Introduction to Cosmetics and Skin Care Products
The Skin
Is the body’s largest organ...

Functions of the Skin
- Waterproofing - a shield against water.
- Protection - a defense against germs.
- Temperature control - Helps control body temperature.
- Sensation - works as a sense organ.
- Vitamin D Formation
- Makes us look the way we do.

Parts of the Skin

Facts about Skin
- pH of skin varies from 4-5.6
- About 15% of your body weight is skin
- 1 cm² of skin contains:
  - 10 hair follicles
  - 12 nerves
  - 15 sebaceous glands
  - 100 sweat glands
Types of skin

Sebum Secretion

Normal skin
Oily skin
Dry skin
Combination skin

Sensitivity

Sensitive skin
Non-sensitive skin

Color

Photo-type 1
Photo-type 2
Photo-type 3
Photo-type 4

How to test your skin type?

1. **Bare-Faced Method**
   Wash your face with warm water and pat it dry. Wait 30 minutes and then examine different areas of your face for any shininess or oil.

2. **Blotting Sheet Method**
   Gently pat a blotting sheet on different areas of your face, examining the sheet by holding it up to a light.

**In either tests, see also how your skin feels.**
Skin Types

Oily Skin
-Feels oily and shiny everywhere
-Prone to acne, spots, white and black heads, requires thorough cleansing

Dry Skin
-Dull, rough, flaky and peeling or cracking
-Prone to wrinkles, and requires constant protection with moisturizers

Combination Skin
-Combination of both oily and dry skin
-Feels oily in T-zone but normal elsewhere.

Sensitive Skin
-Thin easily irritated skin, appearing red with visible surface veins, requires protection against chemicals and environment

Normal Skin
-Smooth and firm skin, with barely noticeable pores

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Skin Care Products Functional Categorization

Drugs prevent or ameliorate disease by altering the structure and/or function of the body.

Cosmetics act only at superficial layers of skin to beautify it and make it look good for only a while but do not delay skin aging.

Cosmeceuticals have both cosmetic and therapeutic effects, and can actually affect the way skin cells work.
Types of Skin Care Products

- Skin Cleansing Products
- Toners
- Moisturizers
- Exfoliating agents
- Serums and skin treatment products
- Sunscreens
1. Skin Cleansing Products

Are products that **cleans the skin** or removes dirt or other substances (e.g., make up, dead skin cells) from skin. They are **mostly used on the face** and help unclog pores and prevent skin conditions such as acne and leave the skin feeling clean and fresh.

### Washes

Are foaming liquids, used daily as soap substitute mainly in the morning, to cleanse skin and remove excessive oil. It need to be washed off after application.

### Cleansers

Non-foaming liquids, which are gentler than washes and soaps, and more effective in removing oil-soluble deep seated dirt/makeup. It need to be wiped off rather than washed after application.

### Scrubs

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## 1. Skin Cleansing Products

### Washes

**What are they?**
- **Foaming liquids**, used to cleanse skin and remove excessive oil.
- It needs to be washed off after application.

**How to use them?**
- *Daily* use as soap substitute mainly in the morning.

### Cleansers

**What are they?**
- **Non-foaming liquids**, more gentle than washes and soaps, and more effective in removing oil-soluble deep seated dirt/makeup.
- It needs to be wiped off rather than washed after application.

**How to use them?**
- *Daily* use, usually at night.
- Wash your hands carefully before using your facial cleanser and apply by massage, gentle circular motion along your face and neck to prevent your skin from being irritated.

### Scrubs

**What are they?**
- **Scrubs** contain *tiny granules* which are used to remove dead skin cells on the face so as skin looks younger and feels lighter.

**How to use them?**
- *Once or twice weekly* use; frequent use can cause skin dryness.
- Apply small amounts gently on face and neck area. Scrub for less than 30 seconds at a time, gradually increasing the time up to one minute.
Cleansers: types based on texture and consistency

- **Gel Cleansers**
  - For combination, oily and acne type skin

- **Oil cleansers**
  - For all types of skin

- **Cream cleansers** (milk cleansers)
  - For dry, sensitive skin

- **Foaming Cleansers**
  - For oily, sensitive and combination skin

- **Bar cleansers**
  - For all types of skin

- **Powder Cleansers**
  - For oily or sensitive skin

- **Scrappy Gel Cleansers**
  - For oily skin with blackheads
<table>
<thead>
<tr>
<th>Cleanser</th>
<th>Skin Type</th>
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<tbody>
<tr>
<td>Foam</td>
<td>Aging</td>
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<tr>
<td>Gel</td>
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<td>Cream</td>
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<td>Milk</td>
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2. Toners

Are thin, water-like liquids, usually applied after washing or cleansing to:
- shrink pores
- maintain skin pH to 4-4.5
- deliver active ingredients

Types of toners (based on composition)

1. Alcohol-Based (astringent) Toners
   Strongest form of toner and are “too drying”.
   Used for those with oily skin or markedly plugged pores

2. Water-Based (hydrating) Toners
   Rehydrates and refreshes skin while restoring skin's natural pH balance. Used for normal and sensitive skin

3. Glycerin-Based Toners
   Draws water from air into skin to moisturize it without making it greasy. Used for oily skin.

