



Glass Skin in Patients with Skin Type Four and Five with Combination of Triple/Quadruple Therapy, Diet and Medical Aesthetics

Nadia Rumman*

Researcher, Aesthetic Dermatologist; Biomed Molecular Diagnostics, Bangladesh and American Academy of Aesthetic Medicine, USA

***Corresponding Author:** Nadia Rumman, Researcher, Aesthetic Dermatologist; Biomed Molecular Diagnostics, Bangladesh and American Academy of Aesthetic Medicine, USA.

Received: August 11, 2023

Published: October 16, 2023

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Aim

To show clinical efficacy of triple therapy with cosmeceuticals and diet with counselling for gluten sensitivity with depression. Adding combination treatment of medical aesthetics; with gluten free cosmetics and diet rich glutathione, antioxidants and omega-3 fatty acids gives absolutely and completely healthy looking skin with natural glow and brightness, two to three shades lighter.

Patients and Methods

Five patients were enrolled and observed for four months, one male and four females. All patients are age of between 25-35 years. All patients have history of gluten sensitivity and anxiety neurosis because of COVID-19 and post pregnancy in one patient. They had slightly thickened skin on forehead and chin area with slight drooping of both nasolabial folds commonly. They had history of teenage acne vulgaris and have similar socio-economic conditions. All the patients had followed similar skin care regime in my clinic. The skin care routine includes cosmeceuticals and gluten free cosmetics. All patients were given triple therapy with or without quadruple therapy and medical aesthetics like platelet rich plasma therapy, once monthly and chemical peels containing 20% glycolic acid and 15% lactic acid, two sessions, two weeks apart; and light therapy (combination of red/blue/green light) for 3 months, each sessions two days apart for 10 minutes only was given.

Result

All the patients showed drastic improvement in skin dryness and skin colour was improved by two to three shades respectively. Skin allergic reactions like allergic contact dermatitis and atopic dermatitis due to gluten free diet and gluten free living changed

the skin to an absolutely healthy looking and glowing skin with maximum patient satisfaction at 16 weeks.

Conclusion

Therefore, clinically, efficacy of triple and quadruple cosmeceutical therapy is high when used with double sunscreens, low spf 20 + containing hematite and high spf 50+ at night, coverage from all kinds of IR rays and visible light at night; and CICA containing creams with moisturizing agent in lotion and gel cream forms in summer season; and cream formulation for atopic prone, dry skin and sensitive skin in summer and winter. Gluten free diet causes removal of bouts of allergic reactions in gluten sensitive patients. Hence allergy is nothing but gluten sensitivity and glass skin is real. Because only when skin is allergic free, skin looks healthy and bright.