

cosmetics course :

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Why cosmetics science?

- It's a science no less important than medicine "drugs", also increases customer's confidence towards the pharmacist.
- High-quality products that makes a difference in customer's skin and their self-confidence.
- It has high prices, which increases the customer's purchasing power as well as profitability

Course goals:

- ◉ Recognize the conditions and the patient's needs
- ◉ Identify the integrated treatment to be used in each case without interfere with the role of the dermatologist.
- ◉ Discuss most of the active ingredients including pharmaceutical products & cosmo-ceutical products, skin and hair conditions

ليه كورس التجميل في اكااديمية Drug & tube مميز؟

- احنا مش مجرد هنعرف الامراض و منتجات الشركات المعروفة بس, بنهاية الكورس باذن الله هنعرف نقرأ تركيبة اي منتج و نعرف وظيفته سواء هو من شركة معروفة او لا.
- و كمان مش هنتكلم عن الشركات ال premium بس. زي لاروش و بايوديرما بس, هنتكلم عن كل منتجات التجميل سواء هي من الشركات الكبيرة الفرنسية او شركات الادوية المصرية

Course Outline:

- Skincare routine steps:
 1. Cleansing.
 2. Moisturizing.
 3. Sun-protection.

Extra steps:

1. Eye care
2. Toners
3. Sun tanning
4. Sun burn

Skin cure “ conditions”:

- ◉ Acne
- ◉ Hyperpigmentation
- ◉ Wrinkle
- ◉ Cellulite
- ◉ Stretch marks

Hair care:

- ◉ Shampooing
- ◉ Conditioning
- ◉ Hair Styling
- ◉ Hair Drying

Hair cure "conditions"

- ◉ Damaged Hair" how to control frizz"
- ◉ Spiltted hair
- ◉ Hair loss
- ◉ Dandruff

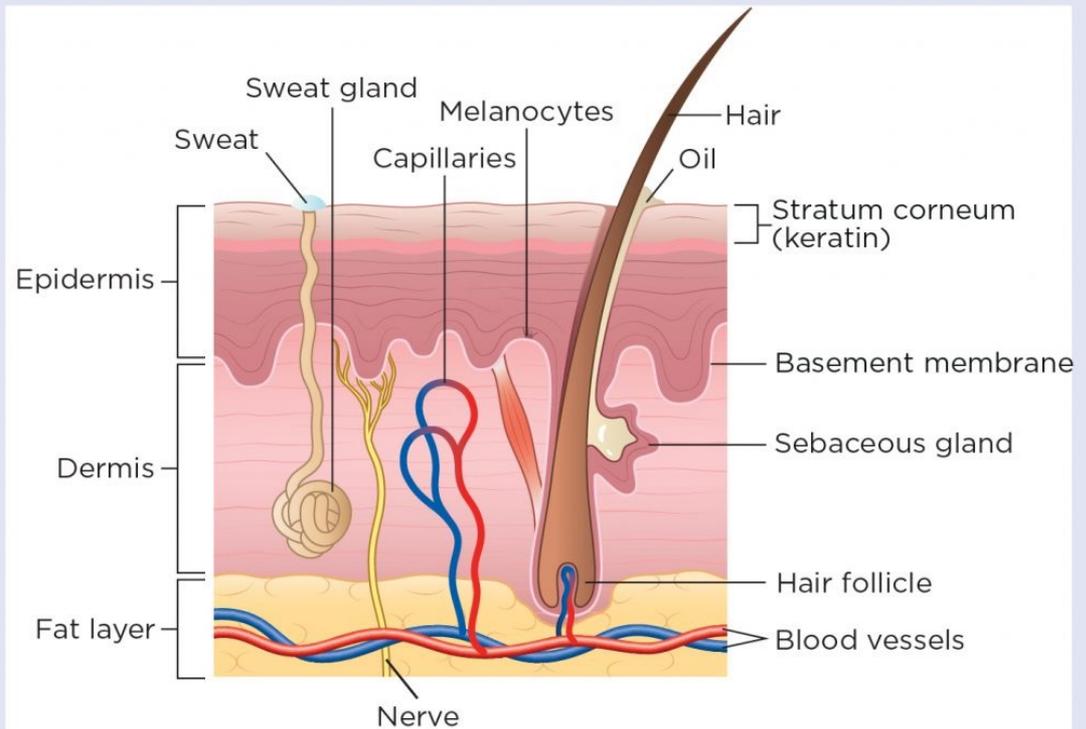
Nail care:

skin:

