
Subject: sägepalmecreme gegen sebum-ekzess
Posted by [kkoo](#) on Mon, 28 May 2007 20:06:48 GMT
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ich bin da zwar skeptisch, aber dennoch:
J Cosmet Dermatol. 2007 Jun;6(2):113-8.
Clinical and instrumental study of the efficacy of a new sebum control cream.
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Background Some botanical compounds are considered useful to reduce sebum production. **Aim** To evaluate the efficacy of a sebum control cream containing polyphenol-rich extract from saw palmetto, sesame seeds, and argan oil in subjects with oily facial skin. **Methods** The study was carried out during the winter months (January and February). A total of 20 healthy volunteers (9 male and 11 female, aged 17-50 years, 16 with oily skin and 4 with combined skin) were studied. The test product was applied twice daily to the face for a period of 4 weeks. A clinical assessment and instrumental measurements were done before and after the treatment period. Casual sebum level on the forehead and both cheeks was determined with a photometric device (Sebumeter(R)). The quantity of sebum on the midforehead was determined using sebum collector foils (Sebufix(R)), which were then evaluated with skin camera Visioscope(R) and software SELS (Surface Evaluation of the Living Skin). A subjective evaluation questionnaire regarding the cosmetic characteristics, tolerance, and efficacy of the product was filled out by the volunteers at the end of study. **Results** The product was very well accepted by all the volunteers. A visible sebum-regulating efficacy was reported in 95% of them. After 4 weeks of treatment, the clinical assessment scores decreased by 33%. There was a significant reduction in the casual sebum level by 20% and area covered with oily spots by 42%. The number of active sebaceous glands remained unaltered. **Conclusion** These results objectively and quantitatively show the efficacy of the sebum control cream tested to reduce the greasiness and improve the appearance of oily facial skin.
