



# DIE SCHWEIZER KOSMETIKA- UND PARFUM-INDUSTRIE

HERAUSGEGEBEN VON  
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## SWISS SCC – Annual Meeting

At the end of January 2003, more than 200 participants from interdisciplinary fields of cosmetics met in Luzern for the Annual Meeting of the SWISS SCC (Society of the Swiss Cosmetic Chemists) in order to pass in review the last year and to gain new impulses for 2003.

### Annual report of the President

According to the annual report of Philippe Auderset, President of the SWISS SCC, the Swiss cosmetics industry is content, especially because niche products in the raw material sector and/or in the finished products field are very well received. The homepage of the SWISS SCC was frequently visited in 2002. For next year, the target is to make the website even more "visitor-friendly", cooperation of experienced members of the SWISS SCC would be very welcome. Downloading possibilities in particular should be enlarged. In 2002, the number of members has been increased to 254, which means that the SWISS SCC gains in importance.

## IFSCC

At the IFSCC Congress in Edinburgh in September 2002, the two Swiss representatives Pierre Bottiglieri and Peter Schneider retired. Both have much contributed to the development of the IFSCC. In the future, Pierre Bottiglieri will continue to contribute to IFSCC activities in his newly acquired function of reviser.

### Forum Cosmeticum 2002

The Forum Cosmeticum in Innsbruck (Austria) in April 2002 and its significant program met with good response. In agreement with the partner societies from Germany (DGK) and Austria (GÖCH), it was decided to hold the next Forum Cosmeticum in Switzerland in Luzern (this time not in Basle) on 28-30 April 2004.

### Winter Seminar in Champfèr, 2002

The Winter Seminar in Champfèr (Switzerland) in January/February 2002 on the topic "The skin as mirror of oral and topical nutrition" was a plain success: Marion Fröschle and Catherine Schneider were responsible for the presentations and Hansueli Gonzenbach for the administration. The event was sponsored by the companies Pentapharm, Univar/Degussa and Mibelle Cosmetics, whose representatives also made interesting scientific contributions (see EURO COSMETICS 5-2002, p.42-44).

### Training Seminars 2002

The training seminar of the SWISS SCC in June 2002 "Switzerland between the European and Non-European Cosmetics Legislation" and "Statistics of Medicine and Cosmetics" was attended by more than 70 participants and was of excellent quality.

### Wädenswil College

In 2002, 10 interested students at the Wädenswil College chose the optional area "Cosmetics". Philippe Auderset, Marion Fröschle, Caroline Lenzin, Margrit Neuenschwander

and Catherine Schneider gave lectures. Since the WS 2002/2003, Petra Huber, the new responsible for "Cosmetics" of the Wädenswil College, lectures the bases of cosmetics in addition to her administrative activity. In this function she has also taken over the direction of the external project weeks at the Schrader Institute in Holzminden, i.e. at Haarman and Reimer. This year same as last year, the SWISS SCC has supported the students during this project week with 100,- SFr each. In the future, Philippe Auderset and Margrit Neuenschwander will no longer be available as lecturers due to capacity reasons. A specialist for technology has already been found: it is Toni Breda. If other members want to get active at the Wädenswil College they are asked to directly contact Petra Huber.

### Change in the Federal Health Office in Switzerland

At the end of 2002, a change occurred in the Federal Health Office. Dr Michel Donat was appointed as successor of Mrs Anna-Barbara Wiesmann. He was warmly welcomed as honorary guest at the General Assembly of the SWISS SCC. As pharmacist with industry experience, Michel Donat is open to cooperate with the SWISS SCC and the SKW (Swiss Cosmetics and Detergent Association) to support cosmetics.

### Further education

At the end of January 2003, the Winter Seminar 2003 was held in Champfèr on the topic "The Challenge of Ageing". In addition to physical changes in

skin, hair and teeth, psychological aspects were also considered.

The SWISS SCC will organise a training seminar on the topic "Dealing with the Media" in the Spring/Autumn 2003. The one-day Spring Seminar on the topic "Media - curse or blessing" is organised in cooperation with an external professional trainer. The SWISS SCC will financially support this 1st part of the training. In autumn 2003, a 2nd consolidating part will be organized with rhetoric and camera training.