○ Our skin consists of 3 layers:

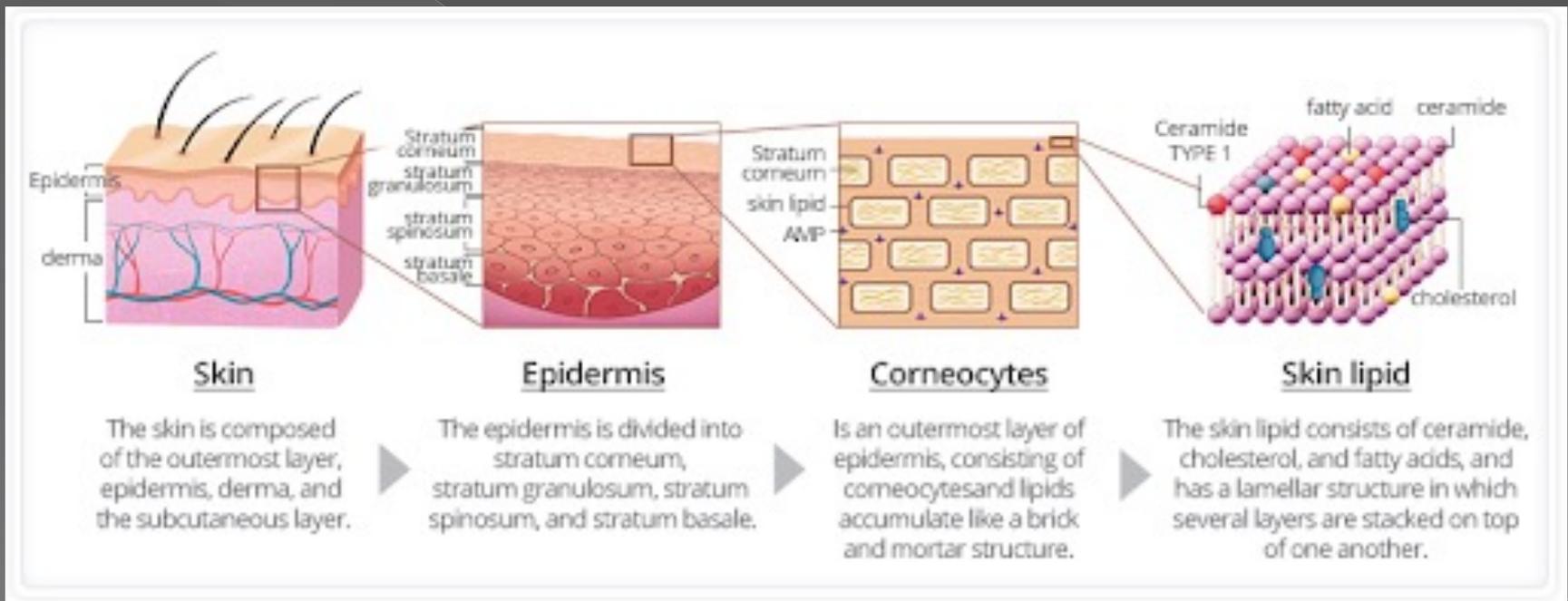
- Epidermis.
- Dermis.
- Hypodermis.

Fig 1. **Cross-section through the skin**



- Can you guess the skin care products affects which layer of them?

Basically the Skin care products affects epidermis layer.



In skin lipids we have ceramides & fatty acids, but why we keep searching about products with ceramides & products boost collagen production?

skin classification:

- ◉ Color/phototype
 - ◉ Sebum secretion
 - ◉ Sensitivity
-
- ◉ Why do we have to know the skin type?

Sensitive skin, is it type or condition?



How can I detect my skin type?

Very dry skin can considered a skin type?

Oily skin

- ◉ In most cases it **tends to be shiny with enlarged pores, and it's prone to blackheads & white heads.**
- ◉ Oily skin needs special care, and you have to be picky when it comes to oily skin.



