

## Table of Contents

### **Part I. SKIN PROBLEMS SOLVED BY COSMETICS**

#### **Chapter 1. How does the skin work**

- 1.1. The stratum corneum: a physical barrier
- 1.2. The hydrolipid mantle and microbiome: chemical and biological protection
- 1.3. Epidermis: the operational rear and cellular defenses
- 1.4. Derma: deep rear
- 1.5. Subcutaneous fat tissue: a pool of reserves
- 1.6. What can we count on?

#### **Chapter 2. The most common aesthetic skin problems to be solved by cosmetic products**

- 2.1. Epidermal problems
  - 2.1.1. Texture (micro-relief)  
Thickening of the stratum corneum (keratosis) and rough texture  
Superficial fine wrinkles
  - 2.1.2. Secretion
  - 2.1.3. Color
- 2.2. Dermal problems
  - 2.2.1. Natural alterations of the dermal matrix
  - 2.2.2. Pathological changes in the dermal matrix: scars and stretch marks
- 2.3. Subcutaneous fat tissue problems

### **Part II. BASIC HAND-MADE: PUTTING TOGETHER A PERSONAL PUZZLE**

#### **Chapter 1. The choice of base and boosters for making personalized formulas**

- 1.1. The base
  - 1.1.1. Base Cream
  - 1.1.2. Base serum
- 1.2. Booster

#### **Chapter 2. The “design” techniques: methods and quantities**

#### **Chapter 3. Beware: the pitfalls**

- 3.1. Unwanted skin reactions to the finished product: irritation and allergy
- 3.2. Finished product properties changes due to ingredient conflict

### **Part III. ADVANCED HANDMADE: STARTING FROM SCRATCH**

#### **Chapter 1. What to start from**

- 1.1. Setting up a mini-laboratory
  - 1.1.1. Workspace
  - 1.1.2. Scales
  - 1.1.3. Lab & production ware  
Containers  
Kneading tools
  - 1.1.4. Stove and water bath
  - 1.1.5. For the essential measurements only
  - 1.1.6. Take care of your safety
  - 1.1.7. Workplace cleaning
- 1.2. Choosing the packaging
- 1.3. Expire dates and storage conditions for your cosmetics

1.4. Documentation

1.5. Ingredients sine qua non

1.6. Briefly about identification

## **Chapter 2. The cosmetic maker: formulations and technology**

2.1. Choosing the ingredients: yes, no, maybe

2.1.1. Basic ingredients

Water Oils

Physico-chemical properties of oils influence the consumer properties of cosmetic products

The chemical composition of the oil determines its effect on the skin

Natural waxes

Wax-like components

Surfactants

Surfactants with a cleansing effect

Emulsifiers

Solubilizers

Structure-forming polymers

Glycerine, glycols, and polyatomic alcohols

Multifunctional ingredients

2.1.2. Functional (active) ingredients

Problematic functional ingredients: what to choose and what not to choose

Pyridoxine (vitamin B<sub>6</sub>)

Ascorbic acid (vitamin C)

Retinol and its derivatives (vitamin A)

Ceramides

Hydroxy acids

UV filters

Aesthetic additives: beauty and benefits

Dyes and pigments

Essential oils

Fragrances

2.1.3. Essential technical components

pH regulators

Technical antioxidants

Chelators

Preservatives

2.2. Making a draft: a formulation

2.3. Project created. Let's start putting it into action

2.3.1. Cleansing products for skin and hair

Wash gel

Micellar water

Shampoo Cleansing milk

Hydrophilic oil

2.3.3. Toners, lotions

2.3.4. Serums, concentrates, essences, boosters

2.3.4. Gels

2.3.5. Creams

2.3.6. Masks

2.3.7. Scrubs

2.3.8. Waterless formulations

2.4. Instability: warning signs

#### **Part IV. LEGAL ASPECTS: REGULATION OF HANDMADE COSMETICS**

#### **Part V. FROM HANDMADE TO PRIVATE LABEL. WHY NOT?**

1.1. Check your idea

1.2. Think financially

1.3. Design a product that is perfect for your idea

1.4. Make sure it is ready for production

1.5. Create a team

1.6. Design a sales strategy

#### **References**