



Introduction to Cosmetics and Skin Care Products



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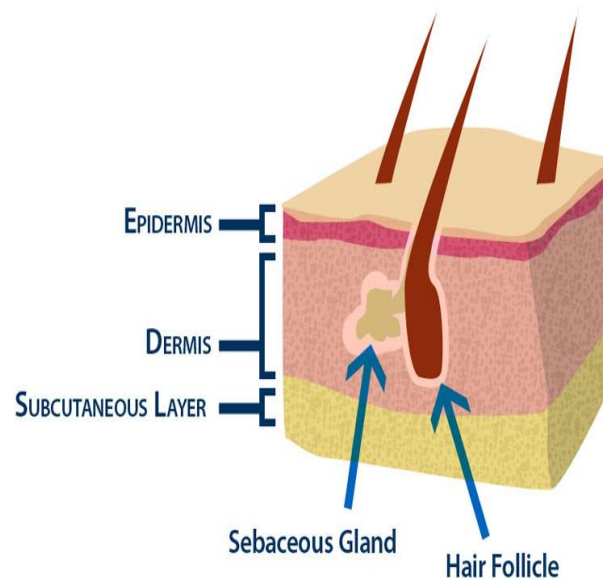
The Skin

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.

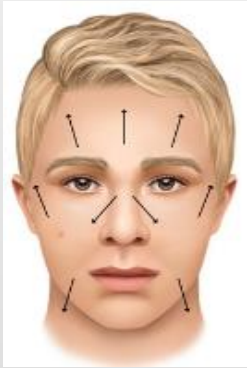


In either tests, see also how your skin feels.

Skin Types

Normal Skin

-Smooth and firm skin, with barely noticeable pores



Dry Skin

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

Oily Skin

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



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



Skin Care Products Functional Categorization

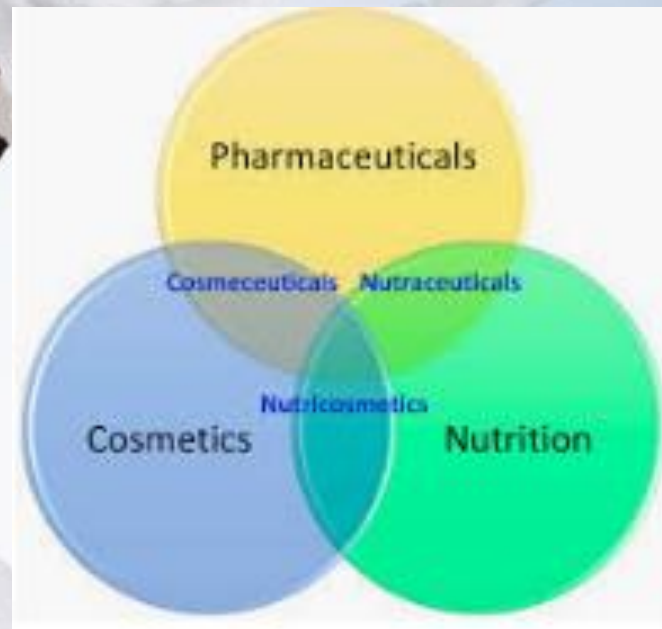
DO YOU KNOW THE DIFFERENCE?



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



Cleansers



Scrubs



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.

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

1. Skin Cleansing Products

Washes



What are they ?

- **Foaming liquids**, used to cleanse skin and remove excessive oil.
- It need to be washed off after application



How to use them ?

- **Daily** use as soap substitute mainly **in morning**

Cleansers



- **Non-foaming liquids**, more gentle 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



- **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



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



- **Once or twice weekly use**; frequent use can cause skin dryness
- Apply small amounts gently on face and neck area. Scrub for less that 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



Foaming Cleansers

For **oily**, **sensitive** and combination skin



Oil cleansers

For all types of skin



Bar cleansers

For all types of skin



Cream cleansers (milk cleansers)

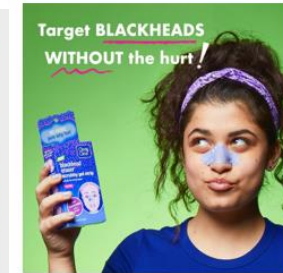
For **dry**, **sensitive** skin.



