CLAIMS

1. A small activating RNA (saRNA) comprising a sense nucleic acid fragment and an antisense nucleic acid fragment, wherein one strand of the saRNA has at least 90%, e.g., at least 95% or 99% homology or complementarity to a nucleotide sequence selected from the group consisting of SEQ ID NOs: 249-263, and wherein the saRNA can activate or upregulate the expression of the human *AQP3*.

2. The saRNA of claim 1, wherein the sense nucleic acid fragment and the antisense nucleic acid fragment are located on two different nucleic acid strands; or on an identical nucleic acid strand, preferably forming a hairpin single-stranded nucleic acid molecule; wherein the sense nucleic acid fragment and the antisense nucleic acid fragment comprise complementary regions, wherein the complementary regions form a double-stranded nucleic acid structure that can activate or upregulate the expression of the human *AQP3* in a cell.

3. The saRNA of any one of claims 1-2, wherein at least one nucleic acid fragment has a 3' overhang of 0 to 6 nucleotides in length and preferably, wherein the sense nucleic acid fragment and the antisense nucleic acid fragment both have 3' overhangs of 2 or 3 nucleotides in length, wherein the nucleotide of the overhang is preferably dT.

4. The saRNA of any one of claims 1-3, wherein the length of the sense nucleic acid fragment and the antisense nucleic acid fragment independently are 16 to 35 nucleotides.

5. The saRNA of any one of claims 1-4, wherein the sense strand of the saRNA having at least 75%, e.g., at least 79%, 80%, 85%, 90%, 95%, or 99% homology to a nucleotide sequence selected from the group consisting of SEQ ID NOs: 1-15, and wherein the antisense strand of the saRNA has at least 75%, e.g., at least 79%, 80%, 85%, 90%, 95%, or 99% homology to a nucleotide sequence selected from the group consisting of SEQ ID NOs: 125-139.

6. The saRNA of claim 5, wherein the sense strand of the saRNA comprises a nucleotide sequence selected from the group consisting of SEQ ID NOs: 1-15, and the antisense strand of the saRNA comprises a nucleotide sequence selected from the group consisting of SEQ ID NOs: 125-139.

7. The saRNA of any one of claims 1-6, wherein the saRNA comprises:

i. at least one chemically modified nucleotide; or

ii. one or more modifications selected from the group consisting of:

a. modification of a phosphodiester bond connecting nucleotides in the nucleotide sequence of the saRNA;

b. modification of 2'-OH of a ribose in the nucleotide sequence of the saRNA;

c. modification of a base in the nucleotide sequence of the saRNA; and

d. at least one nucleotide in the nucleotide sequence of the saRNA being a locked nucleic acid.

8. The saRNA of any one of claims 1-6, wherein the nucleotides in the saRNA are natural or non-chemically modified nucleotides.

9. The saRNA of claim 1, containing a sense nucleic acid fragment and an antisense nucleic acid fragment combination selected from the group consisting of:
SEQ ID NO:1 and SEQ ID NO:125;
SEQ ID NO:2 and SEQ ID NO:126;
SEQ ID NO:3 and SEQ ID NO:127;
SEQ ID NO:4 and SEQ ID NO:128;
SEQ ID NO:5 and SEQ ID NO:129;
SEQ ID NO:6 and SEQ ID NO:130;
SEQ ID NO:7 and SEQ ID NO:131;
SEQ ID NO:8 and SEQ ID NO:132;
SEQ ID NO:9 and SEQ ID NO:133;
SEQ ID NO:10 and SEQ ID NO:134;
SEQ ID NO:11 and SEQ ID NO:135;
SEQ ID NO:12 and SEQ ID NO:136;
SEQ ID NO:13 and SEQ ID NO:137;
SEQ ID NO:14 and SEQ ID NO:138; and
SEQ ID NO:15 and SEQ ID NO:139.

10. A nucleic acid encoding the saRNA of any one of claims 1-6, or claim 8 or 9, wherein the nucleic acid is a DNA or RNA molecule.

11. A composition comprising the saRNA of any one of claims 1-9 and a carrier e.g., an aqueous carrier, a liposome, a high molecular polymer, or a polypeptide.

12. The composition of claim 11, wherein the composition comprises 1 nM to 100 nM, preferably 1 nM to 50 nM of the saRNA.

13. Use of the saRNA of any one of claims 1-9 or the composition of any one of claims 11-12 for preparing a formulation caring for the skin or improving skin conditions in a human, wherein improving skin conditions comprises one or more of increasing or restoring skin elasticity, improving skin sagging, increasing the moisture content of the skin, reducing or eliminating skin wrinkles, and preventing the appearance of fine lines and dry lines.

14. A method for caring for the skin or improving skin conditions, comprising administering the saRNA of any one of claims 1-9 or the composition of any one of claims 11-12 to a human, wherein improving skin conditions comprises one or more of increasing or restoring skin elasticity, improving skin sagging, increasing the moisture content of the skin, reducing or eliminating skin wrinkles, and preventing the appearance of fine lines and dry lines.