

Curriculum vitae

Varvaresou Athanasia
Pharmacist, PhD Pharmaceutical
School of Athens, Greece



T: +30 210 5385640, 887, 604

Email: avarvares@uniwa.gr

Current Position

University of West Attica
 Professor in Cosmetology
 Director of the Division of Aesthetic and
 Cosmetic Sciences-Department of Biomedical
 Sciences
 Laboratory of Chemistry-Biochemistry-
 Cosmetic Science

<https://chembiochemcosm.uniwa.gr/>

Director of the Postgraduate Program:
 «Advanced Aesthetics and Cosmetic Science:
 Development, Quality Control and Safety of
 New Cosmetic Products»

https://www.researchgate.net/profile/Athanasia_Varvaresou

<https://orcid.org/0000-0002-6932-8763>

https://scholar.google.com/scholar?hl=el&as_sdt=0%2C5&q=varvaresou+athanasia&oq=varvaresou

Academic Appointments

| | |
|------------|---|
| 2018-- | Professor in Cosmetic Science, Division of Aesthetics and Cosmetic Science, Department of Biomedical Sciences, University of West Attica |
| 2017-2018 | Professor in Cosmetic Science, Department of Aesthetics and Cosmetic Science, Technological Educational Institution of Athens |
| 2012-2017 | Associate Professor in Cosmetic Science, Department of Aesthetics and Cosmetic Science, Technological Educational Institution of Athens |
| 2007-2012 | Assistant Professor in Cosmetic Science, Department of Aesthetics and Cosmetic Science, Technological Educational Institution of Athens |
| 1996-2007 | Assistant in Research and Education, Department of Aesthetics and Cosmetic Science, Technological Educational Institution of Athens |
| 1996--2002 | Post-Doctoral Fellow, School of Pharmacy, University of Athens, Greece (research programs) |
| 1991-1996 | PhD. Diploma, School of Pharmacy, University of Athens, Greece. Title: «Design, Synthesis and Pharmacological Study of new Azathioxanthenes and their Annelated Derivatives». |

| | |
|-----------|--|
| 1990-1991 | Doctoral Fellow, School of Pharmacy, University of Heidelberg, Germany |
| 1985-1989 | Bachelor, School of Pharmacy, University of Athens, Greece |
| | |

Jobs

| | |
|-----------------|---|
| 04/2008-04/2015 | Consultant in the research and Development of Cosmetics, cosmetics efficacy tests-adverse reactions of cosmetics (principal investigator in efficacy studies) |
| 03/2003-12/2006 | Consultant in the Development of Cosmetics, cosmetics efficacy tests-adverse reactions of cosmetics (principal investigator in efficacy studies) |
| 1999-2002 | Hospital Pharmacist, Public Hospital Spiliopoulou, Athens, Greece |

Research activity

Responsible Investigator:

1. Clinical study "Efficacy of cosmetic Products, Dermacon LTD"
2. Research program "THALIS" with title 1. Incorporation of oligopeptides in cosmetic products-quantitative evaluation of functional-skin parameters with biophysical methods. 2. Development and validation of an ion-pair RP-HPLC method for the determination of oligopeptide in cosmetic

Investigator:

1. ARCHIMEDES III: Antiperspirants and Health
2. ELKE: Synthesis of benzofuran derivatives with antioxidant activity, School of Pharmacy, University of Athens
3. PENED: Synthesis, Structure elucidation and antimicrobial activity of new compounds. School of Pharmacy, University of Athens),
4. EPEAEK: Manufacture and Quality control of pharmaceutical compounds. School of Pharmacy, University of Athens

Total IF (ISI): 43.02

h index (scopus): 13

i10 index (google scholar): 15

Citations (scopus): 540

Citations Except exclude self-citations of all authors: (scopus): 500

Publications

1. Papageorgiou S. , **Varvaresou A.** , Panderi I., Giannakou M, Spiliopoulou C. and Athanaselis S. Development and validation of a reversed-phase high-performance liquid chromatographic method for the quantitation and stability of a-lipoic acid in cosmetic creams *International Journal of Cosmetic Science*, 1–8 doi: 10.1111/ics.12603 [Ics.12603 2](#) (2020).
2. Mellou F, **Varvaresou A**, Papageorgiou S., Protopapa E, Liatsopoulou E. Papain :an enzyme of multiple applications *Review of Clinical Pharmacology and Pharmacokinetics, Int Ed* 30: 107-111 (2020)