Powder Cleansers

For **oily** or **sensitive** skin

Scrappy Gel Cleansers



For **oily** skin with blackheads

Choose The Right Cleanser

CLEANSER	SKIN TYPE						
	Aging	Sensitive	Dry	Normal	Combination	Oily	Acne-Prone
Foam						1	1
Gel					1	1	1
Oil	1	1	1	1	1	1	1
Cream	1	1	1	1			
Milk	1	1	1	1			

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

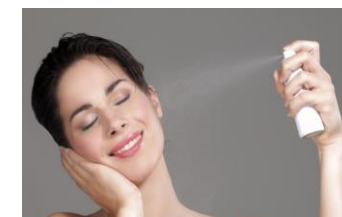
Strong toners formulated with the intent of chemically exfoliating the skin. Used for **oily**, acne-prone, **damaged** and scarred skin



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

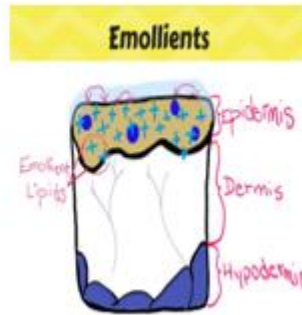
The Moisture Absorbers



The Moisture Sealers



The Space Fillers



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.

4. Exfoliators

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.



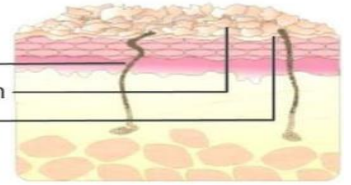
Don't exfoliate more than twice a week

Avoid exfoliating products in those with sensitive or allergic skin

Why Exfoliate?

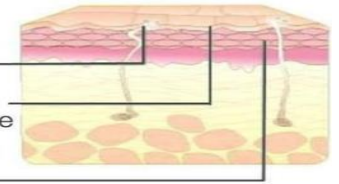
BEFORE

- clogged & infected pores
- rough & aged skin
- wrinkles, lines & blemishes



AFTER

- purifies pores
- eliminates infections deep in skin's surface
- boosts collagen production to smooth away lines, wrinkles, & blemishes



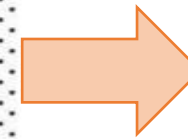
Types of exfoliation

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



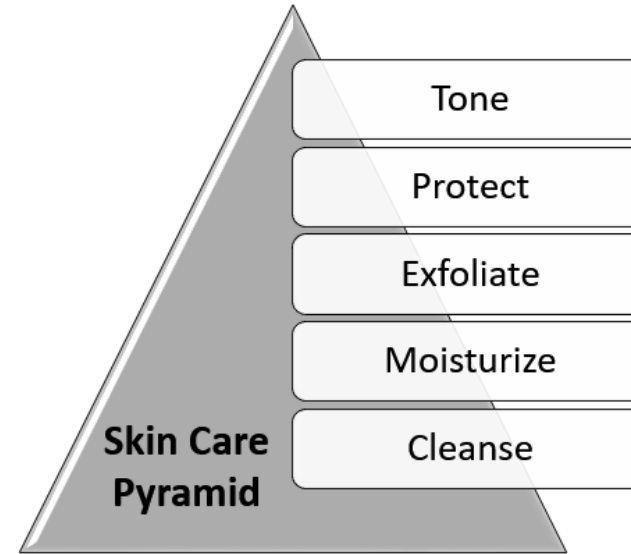
Ideal for: Most skin types

6. SHEET MASKS



Ideal for: Most Skin Types

Taking Care of Your Skin



Eat Well



THE BEST ORDER TO APPLY YOUR *skin care products*

MORNING		EVENING
CLEANSER	STEP ONE	CLEANSER
TONER	STEP TWO	TONER
SERUMS	STEP THREE	TREATMENTS
MOISTURIZER	STEP FOUR	SERUMS
SUNSCREEN	STEP FIVE	MOISTURIZER
DAY CREAM OR FOUNDATION	STEP SIX	EYE CREAM
	STEP SEVEN	FACE OIL

**Thanks for your
attention!**