4. Acid Toners
   Strong toners formulated with the intent of chemically exfoliating the skin. Used for oily, acne-prone, damaged and scarred skin

Method of using toners

Apply toner suitable for your skin type twice a day (morning and at night) by one of the following methods:
- Use your fingertips to apply
- Use cotton round (most frequently used method).
- Spray onto the face.
- Apply a tonic gauze facial mask—a piece of gauze is covered with toner and left on the face for a few minutes
3. Moisturizers

Moisturizers are topical formulations designed to increase hydration of skin and prevents its drying. They are applied on as needed and spread after cleaning or washing.

Types and classifications

1. Day preparations
2. Night preparations
3. Hand and body lotions
4. All-purpose (sport) lotions and creams
5. Protective products (barrier creams)
4. Face serums

Are lightweight liquids, made of very small molecules, which can be absorbed quickly and deeply to deliver very high concentration of active ingredients into skin. They may be **water based** or **oil based**.

Serums usually contain:
- **Antioxidants** such as vitamins A, C, E, pomegranate extract and grape seed extract
- **Anti-inflammatories** such as zinc, arnica, aloe vera
- **Hydrators** such as ceramides, amino acids and essential fatty acids
- **Anti-aging ingredients** such as retinol, caffeine, green tea, proteoglycans and hyaluronic acid
- **Color correcting ingredients** such as phytic acid, arbutin, kojic acid, azelaic acid and glycolic acid

**Who and How to use them?**
- **It is not necessary to have a serum in your skincare regimen!**
- A serum can be applied over your face and neck in the morning, at night or both.
- Apply in pea-sized amount by patting it evenly over skin with your finger after cleansing but before moisturizing. If you have sensitive skin, wait 10 to 15 minutes after washing your face before using serum. Allowing your skin to dry completely slows down penetration
- **Serums aren't for everyone!**
  People with chronic skin conditions like eczema or rosacea have weak skin barrier and serums may cause irritation as they penetrate too quickly.
Exfoliators are products which are used for the removal of dead skin cells from the top layer of the skin, making skin fresh and radiant, and also help the absorption of important skin nourishing ingredients.

- Don’t exfoliate more than twice a week
- Avoid exfoliating products in those with sensitive or allergic skin

**Types of exfoliation**

**Physical Exfoliation**
- Anything that scrubs at your skin, like tiny granules or a cleansing brush
- Helps remove dead skin cells
- Can be harsh on inflamed acne

**Chemical Exfoliation**
- Can’t be seen, but can be felt
- Helps break up dirt in pores & the bonds holding dead skin to healthy skin cells
- Good for all skin types

**CHEMICAL EXFOLIANTS**

- **AHA**
  - Alpha Hydroxy Acids, such as glycolic, lactic acid
  - Water-soluble
  - Suitable for dry and dehydrated skin with advanced signs of aging

- **BHA**
  - Beta Hydroxy Acids, such as salicylic acid
  - Oil-soluble
  - Suitable for oily, combination, acne-prone and sun-damaged skin

applied like a mask and left on the skin to "do the work" then rinsed
5. Face Masks

Are products that are effective for removing dead skin cells (as well as other skin impurities, badly grown facial hair and blackheads) in different skin layers. They usually add hydration or nutrients back to the skin.

- Mask is usually used twice a week. It is spread out across the face and neck by sweeping movement with clean fingers or a mask brush and left to harden for certain time, after which it is either washed off or peeled away.

- Those who have excess facial hairs which will be torn away all at once
- Those who have acute acne outbreaks

**Types**

1. CREAM MASKS
   - **Ideal for:** Normal to Dry Skin

2. CLAY MASKS
   - **Ideal for:** Normal to Oily Skin

3. CHARCOAL MASKS
   - **Ideal for:** Normal to Oily Skin

4. GEL MASKS
   - **Ideal for:** Dry and Sensitive Skin

5. EXFOLIATING MASKS
   - **Ideal for:** Most skin types

6. SHEET MASKS
   - **Ideal for:** Most Skin Types
Taking Care of Your Skin

Eat Well

Skin Care Pyramid
- Tone
- Protect
- Exfoliate
- Moisturize
- Cleanse

The Best Order to Apply Your Skin Care Products

<table>
<thead>
<tr>
<th>MORNING</th>
<th>EVENING</th>
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<tbody>
<tr>
<td>CLEANSER</td>
<td>CLEANSER</td>
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<tr>
<td>TONER</td>
<td>TONER</td>
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<td>SERUMS</td>
<td>TREATMENTS</td>
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<td>MOISTURIZER</td>
<td>SERUMS</td>
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<tr>
<td>SUNSCREEN</td>
<td>MOISTURIZER</td>
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<tr>
<td>DAY CREAM OR</td>
<td>EYE CREAM</td>
</tr>
<tr>
<td>FOUNDATION</td>
<td>FACE OIL</td>
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REST
RELAX
ENJOY
Thanks for your attention!