

# Ceramides & Uriage Xémose C8+: The Complete Comfort Routine

Written by Marie Therese Burke as the Graham Anthony Distribution Expert Trainer

If your skin feels dry, tight, itchy, or easily irritated, you're not alone. These are some of the most common concerns people experience - especially in colder weather or if the skin barrier becomes weakened. The good news is that with the right ingredients and the right routine, you can restore comfort quickly.

**URIAGE**  
EAU THERMALE

INTERESTED IN XÉMOSE C8+?

Contact your Uriage representative to find out more and claim your **FREE sample pack.\***

\*while stocks last

makes them crucial for anyone dealing with chronic dryness, atopic skin, or barrier damage.

An effective ceramide product doesn't just soothe - it strengthens. And that's where Uriage Xémose C8+ comes in.

### Meet Xémose C8+

Xémose C8+ is designed to bring deep comfort and long lasting protection to dry, itchy, and sensitive skin. Every product is built around three key technologies:

#### Cerasterol 2F

A powerful ceramide complex that helps rebuild the skin barrier.

#### Chronoxine™

Provides fast relief from itch and irritation.

#### C8 Lipid Technology

Delivers deep nourishment without heaviness or greasiness.

Together, these ingredients help soothe, repair, and protect even the most reactive skin.

#### Your Xémose C8+ Products

Here's a simple guide to the full range so you can choose the products that suit your skin's needs.

#### Xémose C8+ Lipid Replenishing Anti Irritation Cream

A soothing cream that targets itch and irritation quickly. Perfect for flare ups or areas that feel scratchy or uncomfortable.

**Great for:** dry patches, irritated areas, children, and adults.

#### Xémose C8+ Anti-Itch Soothing Oil Balm

A rich, soothing balm designed to calm itch and deeply nourish very dry or atopic skin. It features a clever "break" technology - the texture starts as a comforting cream and then melts into a silky oil as you massage it in. This cream to oil transformation helps the formula glide easily, absorb beautifully, and leave the skin feeling protected without heaviness.

**Great for:** itchy patches, winter flare ups, dry arms and legs, and anyone who wants instant comfort with long lasting nourishment.

#### Xémose C8+ Lipid Replenishing Anti-Irritation Cerat

A deeply protective, ultra rich treatment for extremely dry or cracked skin. Ideal for stubborn areas that need extra care.

**Great for:** elbows, hands, heels, or any area needing intensive repair.

#### Xémose C8+ SOS Anti-Itch Mist

A lightweight, instant relief spray for itch and irritation. Great for quick comfort throughout the day or for hard to reach areas.

**Great for:** on the go soothing, children who dislike creams, flare ups.

#### Xémose C8+ Soothing Nourishing Palpebral Care (Eyelid Care)

A soothing, protective formula designed specifically for the



delicate eyelid area. Helps reduce dryness, irritation, and redness around the eyes.

**Great for:** sensitive eyelids, eczema prone eye area, makeup wearers.

#### Who Is Xémose C8+ For?

Xémose C8+ is designed for very dry, itchy, sensitive, or atopic skin, and it's suitable for all ages - including babies. It's especially helpful for:

- Eczema flare ups
- Winter dryness
- Tight, uncomfortable skin
- Barrier damage from over cleansing or actives
- Anyone who needs fast relief and long term repair

It can be used on both face and body, making it a versatile staple for families.

#### What to Remember

Ceramides are the backbone of a healthy skin barrier, and replenishing them is essential for comfort, resilience, and long term skin health. Uriage Xémose C8+ combines advanced ceramide science with immediate soothing technology, making it one of the most effective options for dry, itchy, or atopic skin.

It's not just another moisturiser - it's a barrier repair treatment designed to restore calm, comfort, and confidence to even the most reactive skin.



Two of the most effective ways to support a struggling skin barrier are ceramides and Uriage Xémose C8+ - products specifically designed to soothe, nourish, and protect even the most sensitive skin.

#### What Exactly Are Ceramides?

Ceramides are naturally occurring fats that make up around 50% of the skin's protective barrier. Think of your skin cells as bricks and ceramides as the mortar holding them together. When that mortar is strong, the barrier stays intact - moisture stays in, irritants stay out, and skin feels comfortable and resilient.

But when ceramides become depleted, the barrier weakens. The result is familiar to anyone with dry or reactive skin:

- Tightness
- Itchiness
- Sensitivity
- Redness
- Rough texture
- Flaking

Environmental stress, harsh cleansers, cold weather, ageing, and conditions like eczema all contribute to ceramide loss. Replenishing them isn't just helpful - it's essential!

#### Why Ceramides Matter in Skincare

Ceramides don't simply moisturise. They restore structure, helping the skin rebuild its own defences. This