- 3.
4. Mellou F, **Varvaresou A.**, and Papageorgiou S. Renewable sources: Applications in personal care formulations *International Journal of Cosmetic Science* 41: 517-525 (2019).
5. **Varvaresou A.**, Iakovou K., Mellou F., Myrogiannis D. and Papageorgiou S., Targeted Therapy in oncology patients and skin: Pharmaceutical and dermocosmetic management *Journal of Cosmetic Dermatology* 1-7, DOI: 10.1111/jocd.13211 (2019)
6. Raikou V., **Varvaresou A.**, Panderi I. Papageorgiou E. The efficacy study of the combination of Acetyl Hexapeptide-3 and Tripeptide-10-citrulline. A prospective, randomized controlled study. *J cosmetic Dermatology* 16: (271-278) (2017).
7. **Varvaresou A.**, Papageorgiou S. Mellou F. and Protopapa E. Study in anti-wrinkle activity of a night cream containing a combination of antioxidants, phyto-steroids and acetyl-tetrapeptide-9 by biophysical methods and objective evaluation *Review of Clinical Pharmacology and Pharmacokinetics, Int Ed* 30:67-70 (2016).
8. **Varvaresou A.** and Papageorgiou S. Efficacy tests of Alternative Preservatives in combination with Phenoxyethanol for Development of Safe Cosmetic Products for Children. *Review of Clinical Pharmacology and Pharmacokinetics, Int Ed.* 30:79-83 (2016).
9. **Varvaresou A.** and Iakovou K. Biosurfactants in Cosmetics and Biopharmaceutics. *Letters in Applied Microbiology* 61: 214-223 (2015).
10. Kalogria E, **Varvaresou A.**, Papageorgiou S., Tsaknis I., Protopapa E, Matikas A. and Panderi I. Development and validation of a pre-column derivatization HPLC procedure for the quantitation of aluminium chlorohydrate in antiperspirant creams using quercetin as chromogenic reagent. *Chromatographia* 77: 1275-1281 (2014).
11. **Varvaresou A.** and Iakovou K. Molecular Modeling Study of Intercalation Complexes of Tricyclic Carboxamides with d(GCGC)₂, d(CGCG)₂ and d(CGCGCG)₂. *Journal of Molecular Modeling*, 8: 2041-2050 (2011).
12. **Varvaresou A.** and Papageorgiou S. The development of self-preserving gels *Household and Personal Care Today*, 18-21 (2011) .(indexed Google scholar)
13. Papagianni P., **Varvaresou A.**, Papageorgiou S., Panderi I. Development and validation of an ion-pair RP-HPLC method for the determination of oligopeptide-20 in cosmeceuticals *Journal of Pharmaceutical and Biomedical Analysis* 56:645-649 (2011)
14. Kefala V., Kintziou H., Protopapa E., **Varvaresou A.**, Papageorgiou S., Raikou V. Tyrosinase inhibitors from natural Sources for Potential use in the Aesthetic and Cosmetology Practice *Review of Clinical Pharmacology and Pharmacokinetics (International Edition)* 25: 65-68 (2011).
15. **Varvaresou A.**, Papageorgiou S., Protopapa E. and Katsarou A. Efficacy and tolerance study of an oligopeptide with potential anti-aging activity *Cosmetics, Dermatological Sciences and Applications* 1: 133-140 (2011).
16. Papageorgiou S., **Varvaresou A.**, Tsirivas E. and Demetzos C. New alternatives to cosmetics preservation *Journal of Cosmetic Science* 61: 107-123 (2010).
17. **Varvaresou A.**, Papageorgiou S., Tsirivas E., Protopapa E., Kintziou H., Kefala V. and Demetzos C. Self-preserving cosmetics *International Journal of Cosmetic Science* 31: 163-175 (2009).

