

Vocabulary
#211 Function of Skincare & Cosmetic Ingredients
Institute of Epidermal Cell Therapy

Alcohol – Fact: Antiseptic and solvent used in perfumes, lotions and astringents. SD alcohol is a special denatured alcohol, also known as ethanol. An organic compound. Other kinds of alcohol are cetyl, stearyl, and benzyl. Benefit: Fatty alcohols are beneficial to some skin types. The esthetician benefits in knowing what type of ingredient will benefit the skin of the client.
Algae – Fact: Derived from minerals and phytohormones. Benefit: They revitalize the skin and also can be sensitizers for the skin. There a different kind of algae that do different things in skincare
Allantoin - Fact: Used in cold cream, hand lotion, hair lotion, aftershave and other skin-soothing cosmetics because of its ability to help heal wounds and skin ulcers and to stimulate the growth of healthy tissues. Benefit: It occurs naturally and can be used to condition the skin. It is a by- product of uric acid and extracted from the chamomile plant Estheticians benefit from using products with this ingredient because it is soothing and skin conditioning properties in lotions, masks, and creams.
Aloe – Fact : The most popular botanical used in cosmetic formulations; emollient and film-forming gum resin with hydrating, softening, healing, antimicrobial, and anti-inflammatory properties. Benefit: Many people keep aloe plants in the kitchen to use if a cooking burn occurs. Estheticians benefit by using masks that contain aloe to sooth the skin after treatments or if the client is irritated from the sun.
Alum – Fact: Compound made of aluminum, potassium or ammonium sulfate with strong astringent action. Benefit: Can be found in the spice section of grocery stores and used in old home remedies. It is used for hair and skin.
Ampoules - Fact: Small, sealed vials containing a single application of highly concentrated extracts in a water or oil base. Benefit: They contain serums made from things such as botanical ingredients, vitamins, and some enzymes for the skin.
Antioxidants – Fact: Applied topically, antioxidants neutralize free radicals before they attach themselves to the cell membrane and destroy the cell. Benefit: To prevent oxidation, they are also added to cosmetic formulations.
Astringent – Fact: Liquid that helps remove excess oil on the skin. Can be used in the skin toning process and after extractions. They constrict tissues of the skin. Witch Hazel and calamine lotion are two common astringents. Benefit: They can help clear oil and dirt from the skin. Estheticians need to know how and when to use an astringent on clients during the facial and for home use protocols
Azulene – Fact: Derived from the chamomile plant and characterized by its deep blue color; has anti-inflammatory and soothing properties. Azulene is an additive in some waxes and after wax products. It is also a pigment in plants and fungi. Benefit: The chamomile plant is also an herbal

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ingredient.
Benzyl Peroxide – Fact: Drying ingredient with antibacterial properties commonly used for blemishes and acne. It is also a topical antiseptic. Can be drying and irritate the skin. This is used in many acne treatments to kill bacteria and is also a medicine. Benefit: It is also used as a tooth whitener, and hair bleach.
Binders – Fact: Substances such as glycerin that bind, or hold, products together. Binders add texture and firmness to products. In skincare products they are also called emulsifiers. Benefit: Bisabolol is a conditioner for the skin. Flour and eggs are binders. Honey can be used as a binder.
Botanicals – Fact: The use of plants in skincare products. Products are made from plants and added to products. They can be used for medicinal reasons and called a drug. They are widely used and advertised as natural ingredients used in skincare products. Benefit: They are antioxidants'. Soy and green tea are example of botanical ingredients.
Calendula –Fact: Anti-inflammatory plant extract. Marigold plants are another name for the calendula. The oils are good for chapped lips and inflammation. It has antiseptic properties and is used in healing products. Benefit: Teas can be made to help skin problems.
Carrot- Fact: A light yellow essential oil. Rich in vitamin A, it is also used as coloring. They are an antioxidant ingredient. The oil can nourish and tighten the skin. It is also used as a pain reliever and ulcer treatment. Benefit: It is good for dry hair and is antibacterial.
Ceramides –Fact: Lipid materials that are a natural part of the intercellular cement. Protect the skin moisture loss. We manufacture ceramides and as we age they deplete in the body. We have to replace them by using certain ingredients such as hyaluronic acid. Benefit: We can take food supplements too.
Chamomile – Fact: Plant extract with calming and soothing properties. Benefit: Used in cold cream, hand lotion, hair lotion, aftershave and other skin-soothing cosmetics because of its ability to help heal wounds and skin ulcers and to stimulate the growth of healthy tissues.
Chemical Exfoliation - Fact: Chemical agent that dissolves dead skin cells. AHA's and BHA's are chemical exfoliates. They are a good way to slough the dead skin cells from the skin. Beware of getting direct sun after the use of these chemicals. Benefit: Cell turnover is increased.
Clay Masks – Fact: A mask which draws impurities to the surface of the skin as it dries and tightens. Bentonite is very popular used as a mask for oily skin. Clay is also used in cat litter. Kaolin is used for dry skin. Benefit: Green clay is good for the use of exfoliating the skin.
Cleansers –Fact: Soaps and detergents that clean the skin. Alkaline and fatty acids of oils or soaps are combined to make soaps. Used to remove make up and dirt from the facial skin and