Sebum can be affected by:

- ◉ Diet “high suger intake & high glycemc index food
- ◉ Pregnancy
- ◉ Birth control pills
- ◉ Cosmetics that don't suits your skin type
- ◉ Humidity & hot weather
- ◉ Hormonal imbalance
- ◉ Heredity causes

Combination skin:

- ◉ This type of skin can be tend toward oiliness specially in T-zone & dry at the rest of the skin.
- ◉ Some dermatologists consider that combination skin is the same of normal skin.



Dry skin

- Tend to feel tight, especially after cleansing, & liable to have fine wrinkles, flaking, and red patches
- If you have a dry skin, moisturizer is your best friend



Sensitive skin:

- Can be easily affected by external factors, like weather, soap, products include fragrances.
- Here's some companies offers products that perfectly suits sensitive skin:
 - Bioderma sensebio line
 - Cerave
 - Sebamed
 - Qv

Sara has oily skin, her friend hagar has also oily skin, does the same products suit both of them? No why?

- ◉ Because each person's skin is unique and it is a natural combination of :
- ◉ Level of sensitivity
- ◉ Lipid content
- ◉ Water content

Photo-type: Is tanning healthy?

THE FITZPATRICK SKIN TYPE SCALE



TYPE 1

Light,
Pale White

**Always burns,
never tans.**



TYPE 2

White,
Fair

**Usually burns,
tans with
difficulty.**



TYPE 3

Medium,
White to Olive

**Burns mildly,
tans gradually.**



TYPE 4

Olive,
Moderate Brown

**Rarely burns,
tans with ease.**



TYPE 5

Brown,
Dark Brown

**Very rarely burns,
tans very
easily.**



TYPE 6

Black, Very Dark
Brown to Black

**Never burns,
tans very easily.**

DIFFERENT SKIN TYPES

.....
Oh Well Yes
.....



OILY SKIN

Visible, enlarged pores, skin looks greasy and shiny; frequent acne outbreaks like pimples, blackheads etc.



DRY SKIN

Skin looks flaky, dry, dull and stretched, skin pores not visible; prone to age lines and sensitivity.



COMBINATION SKIN

T-Zone oily, cheeks, other areas dry or normal; mild skin sensitivity & blackhead around nose at times.



NORMAL SKIN

Smooth, clear skin; no blemishes or excess oily and dry parts; skin pores normal.



SENSITIVE SKIN

Prone to skin allergies causing redness, irritation and rashes due to genetics or external factors

Skin care routine steps:

- ◉ Cleansing:
- ◉ Benefits: remove dirt, makeup, grime and contaminants.
- ◉ Clears the way for the penetration of the active you may want to apply afterwards.

How to use it? Twice daily

Note: don't overuse the cleanser because it can lead to imbalance of normal flora count.

Notes:

- ◉ Knowing the skin type & sensitivity level is critical to choose the right cleanser.

