



Bringing
Psychodermatology
into Personal Care
10th Sept: Liverpool



10th September 2025 : SPINE : 2 Paddington Village, Liverpool, L7 3FA, UK

Bringing Psychodermatology into Personal Care

Psychodermatology explores the dynamic interplay between mind and skin, offering a powerful framework for advancing personal care innovation. Building on Dr. Katerina Steventon's NBIC & CCUK events from 2022-2024, her clinical experience and her deep dive into this topic in leading cosmetic publications, this in-person meeting will bring together neuroscientists, skin and hair biologists, skincare innovators, regulatory experts, ingredient suppliers and brands.

Programme

10:00 - 10:30: *Registration and Coffee*

10:30 – 10:40: **Dr. Katerina Steventon** – Vision for Psychodermatology in Personal Care

10:40 – 11:10: **Gill Westgate and Dan Whitby** “Skin to Brain / Brain to Skin” guided pathway mapping exercise.

11:10 – 11:40: **Dr Alexandra Mizara, London Metropolitan University.** When Stress Shows Up on Your Skin: The Science of Psychodermatology

11:40 - 12:00: **Dr Bhaven Chavan, Croda:** Enhanced emotional resilience to combat premature ageing: An innovative cosmetic ingredient designed to alleviate psychological stress

12:00 – 12:20: **Dr. Timo Giesbrecht, Unilever:** Psychodermatology in practice: When functionality meets psychological wellbeing

12:20 - 12:40: **Dr Katerina Steventon.** *The Art and Science of Touch - Practical Session.*

12:40 – 13:40: *Lunch & Networking*

13:40 – 14:00: **Fraser Fergie, This Works:** *From Essential Oils to EEG*

14:00 – 14:20: **Olivia Santoni, Bloom Regulatory:** *What Can We Say? Evidence & Boundaries*

14:20 – 14:40: **Dr. Gill Westgate.** *Collaborative creation of a shared glossary for psychodermatology and emotional skincare terms*

14:40 - 15:10: *Coffee/Tea & Networking*

15:10 - 15:40: **Panel Discussion with all speakers chaired by Dr. Geoff Briggs, No7 Beauty.** *Topic: Are We Ready to Claim “Skin Happiness”?*

15:40 – 16:00: **Dr. Katerina Steventon.** *Next Steps & Close*