18. Papageorgiou S., **Varvaresou A.** and Tsirivas E. The Development of Self-preserving Cosmetics *Review of Cilnical Pharmacology and Pharmacokinetics*22: 455-460 (2008).
19. Papageorgiou S., **Varvaresou A.**, Hatziantoniou S., Tsirivas E., Demetzos C., Papaioannou G..Photostability of retinoids: The influence of the container *Review of Cilnical Pharmacology and Pharmacokinetics* 21: 49-53 (2007).
20. **Varvaresou A.** Percutaneous absorption of organic sunscreens *Journal of Cosmetic Dermatology* 5: 53-57 (2006).
21. **Varvaresou A.**, Tsirivas E., Iakovou K., Gikas E., Papathomas Z., Vonaparti A., Panderi I. Development and validation of a reversed-phase ion-pair liquid chromatography method for the determination of magnesium ascorbyl phosphate and melatonin in cosmetic creams *Analytica Chimica Acta* 573-574: 284-290 (2006).
22. **Varvaresou A.**, Tsirivas E., Tsaoula E., Protopapa E. The influence of magnesium ascorbyl phosphate on moisturization of stratum corneum *Review of Cilnical Pharmacology and Pharmacokinetics*19: 139-142 (2005).
23. **Varvaresou A.**, Tsirivas E., Tsaoula E. Isothiazolinone Biocides as Preservatives in Cosmetics *Review of Cilnical Pharmacology and Pharmacokinetics* 19:105-108 (2005).
24. **Varvaresou A.**, Tsirivas E., Tsaoula E., Protopapa E.Synthetic colorants commonly used in lipsticks *Review of Clinical Pharmacology and Pharmacokinetics*18: 11-16 (2005).
25. **Varvaresou A.**, Tsaoula E. and Tsirivas E. The influence of the addition of melatonin to a magnesium ascorbyl phosphate- containing formulation on the mechanical properties of human skin *Review of Clinical Pharmacology and Pharmacokinetics*18:177-181 (2004).
26. **Varvaresou A.**, Iakovou K., Gikas E., Fichtner I., Fiebig H.H., Kelland L.R., Double J.A., BibbyM.C. and Hendriks H.R. Antitumor Activity of Imidazothioxanthenes in Murine and Human Tumor Models *In Vitro and In Vivo Anticancer Research* 24: 907-920 (2004).
27. Iakovou K.,**Varvaresou A.**, Bruni G., Massarelli P., Vavayannis A. and Kazanis M. Anti-inflammatory and Analgesic Activity of two dicyclic analogues of Acetaminophen and its regioisomer 3-Hydroxyacetanilide *Pharmaceutical Chemistry Journal* 38: 239-242 (2004).
28. **Varvaresou A.**, Tsirivas E., Tsaoula E., Protopapa E. Oxidative Stress, Photoaging and Topical antioxidant Protection *Review of Cilnical Pharmacology and Pharmacokinetics*18: 261-266(2004)
29. Iakovou K., **Varvaresou A.**, Kourounakis A. P., Stead K., Sugden D., TsotinisA. Design, synthesis and biological evaluation of novel conformationally restrained melatoninerigic analogs *Journal of Pharmacy and Pharmacology* 54:147-156 (2002).
30. **Varvaresou A.** and Iakovou K. Derivatives of 5-Oxy-pyrido[2,3-*b*]quinoxaline-9-carboxylic acid: A new Tricyclic System Useful for the Synthesis of Potential Intercalators *Journal of Heterocyclic Chemistry* 39: 1173-1176 (2002).
31. **Varvaresou A.**, Iakovou K., Filippatos E., Souli C., Calogeropoulou T., Ioannidou I., Kourounakis A.. Pannecouque C., Witvrouw M., Padalko E., Neyts J., De Clercq E., Tsotinis A. Synthesis, Antiretroviral and Antioxidant Evaluation of a Series of new Benzo[*b*]furan Derivatives *Arzneimittel Forschung/Drug Research* 51:156-162 (2001).