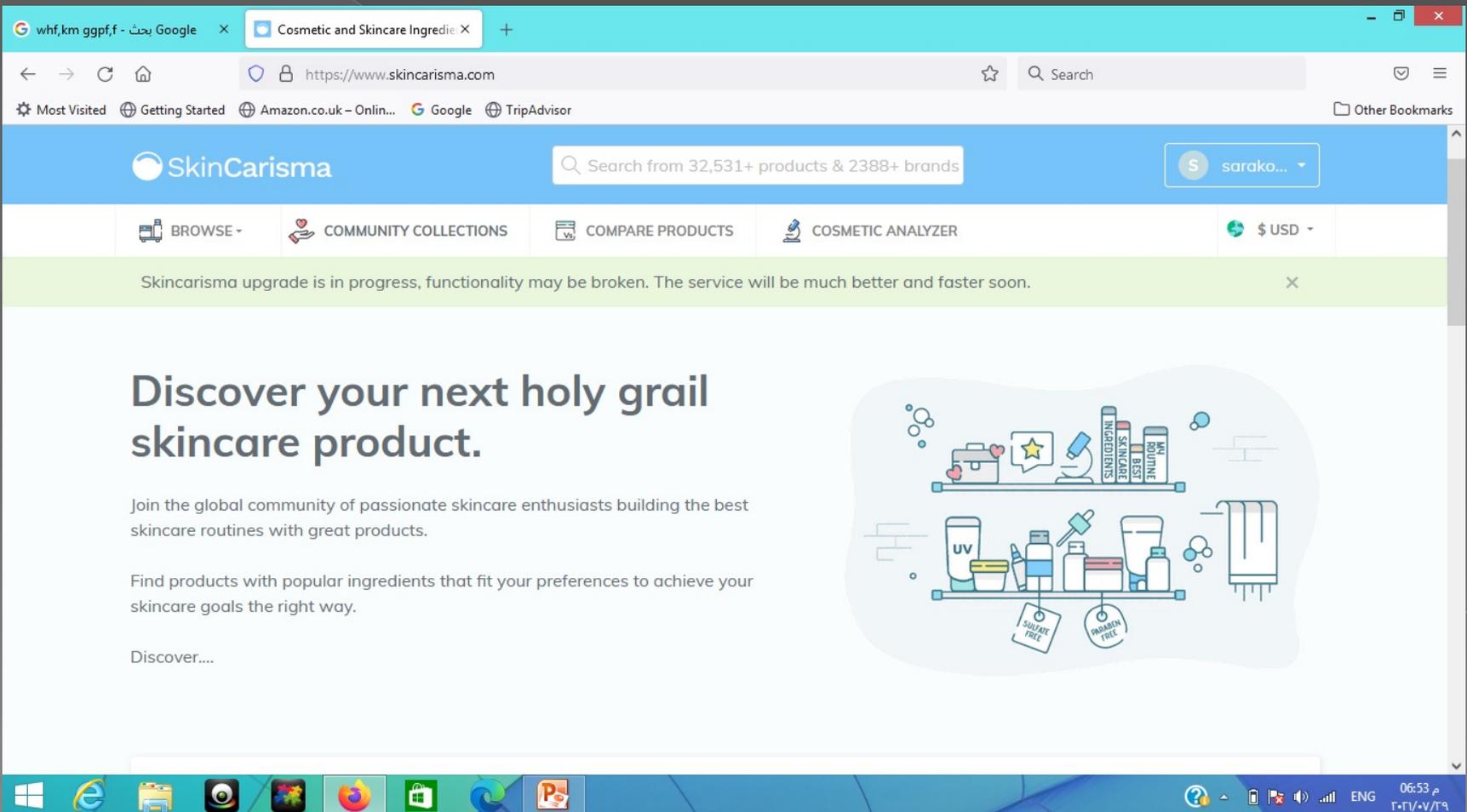
- ◉ Selling point:

Cleansing stage considered as main line of treatment and must be applied before any step of skin care routine.

For example:

Creams, serums, sunscreens.

How I can find the active ingredients & formula of each product?



The screenshot shows a web browser window with the URL <https://www.skincarisma.com>. The page features a blue header with the SkinCarisma logo and a search bar containing the text "Search from 32,531+ products & 2388+ brands". Below the header is a navigation menu with links for "BROWSE", "COMMUNITY COLLECTIONS", "COMPARE PRODUCTS", and "COSMETIC ANALYZER". A green banner below the navigation menu states: "Skincarisma upgrade is in progress, functionality may be broken. The service will be much better and faster soon." The main content area has a large heading: "Discover your next holy grail skincare product." followed by two paragraphs of text and a "Discover..." link. To the right of the text is an illustration of a shelf with various skincare products, including bottles, tubes, and a box, with labels like "UV", "SULFATE FREE", and "PARABEN FREE". The browser's taskbar at the bottom shows several application icons and system tray icons.

whf, km ggp, f - بحث Google x Cosmetic and Skincare Ingredie X +

← → ↻ 🏠 🔒 <https://www.skincarisma.com> ☆ 🔍 Search 📌 Other Bookmarks

Most Visited 🌐 Getting Started 🌐 Amazon.co.uk - Onlin... 🌐 Google 🌐 TripAdvisor

SkinCarisma 🔍 Search from 32,531+ products & 2388+ brands sarako... ▾

📦 BROWSE - 📖 COMMUNITY COLLECTIONS 📄 COMPARE PRODUCTS 🔬 COSMETIC ANALYZER 🌐 \$ USD ▾

Skincarisma upgrade is in progress, functionality may be broken. The service will be much better and faster soon. ✕

Discover your next holy grail skincare product.

Join the global community of passionate skincare enthusiasts building the best skincare routines with great products.

