

# Study on the combination of S-enso Rejuvenation System and Adrienne Feller Cosmetics

## Introduction:

When it comes to beauty, wrinkles are one of the most common concerns among women. Facial wrinkles occur due to ageing, stress, sun damage, air pollution or smoking. As a result of ageing, tissues – epidermis, connective tissue – become weak, facial muscular firmness diminishes, small vessels tighten and blood circulation decreases, leading to a decrease of facial brightness (1). This demand has led to the development of plenty of invasive, semi-invasive and non-invasive methods to deal with wrinkles. Invasive and semi-invasive methods can have respective problems, costs, and side effects.

Non-invasive methods such as preservative, booster and anti-wrinkle creams contain antioxidants, preservatives, or boosters such as vitamin A, C, E, collagen or hyaluronic serum. In recent years, the use of microcurrent has been proposed to have many advantages including being non-invasive, inexpensive, and having no side effects. It's claimed to be effective in removing facial wrinkles, skin drooping and reducing surface spots. It has been proven that microcurrents are very effective in the improvement of malunion bone fractures, curing of resistant ulcers and bedsores. This occurs due to the collagen system activation in skin layers.

Microcurrent is an electric current delivered at a rate of 1 microampere. It's harmless, has healing effects on damaged tissues and the capacity of toxic trapping. It makes blood circulation faster and leads to the stimulation of collagen production. Microcurrents are at a low level, so the patient feels comfortable. The current leads to an increase in the amount of ATP in the cells (2), an increase of cell protein duplication and DNA transcription (3), horn cell growth and duplication, an increase of blood flow, increased exchange of oxygen, ions, antioxidants, and nutrients among epidermal, subcutaneous and fat layers, as well as subcutaneous and lymph capillaries. This leads to the release of energy in tissues and stops the decrease of elasticity and protein degradation (which is caused by the intake of free radicals) and to collagen I, II production. (4). By contracting the old and unhealthy collagens, these changes lead to the firmness and toning of facial skin. The ability of microcurrents to resurface a thin layer of skin, filling wrinkles and lifting drooping skin seems to be related to the stimulation of cell growth and tissue revivals (5).

## Objective:

This study aims to determine the effect of microcurrent and organic anti-ageing creams on reducing client's facial wrinkles and spots, as well as enhancing skin quality such as elasticity, sebum, and moisture. (6)

30 minutes of S-enso anti-ageing relaxation technology and premium organic quality creams (Adrienne Feller Rose de Luxe skin tonic, facial oil, day facial hydrating cream) were applied to every volunteer.

S-enso Rejuvenation Software was designed to facilitate a deep relaxation process using subtle vibrational re-patterning possibilities. This cutting-edge technology is the first of its kind to work by relaxing the muscles, reducing stress on three levels: music, guided visualization and audio relaxation exercises for positive self-esteem, and a high-speed digital interface emitting gentle, almost imperceptible vibrations to relieve muscle tension, in order to assuage the mental state and soften facial lines.

Adrienne Feller company's products top priorities: all compounds are vegan, organic, and free from toxic agents such as Parabens, SLS/SLES or artificial fragrances. All the products that were used during the study contained anti-ageing ingredients, like hyaluronic serum, damask rose, myrrh, sandalwood, rosewood oil, carotene CO<sub>2</sub> extract, argan or vitamin A and E.

## Design:

14 individuals were enrolled in this study. The volunteers were asked to use the Adrienne Feller products twice a day and microcurrent therapy was done twice a week to the face and neck. Subjects who had been previously using anti-ageing and/or hydrating face creams were asked to stop using any cosmetics 4 weeks prior to the study.

**SETTING:** The setting of the study was at Quantum Line Laboratory (Budapest, Hungary).

**PARTICIPANTS:** The subjects were recruited via phone solicitation. 13 volunteers participated in this study.

## METHODS

After the use of Adrienne Feller facial cleanser, subjects patted their skin dry, used tonic, applied skin oil, and finally put on a hydrating cream to form a thin layer on the skin. The products were then massaged in.

The subjects were divided into three groups.

Group 1: 9 subjects used Adrienne Feller cosmetics and had 5 sessions of S-enso.

Group 2: 2 subjects used Adrienne Feller cosmetics and had 10 sessions of S-enso.