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body. Benefit: Many cleansers are made for all types of skin and conditions.
Cleansing Cream – Fact Oil-based emulsion used to dissolve makeup and dirt from the facial skin and body. Benefit: Many cleansing creams are made for all types of skin and conditions.
Cleansing Lotion –Fact: Water-based emulsion for normal and combination skin. They remove dirt from the facial skin and body. Benefit; Many cleansing lotions are made for all types of skin and conditions.
Collagen –Fact: Large, long-chained molecular protein that lies on the top of the skin and binds water, also helping to prevent water loss. Benefit; Fibrous substance derived from the placenta of cows or other sources.
Colorants –Fact: Substances such as vegetable, pigment, or mineral dyes that give products color. They can modify the hue of a color. Benefit: They are used in a lot of industries such as clothing, make up, skincare, and paints
Echinacea –Fact: Prevents infection and has healing properties. Used internally to support the immune system. It is used to fight cancer and is an herb. This herb is used for colds, yeast infections, and sinus problems. It is a tall perennial plant with purple or pink flowers. Known as purple cone flower. Benefit: Attracts bees.
Emollients – Fact: These lie on the surface of the skin to prevent water loss; also fill in the lines of dry and dehydrated skin; soften and soothe the skin. Benefit: Can be a cream or ointment and are good ingredients for dry hands and feet.
Emulsifiers – Fact: Used as stabilizers such as an ingredient that helps oil and water mix. Surfactants are emulsifiers used in detergent. They are also added to foods. Benefit: Fatty acids are emulsifiers. Mayonnaise and butter are food emulsifiers.
Enzyme Peel – Fact: Cream or powder that produces a more even peeling of cell build up and helps to dilate follicle openings. Pumpkin is an example of these. Benefit: Many people think they are mild and cannot burn the skin but this is not the case.
Essential Oils –Fact: Oils derived from herbs; have many different properties and effects on the skin and psyche. Some are dangerous to pregnant women. Benefit: Many of these oils can't be used directly on the skin and have to be mixed with a carrier oil or lotion.
Exfoliates – Fact: Usually come in the form of scrubs; water-based products containing a humectant. Benefit They are mixed with some sort of abrasive agent such as almond meal, or polyethylene granules.
Exfoliation – Fact: The peeling or sloughing of the outer layer of skin. Benefit: Many products are used for exfoliates such as enzymes, oatmeal, acids, and alkaline ingredients

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Face wash – Fact: Detergent-type foaming cleanser with a neutral or slightly acidic ph. Benefit: Usually for oily skin types.
Fragrances – Fact: These give products their scent. Benefit: Fragrances can be manmade or from natural ingredients such as flowers.
Fatty Acids – Fact: Lubricant ingredient derived from plant oils and animal fats. Benefit: Many products are used for dry skin.
Fatty Alcohols – Fact: Fatty Acids that have been exposed to hydrogen. Benefit: Beneficial for dry skin treatments
Fatty Esters – Fact: Emollients produced from fatty acids and alcohols. Benefit: Many emollients are made for people with dry skin
Fresheners – Fact: Skin freshening lotions. Benefit: Antibacterial, anti-inflammatory and a stimulant. Helpful for couperose skin.
Glycerin – Fact: Formed by a decomposition of oils or fats. Benefit: They are excellent skin softener and humectant; very strong water binder.
Gommage – Fact: An enzyme peel that is applied to the skin and dries in about seven minutes. Benefit: It forms a hard crust and is then massaged off the skin.
Grapeseed – Fact: Powerful antioxidant with soothing properties. Benefit: Antioxidants are used to fight free radicals that can cause skin damage.
Green Tea – Fact: Powerful antioxidant and soothing agent. Anti-bacterial, anti-inflammatory, and a stimulant. Benefit: Helpful for couperose skin.
Healing Agents – Fact: Substances such as chamomile or aloe that help to heal the skin. Benefit: Healing of the skin and keeping it healthy is a focus of estheticians.
Herbs – Fact: Along with plant extracts, herbs contain phytohormones. Benefit: Hundreds of different herbs are used in skin care products and cosmetics; they heal, stimulate, soothe, and moisturize.
Horse chestnut – Fact: Extract containing bioflavonoids; also known as vitamin P. Benefit: This vitamin helps strengthen capillary walls; used for couperose areas or telangiectasia.
Humectants - Fact: Ingredients that attracts water. Humectants draw moisture to the skin and soften its surface, diminishing lines caused by dryness. Benefit: Glycerin is a humectant used in creams and lotions.

