

## Supplementary

**Table S1.** Instrumental skin parameters (corneometry, softness and elasticity) expressed as mean  $\pm$  standard deviation (SD) and 95% confidence interval (CI) for treatment and placebo groups. Data are reported as changes from baseline ( $\Delta$  T1h–T0). Effect size (Cohen's d) was calculated to assess differences between treatment and placebo.

<b>Skin parameters</b>	<b>Group</b>	<b><math>\Delta</math> Mean <math>\pm</math> SD</b>	<b>95% CI</b>	<b>Cohen's d vs Placebo</b>
Corneometry	EO-A	84.0 $\pm$ 32.5	68.8 – 99.2	3.11
	EO-B	89.0 $\pm$ 29.7	75.1 – 102.9	3.76
	Placebo	4.8 $\pm$ 15.4	-2.4 – 12.0	-
Softness	EO-A	1.5 $\pm$ 0.5	1.2 – 1.7	0.557
	EO-B	2.5 $\pm$ 1.2	1.9 - 3.0	0.668
	Placebo	-3.4 $\pm$ 12.4	-9.3 – 2.4	-
Elasticity	EO-A	3.0 $\pm$ 1.1	2.5 – 2.5	0.331
	EO-B	-2.0 $\pm$ 3.8	-3.8 - -0.2	0.0578
	Placebo	-3.0 $\pm$ 25.7	-15.1 – 9.0	-