Find products with popular ingredients that fit your preferences to achieve your skincare goals the right way.

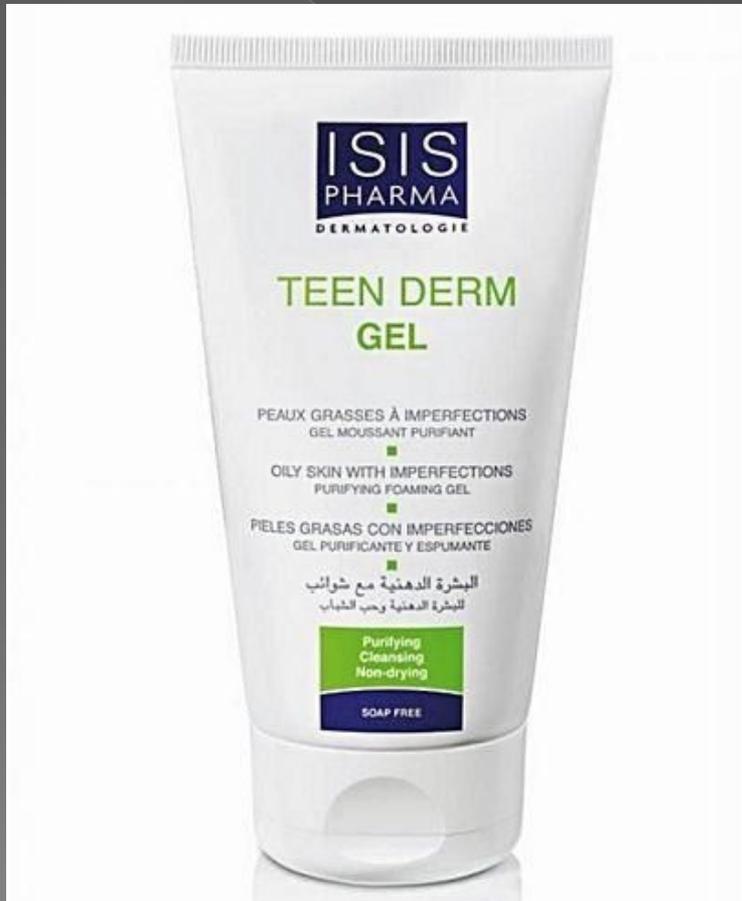
Discover...



Gentle surfactants:

- ◉ Coco betaine
- ◉ Glycoside “coco glycoside”
- ◉ Amino acids
- ◉ Coco amphoacetates

Isis teenderm gel:



It's called an exfoliating
cleanser
Contains salicylic acid

Pharmaciers foaming cleanser:



65% reduces sebum secretion
46% prevents comedones

Contains salicylic acid & mandlic acid

Also contains zinc PCA that reduce oils production

Finally it contains mango wax which is a potent moisturizer that protects the epidermis and promotes it's generation

Laroche- effaclar cleanser



Citric acid
Zinc PCA



Salicylic acid "micro-
2% peeling cleanser"
LHA
Zinc



Vichy normaderm
Salicylic acid
Preferred to super
oily skin



Contains
allantoin, glycerine, pant
henol
Suits oily & combination
skin but it's gentle.



Glycolic acid
Glycyrrhiza inflata root extract
Malic acid



Contains citric
acid, instead
of sa.



Very harsh surfactants
Not for sensitive skin



Contains Zn & cu salts that control bacterial production & deeply cleanse the skin.

Contains gentle surfactants, soap free

Safe around eyes area



Works as keratolytic due to it's contains :
AHA+BHA
"bactericidal effect on acne sebum"

Normal skin: sebamed liquid face & body



Contains glycerine &
Allantoin
“soothing effect”



Contains
glycerin





Brightening effect due to vitamin c



Combination skin:

- ◉ If the skin tends to be more oily, you can recommend a facial cleanser suits oily skin.
- ◉ If it tends to a dry side, recommend a gentle cleanser like the ones I recommend for normal skin



Vichy thermal cleanser



Laroché posay toleriane gel moussant adoucissant



Effaclar H cleanser “gentle & it will be perfect for any dehydrated skin/ Contains niacinamide



Cleansers for dry skin:



Contains hyaluronic acid which is humectant

& glycerin



Contains gentle surfactants : lauryl glucoside

Contains niacinamide

Laroche posay tolerian hydrating gentle cleanser, for any sensitive skin:



Contains panthenol & niacinamide:
Vitamin B3
It's anti-oxidants, anti-inflammatory, soothing cleanser perfect for dry & aging skin

Contains ceramides ,which is the glue of your skin and it works as strength your skin barrier



Laroche lipikar" for dry and the skin sufferd from eczema.