32. **Varvaresou A.**, Siatra-Papastaikoudi Th., Tsantili-Kakoulidou A., Tyligada E. Synthesis and biological evaluation of indole containing derivatives of thiosemicarbazide and their cyclic 1,2,4-triazole and 1,3,4-thiadiazole analogs *Arzneimittel Forschung/Drug Research* 50: 48-54 (2000).
33. Tsantili-Kakoulidou A., **Varvaresou A.**, Siatra-Papastaikoudi Th., Raevsky O.A A Comprehensive Investigation of the Partitioning and Hydrogen Bonding Behavior of Indole Containing Derivatives of 1,3,4-Thiadiazole and 1,2,4-Triazole by Means of Experimental and Calculative Approaches *Quantative Strucure Acivity Relationship* 18:482-489 (1999).
34. **Varvaresou A.**, Siatra-Papastaikoudi Th., Tsotinis A., Tsantili-KakoulidouA. and Vamvakides A. Synthesis, Lipophilicity and Biological Evaluation of Indole containing Derivatives of 1,3,4-Thiadiazole and 1,2,4-Triazole *II Farmaco*53: 320-326 (1998).
35. Tsotinis A., **Varvaresou A.**, Calogeropoulou T., Siatra-Papastaikoudi Th. and Tyligada A. Synthesis and Antimicrobial Evaluation of Indole containing Derivatives of 1,3,4-Thiadiazole, 1,2,4-Triazole and their open-chain counterparts *Arzneimittel Forschung/Drug Research* 47: 307-310 (1997).
36. **Varvaresou A.**, Tsotinis A., Siatra-Papastaikoudi Th. and Calogeropoulou T. New Pyrazole-Annulated Azathioxanthenes as Potential Intercalators: Synthesis and Structure Elucidation *Journal of Heterocyclic Chemistry* 33: 831-835 (1996).
37. **Varvaresou A.**, Tsotinis A., Papadaki-ValirakiA.andSiatra-PapastaikoudiTh. New Azathioxanthenes: Synthesis and Cytotoxicity *Biorganic and Medicinal Chemistry Letters* 6: 861-864 (1996).
38. **Varvaresou A.**, Tsotinis A., Siatra-Papastaikoudi Th., Papadaki-Valiraki A., Thurston D. E., Jenkins T. C. and Kelland L. R. Novel Imidazothioxanthenes: Synthesis, DNA Binding and Cytotoxicity *Biorganic and Medicinal Chemistry Letters* 6: 865-870 (1996).
39. Fox K. R., Thurston D. E., **Varvaresou A.**,Tsotinis A. and Siatra-Papastaikoudi Th.A Novel Series of DNA Triple Helix-Binding Ligands *Biochemistry and Biophysical Research Communications*, 224: 717-720 (1996).
40. **Varvaresou A.**, Tsotinis A., Papadaki-Valiraki A. and Siatra-Papastaikoudi Th. Synthesis and Structure Elucidation of New Cytotoxic Azathioxanthenes *Journal of Heterocyclic Chemistry* 33:, 917-921(1996).

Publications in National Journals indexed in Scopus: 6

Contributions to international conferences

1. Gardiki V, Papageorgiou S, **Varvaresou A**, Stability study of cosmetic products containing plant originated bioactive ingredients» International Phytotherapy and Phytocosmetics Congress, September, 2020
2. **Varvaresou A.** Kalogria E. Supercritical Carbon dioxide (CO₂) extraction and phytocosmetics: advantages & disadvantages. International Phytotherapy and Phytocosmetics Congress, September, 2020
3. Raikou V. Pagkalos V. Karavana V., **Varvaresou A**, Gardiki V., Kapetanstrataki M., Panderi I. Preliminary skin histological study after the application of acetyl hexapeptide-3 and tripeptide-10 citrulline. The European Congress on advanced treatments and technologies in Skin and Aesthetics (Skin-Med), December 2019, Munich, Germany.

