

## Avène Hydrotherapy Center

Efficacy and tolerability  
of 3 weeks of care at the Avène  
Hydrotherapy Center with  
a 6-month follow-up on chronic  
pruritus in subjects  
with psoriasis-prone skin

## CENTRE THERMAL Avène



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**2**  
countries



**44**

subjects

50% Women  
50% Men

**2 GROUPS  
OF SUBJECTS:  
HYDROTHERAPY  
VS CONTROL**

22 subjects/group

3-week hydrotherapy  
period vs control group

6-month  
follow-up period

## AVÈNE HYDROTHERAPY CENTER: A 29-WEEK COMPARATIVE STUDY ON SUBJECTS WITH PSORIASIS-PRONE SKIN AND PRURITUS<sup>1</sup>

### EFFICACY

Significant  
decrease in average  
pruritus intensity  
after 3 weeks  
and long-term

**-47.7%**<sup>2</sup>

### TOLERABILITY

"Very good"  
or "good"  
tolerability according  
to doctors for

**89%**  
of subjects

### QUALITY OF LIFE

Improvement  
of the sleep quality  
after 3 weeks  
and long-term

**+60.9%**<sup>2</sup>

### Study objectives

Evaluate the benefit of a cure with Avène Thermal Spring Water  
at the Hydrotherapy Center after a 3-week course and a 6-month  
follow-up period on:

- moderate to severe pruritus
- severity of psoriasis
- quality of life



**5 dermatological consultations  
spread over 6 months**

**IN ASSOCIATION: Stable systemic and/or topical treatments  
for psoriasis or pruritus until the end of hydrotherapy period**

<sup>1</sup> Observational study, 3 weeks at the Avène Hydrotherapy Center, 44 subjects. <sup>2</sup> Results after 6 months, evaluation on 22 subjects who received care at the hydrotherapy center vs control.

Thouvenin M-D, et al. Efficacy of Avène Hydrotherapy on Chronic Pruritus in Patients with Plaque Psoriasis. Dermatol Ther (Heidelb). 2023 Oct;13:3137-3151.