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SKINCARE?

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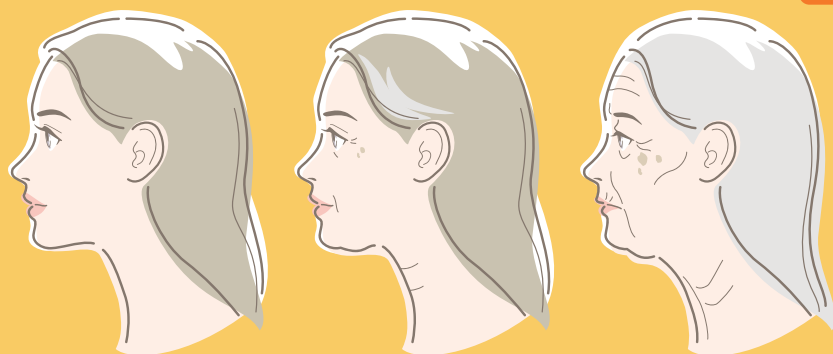
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INTRODUCTION



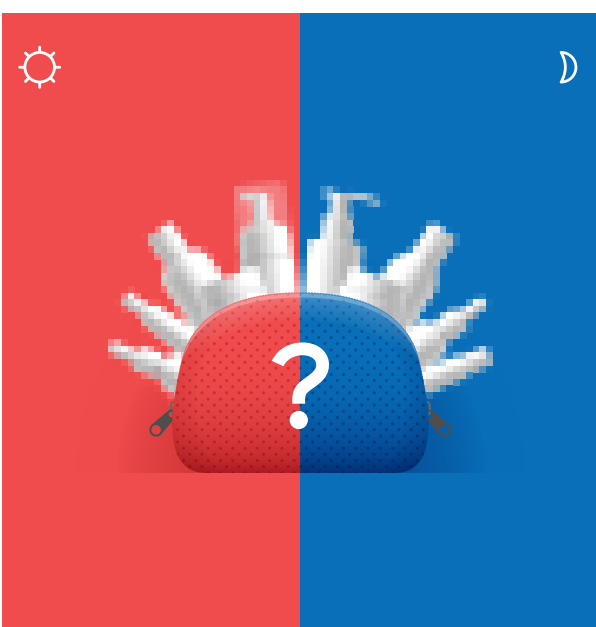
Skin aging is a process influenced by general aging, called the intrinsic skin aging process which is genetically determined and occurs by passing time alone whereas the skin aging process induced by environmental factors is called extrinsic skin aging process. The intrinsic skin aging process is characterized primarily by functional alterations like dryness and paleness with fine wrinkles. The extrinsic skin aging process is characterized by a

premature aging of the skin. **Well known environmental factors leading to extrinsic skin aging are sun exposure and smoking. Recently, an epidemiological study could further discover an association between air pollution and skin aging.** Prominent manifestations of the extrinsic skin aging process are coarse wrinkles, solar elastosis and pigment irregularities. The detrimental effect of solar radiation on the facial appearance regarding skin aging was already recognized by the dermatologists Unna and Dubreuilh in the late 19th century, comparing the skin of sailors and farmers to that of indoor workers. Another important factor, which influences the appearance of the skin, was discovered in 1971 by Harry Daniell. He found striking associations between cigarette smoking and wrinkling.¹



The impact of environmental factors on skin health is a multifaceted subject that continues to be a focus of extensive dermatological research. From the damaging effects of UV radiation and air pollution to the influence of climate, chemicals, and lifestyle choices, the skin is subject to a variety of external influences. **Dermatologists emphasize the importance of protective measures, including the use of sunscreen, proper skincare routines, and a healthy lifestyle, to mitigate the adverse effects of environmental factors on the skin.** As our understanding of these influences deepens, it becomes increasingly clear that addressing the complex interplay between the environment and skin health is essential for promoting overall well-being.²

WHY DAY & NIGHT SKINCARE?³



An important aspect of skincare is the correct selection of a face cream as it retains the moisture and elasticity of the skin, which can help reduce wrinkles, age spots and other fine lines. In addition to anti-aging benefits, face creams act as a protective barrier against environmental damage.

Dermatologists have explained the difference between daytime and nighttime face creams and on what to look for and avoid when picking them out.

Dermatologists are of the opinion that day and night facial creams really are unique.

"Day and night creams differ in what they are supposed to do for the skin. At night, an ideal facial cream would penetrate deeper into the skin to help repair it. And with day creams, an ideal one would be that helps protect skin from the outside elements."

CHOOSING THE RIGHT NIGHT FACE CREAM



Night creams are usually thicker than day creams as they are designed to moisturize, soothe and repair the skin while sleeping.

The recommended ingredients in a night cream:



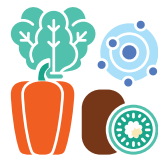
Retinols - This vitamin A derivative has anti-aging properties and helps improve the appearance of fine lines, wrinkles and brown spots. It can also even out and brighten skin tone.



Hyaluronic acid - This ingredient absorbs moisture to plump the skin and helps with fine lines, wrinkles and skin pigment issues.



Vitamin E - This fat-soluble vitamin is an antioxidant that moisturizes skin and brightens complexion. It is one of the components of sebum, the oil our skin produces to moisturize and protect itself. Both age and sun damage reduce our vitamin E levels, which is why it is such a common ingredient in night creams.



Resveratrol - Resveratrol is an antioxidant that helps with stress. In addition to many other health benefits, it is known to reduce redness, irritation and hyperpigmentation. It can also speed up healing or regeneration when skin is damaged and reduce signs of aging.

