

- **Medications**

Tips to help dry skin:

- **Take shorter showers and baths, no more than once daily.**
- **Use mild, gentle soaps or cleansers. Avoid deodorant soaps.**
- **Don't scrub while bathing or drying.**
- **Smooth on a rich moisturizer right after bathing. Ointments and creams may work better than lotions for dry skin but are often messier. Reapply as needed throughout the day.**
- **Use a humidifier, and don't let indoor temperatures get too hot.**
- **Wear gloves when using cleaning agents, solvents, or household detergents.**

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Oily Skin Type

- **Enlarged pores**
- **Dull or shiny, thick complexion**
- **Blackheads, pimples, or other blemishes**

Oiliness can change depending upon the time of year or the weather. Things that can cause or worsen it include:

- **Puberty or other hormonal imbalances**
- **Stress**
- **Heat or too much humidity**

To take care of oily skin:

➤ **CoQ10**

Coenzyme Q10, or CoQ10, is a naturally occurring antioxidant present in the body's organ tissues. As humans grow older, the concentration of CoQ10 in the body becomes diminished, leading to lower collagen and elastin production -- two elements essential for younger and healthier looking skin. Face creams with a CoQ10 supplement replace those missing elements and repair damage to the skin cells caused by the surrounding environment -- smoke, pollution and other factors.

➤ **Hyaluronic Acid**

Like emollients, this class of creams fills in the gaps between skin cells. While hyaluronic acid is traditionally delivered in injection form, a new crop of creams and lotions are available as topical application. Hyaluronic acid restores the fullness of the skin and eliminates wrinkles when applied directly to the area.

MANUFACTURING LOTIONS AND CREAMS CAN BE COMPLETED IN TWO CYCLES:

- ✓ **Emollients and lubricants are dispersed in oil with blending and thickening agents.**
- ✓ **Perfume, color and preservatives are dispersed in the water cycle. Active ingredients are broken up in both cycles depending on the raw materials involved and the desired properties of the lotion or cream.**

Lotion:

Emollients 5 — 20%

Emulsifiers 2 — 7%

Humectants 2 — 5%

Stabilizers 0.1 — 2%

Preservatives 0.1 — 1%

Feel Modifiers 0 — 2%

Protectants 0 — 1+%

pH-Adjusting 0 — 1%

Chelants 0 — 0.1%

Antioxidants 0 — 0.1%

Fragrance q. s.

Colorants q .s.

Water to 100%



Moisturizing ingredients

Emollients are substances that are used to correct or mask skin dryness and scaling. They are typically oil soluble and make skin look and feel smoother.

Emollients are often grouped according to their longevity and intensity of effect. Those that are volatile or are absorbed rapidly into the skin, and so provide only a transient effect, are termed very light, dry emollients.

These include Cyclopentasiloxane and esters such as Ethylhexyl Isononanoate and Diisobutyl Adipate. Light emollients are typically slightly more viscous and have a light oily to cushiony feel on skin.

Face toner:

Skin toner or simply toner refers to a lotion or wash designed to cleanse the skin and shrink the appearance of pores, usually used on the face.

TONERS CAN BE APPLIED TO THE SKIN IN DIFFERENT WAYS:

- **On damp cotton wool. (This is the most frequently used method.)**
- **Spraying onto the face.**
- **By applying a tonic gauze facial mask—a piece of gauze is covered with toner and left on the face for a few minutes.**
- **Users often apply moisturiser after toner has dried.**

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TYPES OF TONERS

○ **Skin bracers or fresheners**

These are the mildest form of toners; they contain water and a humectant such as glycerine, and little if any alcohol (0–10%). Humectants help to keep the moisture in the upper layers of the epidermis by preventing it from evaporating. A popular example of this is rosewater.

These toners are the gentlest to the skin, and are most suitable for use on dry, dehydrated, sensitive and normal skins. It may give a burning sensation to sensitive skin.

Lip gloss:

➤ **Composition:**

- **Most lip glosses are composed of polybutene, a liquid, and hydrogenated polyisobutene, an oil that prevents water loss. Other ingredients in lip gloss are mineral oils, petrolatum, titanium dioxide, and many other chemicals that are hard to spell.**

Rouge:

➤ **Composition:**

- **In order to provide a composition for lip rouge, which is excellent with a light feeling has good gloss and is stable for a long time, the composition for lip rouge contains a glyceryl dibestearate/hydrogenated rosin and/or optionally a hydroxy acid ester, a heavy liquid isoparaffin, a methylphenyl polysiloxane.**