### General Assembly

At the General Assembly Walter Kehlue was appointed as new treasurer. He will carry out his tasks in 2003 in cooperation with the previous treasurer Jürg Zysset for a transitional period. The composition of the board of 10 members remains unchanged: Dr Philippe Auderset (President), Dr Hans-Jürg Furrer (Vice President), Margrit Neuenschwander (Honorary Secretary), Pierre Bottiglieri (IFSCC Coordinator), Dr Marion Fröschle (Public Relations), Dr Rene Schneider (Regulatory Affairs), Peter Schneider (Task Forces), Catherine Schneider (Scientific Activities) and Jean-Daniel Walther (Social Events). Each of the members was charged with different areas of responsibility, which will clearly increase the efficiency of the activities of the SWISS SCC.

Following the report of the President, Petra Huber briefly presented the Wädenswil HSW College and its course in food technology, horticulture and facility management. An option-

al course on cosmetics is offered within the special course of food technology/procedure technique, it covers the structure and the function of skin and hair, basics on cosmetics (composition, action), the development, manufacturing and testing of cosmetics and legal requirements. Several semester and diploma theses placed by industry are presently being drawn up at the HSW. In the future, the optional course in cosmetics directed by Petra Huber will - in addition to external marketing activities - also be aimed at building up a service centre, i.e. by making training offers, inviting guest speakers or as forum for specific events in cooperation with Swiss associations. Petra Huber especially thanked the SWISS SCC for its expert and financial support of the special course on cosmetics.

#### Summary of the scientific program

The scientific program of the 2003 Annual Meeting of the

SWISS SCC included three topics. Professor Dr Brunello Wüthrich, Dr Joachim Röding and Professor Dr Herbert Schlachter made very concrete and exciting presentations on the topics "Food allergies and the skin", "Botanicals - trends and tradition" and "Oral nutrition and its effects on body and skin".

In his presentation "Food allergies and the skin", Professor Dr Brunello Wüthrich, Zürich, showed very well how patients primarily explain the reasons for food allergies by exogen factors. Orthodox medicine divides signs of food intolerance according to pathogenic viewpoints into toxic and non-toxic reactions. It only talks about a food allergy in case the symptoms after the absorption of food result from an immunologic mechanism (formation of allergen specific antibodies of the immunoglobulin IgE category). Based on the different sensitisation ways in small children and

adults and the type of allergens involved, there are 3 types (A, B and C) of food allergies. Type A (mainly in babies and children) is sensitised through stable proteins by the gastrointestinal tract, type B (teenagers and adults) by arogen ways and type C mainly appears in female adults. The frequency of a food allergy is approx. 5-7% in children and approx. 2% in adults.

The skin is the major organ that shows allergic reactions against foodstuffs. Itching, reddening, rashes and swellings are possible. The increasing number of food allergies with lethal consequences is also alarming. Best known is the often life-threatening anaphylactic shock, which can be caused by foodstuffs but also by stings. The "occult" occurrence of food allergens e.g. peanut paste in sweets and chocolate, can lead to high degrees of sensitisation despite major precaution. In therapy and prevention of food allergies, special diets must be based on a

correctly made allergological diagnosis. Due to a lack of causal treatment possibilities, elimination of the responsible food allergen from nutrition is the only possible therapy. The therapeutic elimination diet involves major difficulties for the patient. The present eating habits, including the consumption of ready-to-serve meals and frequent eating out together with the often insufficient declaration of the composition of the foodstuffs, often lead to a unintended reexposure to the food allergens to be avoided.

The new Swiss food law prescribes that 10% allergen ingredients (foodstuffs and products manufactured with them) must always be declared irrespective of the 25% rule, also according to the recommendations of the Codex alimentaris Commission and the FAO/WHO Food Standard Program. Moreover, Switzerland is the first country that has put celery and celery salt on the list.

In the second presentation,

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Dr. Joachim Rödiger, Symrise (formerly Dragoco) introduced the participants into the world of the plants and their home cultures. Plants from different culture circles induce in human beings different feelings, associations and expectations. The odour of cinnamon, myrrh and cardamom are associated with the Orient, thinking about henna for hair coloration and the scent of jasmine, rose, moschus and orange flowers. Lotus flowers, bamboo woods, combucha and citronella stand for Asia.

The history of the olive representing the Mediterranean Europe has its origin far in the past of Western civilization. The development of the olive was one of the first achievements of the civilized man. In Spain, olive seeds have been found the origin of which dates back to eight thousand years. The olive was cultivated independently in two places: Crete and Syria. From there the olive spread out to Greece, Italy and other Mediterranean countries. In ancient Greece, olive oil was primarily used by athletes who put it on their bodies before training or fights in order to support or increase the elasticity of their muscles. On old pictures one may see that olive oil was also used for cleaning. On a spiritual level, the olive tree also appears in the bible as symbol of the conciliation between God and men. The olive is the universal symbol of peace and associated with happiness, pureness and harmony. In ancient Rome, olive branches were put above the entrance to keep away the evil. In ancient Athens in the 6th century a.C. the olive tree was so much appreciated that cutting down a tree was punishable by death. Olive oil in cosmetics is associated with claims such as "dolce vita", nourishing, accelerates bronzing, relaxes, natural

beauty, soft, timeless and anti-stress.