Group 3: 2 volunteers refused the usage of creams, they had 10 microcurrent sessions.

## MEASUREMENTS:

The efficiencies of premium quality creams (Adrienne Feller Rose de Luxe tonic, facial oil, day facial hydrating cream) and microcurrent therapy were measured by the Visioface and MC 1000 multi skin centre device (Courage-Khazaka electronic GmbH, Cologne, Germany). Visioface contains specially designed camera LED lamps of the skin surface to measure the depth of wrinkles and, the numbers and area of spots.

This method analyzes the skin directly. MC 1000 device probes were placed lightly for moistness, sebum, and elasticity measurement, using the indirect method.

The skin parameters and the dimension of wrinkles and spots were measured at the test sites prior to initial application of Adrienne Feller cosmetics, then after the very first session, and after the 5th (in three cases after the 10th session of microcurrent therapy).

## Results:

The subjects were 35-67 years of age and were generally healthy with Fitzpatrick Skin Types I to IV. Subjects regularly used moisturizer and had mild-to-serious facial lines. They agreed not to use facial skin products other than those provided during the study. Every subjects' skin parameters were improved and the wrinkles and pores were diminished.

### Wrinkles:

In the 1st group, who had moderate facial lines, after the first session of S-enso, a 13-22% improvement of the wrinkles was registered and after the 5th session, this percentage rose to 15-29%.

Two women had serious wrinkles, after the first session the improvement was 2-3%, and after the 5th session, it was 20-22%.

In the 2nd group, two subjects had moderate facial lines. Altogether a 20-32% improvement was seen.

in the 3rd group, the two volunteers had moderate lines and hadn't used any cosmetics. The average improvement was 22-25% after the 10th session of S-enso.

### Pores:

The area and number of pores in 6 out of 13 subjects showed a significant 9-10% improvement right after the first session. 5 were from the 1st and 1 from the 3rd group. The subjects from 1st group showed 20-40%, and the one from the 3rd group – without cosmetics had 8% enhancement after the 10th session.

At the very first measurement (of moistness, elasticity, sebum) every subject had a moderate or serious low score. By the end of the study, all the volunteers' results had improved, even in the 3rd group.

Group 1 enhancement (AF + 5 sessions): moistness 6,5-19% (average 8,4%), elasticity 1,5-18 (5,8%), sebum 4-32%(11,8%).

Group 2 enhancement (AF + 10 sessions): moistness 8-15 (average 11,5%), elasticity 12-32 (average 22%), sebum 20-28 average (24%).

Group 3 enhancement (10 sessions): moistness 4,5-16,5 (average 10%), elasticity 2,5-6,5 (average 4,3%), sebum 6-9 (7,3%).

The comparison of study Groups 2 and 3: the elasticity and sebum enhancement in the 2nd group was significantly higher. In Group 3, the average improvement of

elasticity was 4,3%, while the 2nd group was 22%. The difference in sebum improvement was also very high: in the 2nd group 24% and the 3rd group 7,3%.

#### Relaxation effects:

All of the participants fell asleep after the first few minutes and stayed asleep until the session had concluded. After waking up they felt relaxed for the rest of the day. All who suffered from insomnia also reported falling asleep more easily and sleeping more soundly through the night on the day of the session.

All of the subjects were satisfied with the result and reported that all of the cosmetics absorbed well into their skin.

ADVERSE EFFECTS or unexpected reactions of any kind were not observed in any subject.

#### Conclusion:

The improvements from start to finish were significant and showed a high-performance level for both S-enso and Adrienne Feller cosmetics.

The quality of the volunteers' skin improved in the group where no creams were administered but S-enso. Until now, no study has proved that microcurrent technology affects not only wrinkles but all parameters.

Results of this study support the effectiveness of anti-ageing creams, especially in elasticity and sebum improvement. The combination of microcurrent technology and Adrienne Feller cosmetics showed dramatic improvements as well.

The results showed that microcurrent technology increases the capillary circulation of the face, reducing dark circles, and lymphatic drainage thus de-puffing the eyes as well.

Besides these findings, the S-enso reduces muscles tension and helps to deal with daily stress.

This combination of technology and high-quality cosmetics makes this beauty-relax cure unique.

#### References:

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