Obavezna grupa. Moze samo jedan iz gupe da se preporuci. Preporucuje se onaj sa najvise zadovoljenih kriterijuma (u odnosu na ukupan broj kriterijuma za taj sastojak).

Kriterijumi sa \* imaju veci prioritet pri rezonovanju.

## Skin-Replenishing ingredients - Hydration

Ceramides

* age: 20+
* dryness
* redness
* \*eczema
* \*psoriazis
* flakiness
* fine lines

Hyaluronic Acid

* age: 15 - 30
* fine lines
* wrinkles
* dryness
* inflammation

Glycerin

* age: all ages
* dryness
* flakiness
* inflammation
* combine with other emollients and/or oils
* HUMIDITY: LOW

Svi kriterijumi moraju biti zadovoljeni. Moze se preporuciti 1 ili nijedan.

## Skin-Replenishing ingredients - Exfoliants

Lactic acid

* age: all ages
* SENSITIVITY: HIGH+
* ELASTICITY: VERY\_LOW

Glycolic acid (type of AHA)

* age: 20+
* fine lines
* wrinkles
* hyperpigmentation
* dark spots
* large pores
* skin texture
* SENSITIVITY: NORMAL-
* ELASTICITY: LOW-
* do not use with Vitamin C, Salycilic acid

Salicylic acid

* age: 12-20
* blackheads/whiteheads
* skin texture
* large pores
* clogged pores
* MOISTURE: NORMAL+
* SEBUM: NORMAL+
* SENSITIVITY: NORMAL-
* do not use with Vitamin C, Glycolic acid
* \*ako je pacijent koristio salicylic acid vise od mesec dana i primetio novonastalu dryness, da prekine

Benzoyl Peroxide

* age: 10-23
* acne
* inflammation
* large pores
* SEBUM: HIGH+
* SENSITIVITY: LOW-
* MOISTURE: LOW+
* SUN EXPOSURE: NORMAL-
* can be irritating – cause dryness, redness, peeling and sensitivity

Najbolje je da se preporuci vise ovih sastojaka, i tu prednost imaju *SkinIssues*, dok su *SkinProperties* na drugom mestu. Rezoner izvrsava pravila za ovu grupu poslednja.

## Antioxidants (perform better together)

Vitamin E

* age: all ages
* dryness
* inflammation
* dark spots
* SUN EXPOSURE: NORMAL+
* very good combined with Vitamin C

Vitamin C (L-Ascorbic Acid)

* age: 20+
* fine lines
* scarring
* wrinkles
* dullness
* hyperpigmentation
* dark spots
* sun damage
* don’t use with AHAs/BHAs

Green tea (epigallocatechin-3-gallate)

* age: all ages
* rosacea
* inflammation
* sun damage
* \*redness

Ovi sastojci su medjusobno iskljucivi. Moze se preporuciti samo 1 ili nijedan proizvod. Ne moraju svi kriterijumi biti zadovoljeni.

## Skin-Restoring Ingredients

Hydroquinone or Kojic Acid (similar ingredients)

* age: 30+
* hyperpigmentation
* dark spots
* age spots

Retinol

* age: 30+
* acne
* fine lines
* wrinkles
* age spots
* clogged pores
* scarring
* sun damage
* SENSITIVITY: HIGH+
* MOISTURE: NORMAL+
* SEBUM: NORMAL+
* SPF mandatory
* AHA/BHA + Retinol = dryness
* Benzoyl peroxide + Retinol = cancel eachother

Niacinamide

* age: 15-30
* acne
* blackheads/whiteheads
* \*rosacea
* inflammation
* hyperpigmentation
* for all skin types
* not with Vitamin C