Whitening cleansers:

- ◉ In fact it doesn't give an actual whitening effect, but we can call it a brightening effect



Nuxe brightening foam

Can we consider micellar water is a cleanser?

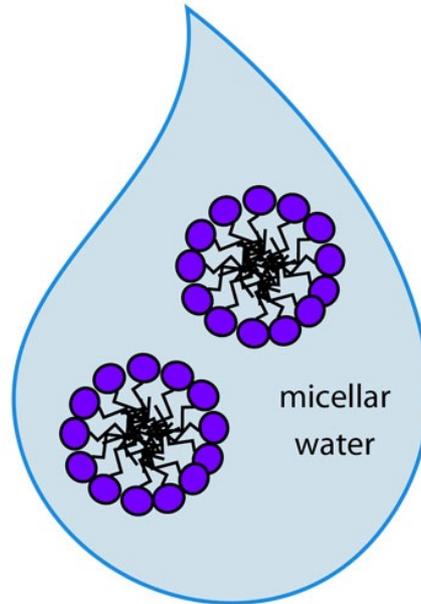
- Yes!
- What is micellar water?

Micellar waters have been in USA for many years and were first developed in France prior to the use of plumbing systems when water was very harsh on skin. They are made by dissolving tiny lipid particles in water.

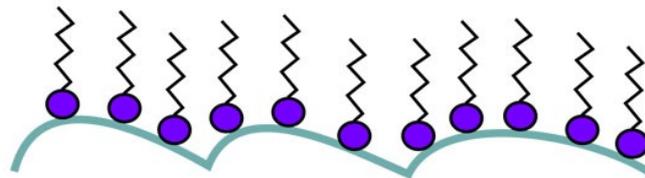
Micellar water mechanism:

MICELLAR WATER ON COTTON WOOL

labmuffin



layer of lipophilic
tails ready to dissolve
oil and makeup



cotton wool (hydrophilic)

هي عبارة عن زيت و مية و
معاهم surfactant
مسؤولة انها تشيل اي بقايا
مكياج او كريم الحماية من
الشمس او اي اتربة

Basically it's called oil
cleansers

● ماء الميسيلار هي عبارة عن غسول زيتي و معاه surfatants و الافضل انا نغسل وشنا بعدها بغسول مائي لان الزيوت دي ممكن تقفل المسام و تطلع حبوب خصوصا لو البشرة دهنية

● Micellar water is unlike toners which contain large amounts of short chain alcohols and can also cause irritation & dryness

● التونر عبارة عن سائل بيعادل الph و بيكون فيه alcohols

● معنى كدة ان الميسيلار ووتر مش تونر !! و دي معلومة مهمة جدا ليك ك صيدلي لان للاسف اغلب دكاترة الجلدية بيتعاملوا مع ماء الميسيلار انها تونر



من افضل انواع ماء
الميسيلار و مناسبة جدا
للبشرة الحساسة, كل
لاين sensbio
من بايوديرما مناسب
للبشرة الحساسة لانه
بدون عطور

و بايوديرما هي اول شركة
تعمل تقنية ماء الميسيلار

PH 5.5



البديل الارخص هي ماء
الميسيلار من غارنيه

عيبها الوحيد ان
Ph 7-9

و دة يعتبر عالي على البشرة
و ممكن يسبب جفاف لبعض
الناس

لكنها مناسبة للبشرة
الحساسة لانها من غير اي
عطر



مناسبة للبشرة الدهنية و
المختلطة الغير حساسة لان فيها
عطور



النوع دة مضاف ليه زيت
لانه مخصص لازالة ميكب
حول العين

Is soap good for your skin ?

- ◉ No!!
- ◉ Soaps basically are made of KOH, NaOH and these two chemical ingredient are so harsh to the skin & can cause irritation to dry & sensitive skin also it is not preferred to eczema patients .

- Soaps are affordable options for clients that they are on a budget.