As to South America, the rain forest of the Amazon area is the symbol of secret, power and holy link between man and nature; it offers the whole panoply of fascinating plants.

Ayurveda, the more than 2500 years old Indian health system, is based on 3 different human types, the doshas, comparable with the 3 elements earth, fire and air. Ayurveda aims at harmony between the 3 different types of forces (doshas) Vata, Pitta and Kapha. Internal and external beauty are inseparably linked. The secret of the beauty resides in the energy flow and in the harmony between the inside and outside. With Ayurvedic cosmetics, based on plants, flowers, essential oils and natural minerals, the skin gets its balance. The Ayurvedic rejuvenation therapy is therefore the oldest scientifically established system of purification and rejuvenation of the body.

Traditional Chinese medicine (TCM) and its cosmetics are based on the theories of yin and yang, the theory of the 5 elements and the Qi theory, the vital energy substances in blood and body liquid. TCM considers the body in its entirety, skin, hair, nails etc. are part of the whole and modifications are reflected in the health of the body. Hyperpigmentation (chloasma) and wrinkles in the face are caused by a yin deficit, i.e. a certain body liquid. Today, TCM includes more than 250 cosmetic ingredients for topical application and more than 1,200 ingredients for oral and also external use only available on prescription.

Medicinal plants from Africa are inseparably associated with

the cultural heritage of Africa. South Africa has more than 30,000 plant species. In a near future, plants from Africa that are not much developed yet will find their place among the healing traditions of the world. There exists no compendium of the medicinal plants of Africa but on a variety of individual handed down applications of plants, which reflect the different cultures and traditions of an "Africa Botanica". Leleshewa oil, which is used for treating skin problems and stings, deserves to be mentioned because of its anti-irritating and anti-bacterial properties. Thanks to its anti-oxidative effect, Rooibos too, which in Europe is mainly known as tea, offers new application possibilities in cosmetics.

At the final part of the conference Professor Dr. Herbert Schlachter, Munich, an official Olympia nutrition adviser, dealt with the topic "Oral nutrition and its positive and negative impact on the body and the skin". The "welfare hole" represents dangers for the health and results in negative malnutrition consequences, which are not only due to industrial food but also to lack of exercise, light and sleep. Today, many people fight against overweight and insulin resistance. According to a healthy philosophy of life, everything that provides pleasure should be done sensibly and in moderation. This includes an enjoyable food as well as sufficient exercise. A sufficient supply of liquid, i.e. 2-3 litres daily, must be ensured. Water, the micronutrient No 1, is essential as blood liquid, as cooling system of the body, for the elimination of harmful substances and for the heart-circulation and kidney function. The lack of water can get visible on the skin by lack of tonus, limpness and wrin-

gles. Macronutrients in form of carbohydrates, fats, proteins and vitamins, minerals and trace elements are also indispensable for a beautiful skin complexion. However, the new "eating class" should also include secondary plant substances, which are newly discovered bioactive substances in foodstuffs such as carotinoids, phytosteroids, saponines and protease inhibitors. As the skin is apart from the heart one of the main organs, it should receive appropriate care. Valuable natural substances important for the skin are for example lavender oil for refreshing, rosemary oil for the circulation and wheatgerm oil as free radical fighter to prevent skin ageing. In current cosmetics, modern carrier systems transport care substances and active ingredients deep into the skin layers.

#### Final evening

The Annual Meeting of the SWISS SCC was held in the "Schweizer Hof" in Luzern in a select ambience. The framework programme gave rise to much enthusiasm, especially the typical Luzern "Guggen music" ensured a happy atmosphere into the early hours - the ballroom was in one single dance movement.

In his final speech, Philippe Auderset, the President of the SWISS SCC thanked the organizers and board members Catherine Schneider, Hans-Jürg Furrer and Jean Daniel Walther for the excellent organization and presentation, the speakers for their outstanding papers and all participants for the good atmosphere and the active contribution to the meetings and framework program.

The next Annual Meeting of the SWISS SCC will be held beside the Forum Cosmeticum in Luzern on 29 April 2004.