4. **Varvaresou A**, Panderi I, Mellou F, Protopapa E, Athanasselis S, Papageorgiou S, Giannakou M. Development and validation of a spectrophotometric method of α -Lipoic Acid in dietary supplements. Chemistry Science and Technology, Separation Techniques, April 2019, Dublin, Ireland.
5. Raikou V, **Varvaresou A**, Tsirivas E, Kalogria E, Panderi I. A hydrophilic interaction liquid chromatography method for the quantitation of acetyl hexapeptide-3 in cosmeceuticals. Chemistry Science and Technology, Separation Techniques, April 2019, Dublin, Ireland
6. **Varvaresou A.** and Iakovou K. Dermocosmetic treatment of cutaneous side-effects associated with therapy in oncology World Congress and Expo on Oncology and Radiology, 18-20 April, 2016, Dubai **Invited speaker**
7. Myrogiannis D. and **Varvaresou A.** Psychosomatic disorders in neoplastic diseases, World Congress and Expo on Oncology and Radiology, 18-20 April, 2016, Dubai
8. **Varvaresou A.**, Papageorgiou S., Protopapa E. and Iakovou K. Cosmetic Products and Claims substantiation. *Face Conference*, 4-7 June 2015, London **Invited speaker**
9. Papageorgiou S., **Varvaresou A.**, Protopapa E., Dilaveri E., Mellou F. and Papageorgiou E, Anti-wrinkle activity of a day cream containing vitamins, hydrating substances in combination with phytosteroids, resveratrol oligomers and Acetyl Tetrapeptide-9 *Science in Technology*, 5-7 November 2015, Athens, Greece
10. **Varvaresou A.** Iakovou K. Papageorgiou S., Protopapa E. and Mellou F. Phthalates and cosmetics. *Regulatory Affairs August* 03-05, 2015, Florida, USA.
11. **Varvaresou A.**, Papageorgiou S., Protopapa E and Mellou F. The development of stable depigmenting cosmetics with the incorporation of natural antioxidants: tetrahydrocurcumin in combination with arbutin and kojic acid dipalmitate. *6th International Conference on Oxidative stress in skin Biology and Medicine* 28-31 August, 2014, Andros, Greece
12. Pnevmatikatos S., Kintziou H., **Varvaresou A**, Papageorgiou S., Protopapa E., Kefala V. Effect of sea mud compresses from Messolonghi lagoon as a treatment for cellulite [Experimental study] *9th World congress of Cosmetic Dermatology*, 27-30 June 2013 Athens, Greece.
13. Kalogria E., **Varvaresou A.**, Papageorgiou S., Tsaknis I., Protopapa E., Panderi I. Development and evaluation of a pre-column metal complex formation HPLC procedure for the detection and quantitation of aluminum in an antiperspirant cream *8th International Congress on Instrumental Methods of Analysis Modern Trends and Applications* 15-19 September, 2013, Thessaloniki, Greece.

Contributions to national conferences: 30

Academic Textbooks

Textbook 1

Tsirivas E, **Varvaresou A** and Papageorgiou S. «Applied Cosmetic Science-Cosmeceuticals» PARISIANOS Publications, Athens, 2016, ISBN 978-960-583-151-6 (189 pages)

Textbook 2

Tsirivas E, **Varvaresou A** and Papageorgiou S. «Basic Aspects in Cosmetology», PARISIANOS Publications, Athens 2013, ISBN: 978-960-394-920-6.

Textbook 3 (Monography)

Varvaresou A. «Specific Cosmetic Science», KAFKAS Publications, Athens 2011, ISBN: 978-960-6650-48-9 (184 pages)

Academic Teaching Activity

• Undergraduate

Theoretical full teaching of the modules

1. Basic Aspects in Cosmetic Science
2. Applied Cosmetic Science I
3. Applied Cosmetic Science II
4. Efficacy of Cosmetic Products
5. Nano Cosmetic Science -Delivery systems of Bioactive compounds

• Postgraduate Teaching Activity (Master's Degree Diploma)

1. **Medical School, University of Athens.** Title: "Environment and Health. Capacity building for decision making" Lectures: «Safety of phthalate derivatives in cosmetics» «Adverse effects of the preservatives in cosmetic products» «Safety of Cosmetic products» «Topical anti-oxidants in photo-aging»
2. **Pharmaceutical School, University of Athens.** Title: «Pharmaceutical analysis» Lectures: «Stability of emulsions»
3. **Department of Biomedical Sciences, University of West Attica.** Title: «Biomedical Methods in diagnosis». Lectures: «Applications of Dermato-cosmetic Science for chemotherapy skin adverse effects»
4. **Department of Biomedical Sciences, University of West Attica.** Title «Advanced Aesthetics and Cosmetic Science: Development, Quality Control and Safety of Cosmetic Products» Lectures-Responsibilities for modules: 1) New bioactive compounds of personal care products-cosmetics) 2) Research and Development of Cosmetic Products 3) Efficacy studies of Cosmetic Products

Contribution to three membered advisory committees for Master's Degree

1. Title: Legionella infections in closed environments
2. Title: Cosmetic ingredients with hormone-mimetic action
3. Title: Microplastics in cosmetics (*supervision*)
4. Title: A study on skin the adverse effects of chemotherapy (*supervision*)

