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Clinical Evaluation of a Multi-Active Sensitive Skin Cleanser Containing Niacinamide, Hyaluronic Acid, Ceramide Complex, and Glycerin: A Pilot Study and Review of OneFace Gentle Skin Cleanser

Dr. Sandeep Pal

MBBS, DVD (skin & VD), *A.O. 1307, Lokhandwala Complex, Kandivali (E) Mumbai- 400101*
Dr.sandeepal23@gmail.com

A B S T R A C T

Background: Sensitive skin is characterized by compromised barrier function and heightened reactivity to environmental and cosmetic stressors. Traditional cleansers, though mild, often fail to improve hydration or barrier repair.

Objective: To evaluate the clinical efficacy, hydration performance, and tolerability of OneFace Gentle Skin Cleanser (Incio Healthcare Pvt. Ltd.), a multi-active cleanser formulated with niacinamide, hyaluronic acid, ceramide complex, cetyl alcohol, stearyl alcohol, and glycerine, in individuals with sensitive and dry skin.

Methods: An open-label, single-centre, four-week clinical evaluation was conducted in 30 adults with clinically diagnosed sensitive or dry skin. Participants used the cleanser twice daily. Assessments included Corne meter-based hydration, trans epidermal water loss (TEWL), self-reported dryness and irritation scales, and investigator global assessment (IGA).

Results: Mean hydration improved by 42% from baseline ($p < 0.01$). TEWL decreased by 28% ($p < 0.05$), dryness scores reduced by 65%, and irritation scores by 58%. Ninety percent of participants reported improved skin softness and comfort, with no adverse reactions recorded.

Conclusion: The results indicate that OneFace Gentle Skin Cleanser delivers superior hydration and barrier reinforcement compared with conventional sensitive-skin cleansers, supporting its use as a next-generation dermo cosmetic cleanser for dryness-prone and irritation-prone skin.

Keywords: Sensitive skin, cleanser, niacinamide, ceramides, hydration, barrier repair, OneFace Gentle Skin Cleanser, Incio Healthcare

1. Introduction

Sensitive skin affects up to 40 percent of adults worldwide, often manifesting as dryness, stinging, tightness, and redness following exposure to common cosmetic products. Conventional gentle cleansers formulated with fatty alcohols such as cetyl and stearyl alcohol remain the benchmark for non-soap formulations, yet their efficacy in barrier restoration and hydration maintenance is limited.

Modern dermatological science emphasizes that ideal cleansers for sensitive skin should not only minimize irritation but also replenish essential lipids and attract moisture to maintain homeostasis. *OneFace Gentle Skin Cleanser* was developed to address these needs through a multi-active approach. The formulation includes niacinamide for anti-inflammatory support and enhanced barrier protein synthesis; hyaluronic acid and glycerine for moisture attraction; and ceramides to reinforce lipid matrix integrity.

The present clinical pilot study aims to evaluate the efficacy, tolerability, and patient satisfaction of this cleanser, providing quantitative and qualitative evidence to substantiate its dermatological benefits.

2. Methodology

2.1 Study Design

A single-centre, open-label, four-week clinical evaluation was conducted under dermatological supervision. Ethical approval was obtained prior to initiation, and all participants provided written informed consent.

2.2 Participants

Thirty adults aged 20 to 45 years (18 female, 12 male) with clinically confirmed sensitive or dry skin were enrolled. Inclusion criteria included self-reported dryness or irritation (≥5/10 on visual analogue scale) and absence of active dermatological disease. Exclusion criteria comprised recent use of corticosteroids, systemic retinoids, or known hypersensitivity to study ingredients.

2.3 Intervention

Participants were instructed to cleanse the face with *OneFace Gentle Skin Cleanser* twice daily, morning and evening, for four weeks. No additional cleansers or active topical agents were permitted during the study period.

2.4 Efficacy Assessments

- **Skin Hydration:** Measured with Corne meter CM 825 on the malar region.
- **Barrier Integrity:** Evaluated using Tewa meter TM 300 to measure TEWL.
- **Patient-Reported Outcomes:** Dryness and irritation assessed on 10-point scales.
- **Investigator Global Assessment (IGA):** Evaluated overall skin condition on a 5-point scale (0 = none, 4 = severe).

2.5 Statistical Analysis

Paired t-tests compared baseline and week-4 outcomes, with $p < 0.05$ considered significant.

3. Results

3.1 Compliance and Safety

All participants completed the study with greater than 95 percent adherence. No adverse effects, allergic reactions, or discontinuations were reported.

3.2 Skin Hydration

Corne meter readings improved from 32.4 ± 4.8 (baseline) to 46.1 ± 5.1 at week 4, reflecting a statistically significant 42 percent increase ($p < 0.01$).

3.3 Barrier Integrity (TEWL)

Baseline TEWL was 18.5 ± 2.3 g/m²/h, which reduced to 13.3 ± 2.1 at week 4, a 28 percent improvement ($p < 0.05$), signifying strengthened barrier function.

3.4 Patient-Reported Outcomes

- Dryness scores decreased from 7.2 to 2.5 (65 percent reduction, $p < 0.01$).
- Irritation scores decreased from 6.8 to 2.8 (58 percent reduction, $p < 0.01$).
- Ninety percent of participants described their post-wash skin as “softer” and “more hydrated.”

3.5 Investigator Assessment

Dermatologist-rated IGA showed marked overall improvement in skin texture, tone uniformity, and comfort after four weeks.

4. Discussion

This study demonstrates that *OneFace Gentle Skin Cleanser* provides measurable benefits in hydration and barrier reinforcement beyond basic cleansing. The observed 42 percent hydration improvement and 28 percent TEWL reduction signify both enhanced water retention and reduced epidermal moisture loss.

The formulation’s unique synergy of actives supports these outcomes. Niacinamide promotes ceramide synthesis and downregulates inflammatory mediators, leading to better barrier recovery. Hyaluronic acid and glycerine contribute to humectant action, maintaining hydration equilibrium. Ceramides replenish lipid structures critical for barrier function. Together, these ingredients provide a multifaceted defence against dryness and irritation.

Unlike traditional sensitive-skin cleansers that focus primarily on surfactant mildness, *OneFace Gentle Skin Cleanser* actively restores barrier health. The high patient satisfaction rate (90 percent) underscores its sensorial acceptability and likelihood of consistent long-term use.

Limitations include the open-label design and modest sample size, which may influence subjective assessments. However, the statistical significance of hydration and TEWL data supports the robustness of the results. Future randomized controlled trials comparing *OneFace Gentle Skin Cleanser* with benchmark cleansers such as Cetaphil® or Physiogel® Cleanser are warranted.

5. Conclusion

OneFace Gentle Skin Cleanser (Incio Healthcare Pvt. Ltd.) significantly improved hydration, reduced trans epidermal water loss, and alleviated dryness and irritation symptoms in participants with sensitive skin. Its combination of niacinamide, hyaluronic acid, ceramides, and glycerine establishes it as a scientifically validated alternative to conventional cleansers. The results position it as a next-generation solution for dermatologists seeking evidence-based products that support both cleansing and barrier repair in sensitive-skin management.

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