the skin. Bio-active peptides of collagen encourage the synthesis of collagen and proteoglycans. This translates into an improvement in the skin's health, increases the moisture content of the skin and delays the formation of wrinkles. Silicon plays an important role in the formation and maintenance of connective tissue by contributing to an increase in the concentration of hydroxyproline in the dermis.

After two months taking one daily dose of AETHERN® Ultimate Skincare Program the results were as follows:

- **52% of women noticed increased skin firmness, reporting more elastic and flexible skin.**

### Increased Elasticity and Firmness

The main factor in skin aging is the loss of collagen.

Taking a daily dose of hydrolyzed collagen from AETHERN® Ultimate Skincare Program led to an improvement in skin elasticity and firmness.

### Density and Tone Aid Skin Sensation

The combination of bio-active collagen peptides and the silicon present in the AETHERN® Ultimate Skincare Program formula has a huge potential for women's skin. It has been demonstrated to improve the density of the skin, helping conceal or improve the appearance of wrinkles which are already present.

### Younger-Looking Skin

After two months of taking a daily dose of AETHERN® Ultimate Skincare Program, the skin becomes smoother and more flexible.

The women reported feeling at the end of the study that their skin was rejuvenated.