CHOOSING THE RIGHT DAY FACE CREAM

Day creams are lightweight and focus primarily on brightening complexion, maintaining hydration and protecting skin from sun and other environmental damage. Day creams should include:



Sunscreen - A long-acting sunscreen is preferred. This means that a sun protection factor (SPF) of 15 or higher should be selected. Even if home-bound, sunscreen must be used.



Vitamin C - Vitamin C is an antioxidant that can help boost collagen production. It also brightens skin, evens pigmentation, protects against sun damage and speeds wound healing.

Finding the right facial cream for sensitive skin prone to allergies can be difficult. Some ingredients that can be sensitive-skin friendly are :

Ceramides - These are natural proteins in the outer layers of the skin that keep moisture in and protect against environmental toxins. Older and sensitive skin tends to have fewer ceramides, which makes it a vital component of many anti-aging creams.

Glycerin - Glycerin is a natural moisturizer that repairs skin.

Lactic acid - This ingredient is an exfoliant that removes the outer layer of dead skin cells, allowing moisturizers to penetrate more effectively.

Day creams and night creams aren't a gimmick: They are distinct skin care products that have different benefits. Creams that are noncomedogenic and have little or no fragrance can be useful for sensitive skin. Starting early in mid to late 20s can be beneficial to get anti-aging properties and youthful look longer.

Advanced Hydration DAY Cream

AQUASOFT[®] DAY
Cream



Moisturization



Sun Protection



Demelanization



Available in 75g and 150g

India's 1st DAY CARE CREAM

SPF 50

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Repairs



Replenishes



Rejuvenates



Available in 50g

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Advanced intelligent delivery system, retinol directly reaching the active layers of the skin

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Fision® GlowPlex is a multi-functional skincare actively providing efficacious skin glow benefits.

BENEFITS

- Minimizes the appearance of dark spots & hyperpigmentation
- Enhances skin glow & radiance to achieve healthy looking skin
- Supports even skin tone & promotes a luminous skin complexion over time
- Reduces blotchiness & blurs skin imperfections for a flawless appearance
- Attains visible results in as little as 7 days

Resveratrol–Effective on Dermal Hyperpigmentation⁵

Resveratrol, a polyphenol found in grapes and peanuts, is known for diverse biological activities. It is found to reduce intracellular melanosome content in human dermal fibroblasts pre-loaded with melanosomes through the coordinated activation of autophagy, lysosomal enzymes, and antioxidant response pathways.

It enhances both autophagy and lysosomal activity in fibroblasts. RNA sequencing revealed transcriptional upregulation of lysosomal and autophagy-related genes, supporting the coordinated activation of these pathways. These activations are further supported by resveratrol's induction of the antioxidant response, which upregulates TFEB/TFE3. TFEB/TFE3 are master regulators that drive lysosomal and autophagy-related gene expression. The integration of these cellular pathways ultimately resulted in resveratrol-induced, time-dependent degradation of incorporated melanosomes in dermal fibroblasts.

Resveratrol also exhibits antibacterial and antifungal properties, making it a potential agent for managing skin conditions like acne.



SKIN HEALTH MATTERS

AAD dermatologists provide 7 Expert Tips on caring for skin, hair, and nails

1. Sleep on your back to reduce wrinkles

Side or stomach sleeping can cause sleep lines on face and chest. Sleeping on back helps prevent these wrinkles.

2. Use petroleum jelly for skin hydration

Petroleum jelly is a cost-effective solution for dry skin, and it can be used head to toe to lock in moisture.

3. Remove makeup gently and rehydrate

Use petroleum jelly to remove eye makeup and hydrate delicate eyelid skin overnight.

4. Apply retinoids gradually

Retinoids are vitamin A-based products with benefits like:

- Reducing inflammation
- Unclogging pores
- Reducing wrinkles
- Regulating skin cell growth

Introduce retinoids slowly (2–3 times per week initially) to avoid irritation.

Sensitive skin areas (under the eyes, around the nose and mouth) can be pre-moisturized with **petroleum jelly or hydrating moisturizers** before retinoid application.

5. Moisturize hands and nails after washing

Frequent washing and hand sanitizers can dry out skin and nails. Use moisturizers after each wash to prevent dryness and brittle nails.

6. Keep feet dry to avoid nail fungus

Prevent fungal nail infections by keeping feet clean and dry, and treat athlete’s foot promptly if it occurs.

7. Trim hair regularly for healthier growth

While cutting hair doesn’t make it grow faster, it prevents split ends and promotes healthier-looking hair.

TAKE THE AAD QUIZ⁷

1. What type of moisturizer is generally recommended for people over 50 or those who are perimenopausal?

- A. Cream-based moisturizer B. Lotion C. Gel-based moisturizer D. Ointment

2. For people with dry skin, what type of product should be prioritized during winter months?

- A. Lotion B. Cream or ointment C. Gel D. Sunscreen only

3. How should individuals with combination skin approach moisturizing?

- A. Apply moisturizer evenly to the whole face B. Only use ointments on dry areas C. Treat dry and oily zones separately
- D. Avoid moisturizer entirely

Answers: 1. A 2. B 3. C

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5. S. Okamoto et al. Resveratrol, a food-derived polyphenol, promotes Melanosomal degradation in skin fibroblasts through coordinated activation of autophagy, lysosomal, and antioxidant pathways *Journal of Functional Foods* 125 (2025) 106672

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