Contribution to three membered advisory committees for PhD dissertations

1. **Title:** «Quality Control and efficacy tests of cosmetic products with incorporated peptides», 2nd member of the committee, Pharmaceutical School, University of Athens and TEI-A. <https://pergamos.lib.uoa.gr/uoa/dl/object/2917882#fields>
2. **Title:** «Determination of lipoic acid in human serum. Influence of the administration of nutricosmetics on the level of lipoic acid in human serum». 3rd member of the

committee, Medical School, University of Athens and TEI-A
<https://pergamos.lib.uoa.gr/uoa/dl/frontend/el/search.html?>

3. Title: Investigation of the Efficacy of the combination of Laser Alexandrite technique with the enzymatic depilation in human volunteers with face hirsutism. 2nd member of the committee, Laboratory of Chemistry-Biochemistry-Cosmetic Science, Department of Biomedical Sciences, University of West Attica.

Supervision of PhD dissertations

1. Title: Designed oligopeptides with targeted biomedical applications» Laboratory of Chemistry-Biochemistry-Cosmetic Science, Department of Biomedical Sciences, University of West Attica.
2. Title: Efficacy tests for cosmetic and aesthetics methods-treatments, Laboratory of Chemistry-Biochemistry-Cosmetic Science, Department of Biomedical Sciences, University of West Attica.

Reviewer

Food and Chemical Toxicology (Elsevier), Household and Personal Care (Tecnoscienze), Current Microbiology (Springer), Process Biochemistry (Elsevier), International Journal of Cosmetic Science (Wiley), Cosmetics (MDPI), British Journal of Medicine (BMJ Journals), European Journal of Pharmaceutics and Biopharmaceutics (Elsevier), Korean Journal of Chemical Engineering, Journal of Nutrition and Health (Avens Publishing Group) Polymers (MDPI), Molecules (MDPI), Skin Pharmacology and Physiology (Karger)

Member of Organizing Committees of International Congresses

1. 7th International Congress «Oxidative Stress in Skin Biology and Medicine» Andros, 1-4 Σεπτεμβρίου 2016
2. 6th International Congress «Oxidative Stress in Skin Biology and Medicine» Andros, 28-31 August 2014

Contribution to European Committees

External expert in Scientific Society for Consumer Safety, Europe
http://ec.europa.eu/health/scientific_committees/consumer_safety/scs_13-16/members_en.htm

Contribution to Research Committees

Research Committee of the University of West Attica
2018-2019, 2019--

Managerial Activity-Institutional Positions

1. **Director** of the Division of Aesthetics and Cosmetic Science, Department of Biomedical Sciences, University of West Attica, Athens, Greece (3 years)
2. **Head** of the Department of the Aesthetics and Cosmetic Science, University of Applied Sciences of Athens (4 years)
3. Contributions to electorates of the scientific staff promotion of West Attica.

Research Interests

Synthesis and pharmacological study of new compounds with antitumor, anti-inflammatory, antimicrobial and antioxidant activities (Xanthenes, benzofurans, thiadiazoles, melatonineric derivatives, pyridoquinoxalines). Molecular modeling of DNA intercalative compounds. In silico methods for prediction of skin toxicity. NMR Spectroscopy. Interaction of cosmetic dyes with DNA (xanthenes). Preservation of cosmetics-thiadiazoles. Self-preserving cosmetics. Influence of antioxidant compounds on human skin elasticity. Influence of oligopeptides on human skin elasticity and wrinkles. Lipophilicity structure-activity relationships. UVA and UVB sunscreens. Skin penetration Development of anti-aging cosmetics. Efficacy tests of cosmetics: Skin elasticity, profilometry, sebum, moisturization Pharmaceutical and Dermo-cosmetic treatment of the skin adverse effects of chemotherapy and radiotherapy

LABORATORY OF CHEMISTRY-BIOCHEMISTRY-COSMETIC SCIENCE <https://chembiochemcosm.uniwa.gr/> FACILITIES

- A) Development of cosmetic products
- B) Claims substantiation-efficacy tests of cosmetics
- C) Dossier-Technical information file
- D) Stability studies of cosmetic products-Instrumental analysis