



C u l t u r e A n d C r e a m

*by Margit Rüdiger*

# Tested for you: 5 stars for skin-firming „Hautstraffende Körpercreme“ from Fattoria La Vialla

WRITTEN BY MARGIT RÜDIGER ON 16. APRIL 2024. POSTED IN #ME.



Skin-firming body cream sounds good. But when it says “anti-cellulite” on the label, I always get a bit suspicious. Because every woman knows by now that there is no cure for those annoying dimples, not even polyphenols. You can improve the appearance of cellulite with appropriate measures, but unfortunately “anti-” does not work according to the current state of science.

Nevertheless, I was incredibly excited about the news from Tuscany. Because I am a sworn fan of the biodynamic, Demeter-certified face and body care line from [Fattoria La Vialla](#). What makes the products so special is that they contain plenty of olive polyphenols with their four proven effects – regenerating, antioxidant, anti-inflammatory and germ-reducing. So of course I have already tried the new body cream and the new scrub.

## Skin-firming body cream with resveratrol and chili extract

The skin-firming cream in the flat glass jar consists of 78.83% ingredients from the biodynamic agriculture of Fattoria La Vialla. In addition to olive polyphenols, which are highly concentrated in oliphenolia (0.5%), resveratrol and chili strengthen the natural anti-aging effect. The wine extract, rich in [resveratrol](#) (0.15%), protects skin structures such as collagen and elastin from the damage caused by free radicals to skin cells and the skin barrier.



Chili, the extract from the dried *Capsicum frutescens* fruits, stimulates blood circulation and cell renewal. The warming effect of capsaicin is known from heat plasters and ointments, which are used very successfully for muscle and joint complaints. Chili extract also has antibiotic properties. It can kill fungi and bacterial pathogens and has a disinfectant effect. However, products containing chili should not be applied to irritated or injured skin.

The Dermatest Institute has already awarded the new "Skin Firming Body Cream" the highest rating of "very good" and five stars.

The skin-firming cream also contains extra virgin olive oil (15%) from cold-pressed olives from the oil mill at the Fattoria. There is also ultra-pure vegetable water (59%) obtained from olives and purified by mechanical filtration, and ultra-pure vegetable water from grapes (4.18%), again purified by mechanical filtration.

## Chili makes my skin tingle

The chili extract gives the body cream its slightly reddish tinted color. The texture is rich and creamy and spreads well on the skin. I use it on all areas that could do with a little firming – my thighs, stomach, bottom and of course my upper arms. There is a slight tingling sensation, sometimes more and sometimes less, depending on how well the skin is supplied with blood. I find the feeling of warmth particularly pleasant when it's colder outside. In any case, it is a sign that something is happening in the skin.

I use the skin-firming cream in the morning and evening. With regular application, the treated areas look more even, rosy and fresher. If you have a stronger reaction to the chili extract, it is best to only apply the cream in the evening before going to bed. It is important to wash your hands thoroughly after applying the cream and to ensure that no cream residue remains under your fingernails (use a nail brush!). Chili on the mucous membranes can cause an unpleasant burning sensation. You know this from cooking when you come into contact with the hot peppers.



## Body scrub with olive stones

Fattoria La Vialla's new "body scrub" is the perfect complement to the "skin-firming body cream". Dried, stone-ground olive stones (10%) provide a smoothing effect on the skin. The peeling stimulates blood circulation, removes dead cells and makes the skin soft and silky. Oliphenolia is also at work here, highly concentrated (0.25%) with an extra high content of powerful antioxidants in the form of natural polyphenols – in particular hydroxytyrosol, one of the most powerful antioxidants from the phenolic acid family. Finally, resveratrol enhances the natural anti-ageing effect. This phenolic compound protects the cells from ageing and has a visibly firming effect.

„Hautstraffende Körpercreme“ and „Körper-Peeling“ by Fattoria La Vialla, jeweils 200 ml, ca. 28 Euro.

body cream, skin-firming



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To travel during my profession as a beauty journalist was never enough for my. Also my six month on a world trip didn't do it. It always attracts me to other cities, foreign countries, on roadtrips and places I don't know yet. But I am not only interested in "culture" and "cream", I am also fascinated by people who have stories to tell . Such unique experiences I want to share with you.

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