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Hyaluronic Acid – Fact: Hydrophilic agent with excellent water-binding properties. Benefit: Good for all skin types. Humans make hyaluronic acid.
Hydroxy Acids – Fact: Usually derived from food products, such as malic acid (apples), citric acid (citrus fruit) and sugar cane (glycolic acid). Benefit: Good for aging skin, and other skin conditions.
Jojoba – Fact: Oil widely used in cosmetics; extracted from the bean-like seeds of the desert shrub. Benefit: Used as a lubricant and non-comedogenic emollient and moisturizer.
Keratolytic Enzymes – Fact: Enzyme that helps speed up the breakdown of keratin. Benefit: These enzymes help to speed up cell turnover.
Kojic Acid - Fact: It is used as a skin-brightening agent. Benefit: This acid comes from natural sources. (Japanese Mushroom)
Lanolin – Fact: Emollient with moisturizing properties and an emulsifier with high water absorption capabilities. Benefit: Products with this ingredient is useful for dry skin.
Lavender – Fact: All-purpose oil having many properties. Benefit: Anti-allergenic, anti-inflammatory, antiseptic, antibacterial, balancing, energizing, soothing, healing and conversely, stimulating.
Licorice – Fact: Anti-irritant used for sensitive skin. Benefit: This ingredient is used in masks and serums.
Lighteners – Fact: Pertaining to skin lightening with products either chemical or botanical. Benefits: People like lighteners for different areas of the body.
Lipids – Fact: Component of a serum that helps a serum penetrates deeply into the skin. Benefit: Lipids help to protect the stratum corneum.
Liposomes – Fact: Lipids used for microencapsulation delivery systems; hollow spheres made of lipids that are used to transport other agents, such as antioxidants, into the skin. Benefit; Skincare products have liposomes in them that carry other beneficial ingredients to the skin.
Lubricants – Fact: Coat the skin and reduce friction. Benefit: Mineral oil is a lubricant.
Mask – Fact: Ingredients such as herbs, vitamins, and oils combined with clay, seaweed, or hydrating bases. Benefit: They tighten, tones, hydrate, and nourish the skin.
Mechanical Exfoliation – Fact: Method of rubbing dead cells off of the skin. Benefit: This exfoliation helps to speed up cell turnover that slows as people age.

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Methyl Paraben – Fact: One of the most frequently used preservatives because of its very low sensitizing potential. Benefit: Kills bacteria and molds. Non-comedogenic.
Micelles – Fact: Molecules such as when soap is added to water, and they become electrically charged. Benefit: There are many molecular compounds made for skin
Mineral Oil – Fact: Emollient, cleanser, and demulsifier of dirt trapped in pores. Benefit: Mineral oil can be used in makeup removers
Modelage Mask – Fact: Thermal mask that produces gradually increasing temperatures. Benefit: Applied over another mask to seal ingredients applied to skin.
Moisturizers – Fact: Products formulated to add moisture to the skin. Benefit: There are moisturizers for every skin type.
Mucopolysaccharides – Fact: Carbohydrate-lipid complexes that are also good water binders. Benefit: These ingredients are used for moisturizing the skin.
Packs –Fact: Cream masks or gel masks that nourish rather than deep-cleanse the skin. Benefit: An example of a pack is a seaweed mask to hydrate and nourish the skin.
Papaya – Fact: Natural enzyme used in enzyme peels. Benefit: This ingredient is used for enzyme peels
Parabens – Fact: One of the most commonly used groups of preservatives in the cosmetic, pharmaceutical and food industries. Benefit: It provides bacteriostatic and fungistatic activity against a diverse number of organisms and are considered safe for use in cosmetics.
Paraffin Wax Masks – Fact: Mask used to warm the skin and promote penetration of ingredients deeper into the skin. Benefit: The process traps the heat under the surface of the paraffin. This wax can be used for the hands and feet.
Petroleum Jelly – Fact An occlusive agent that restores the barrier layer by holding in water. Benefit: Used after laser surgery to protect the skin while healing.
pH Adjustors – Fact: They are used to adjust the pH of product. Benefit: By adjusting the pH it can stabilize the mixture of a product. It can help to make the products efficacy longer.
Potassium Hydroxide – Fact; A strong alkali used in different soaps and creams. Benefit: A good cleanser but harsh on skin.
Preservatives – Fact: Chemical agents that inhibit the growth of microorganisms in cosmetic

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formulations. Benefit: These kill bacteria and prevent products from spoiling.
Propylene Glycol – Fact: A humectant often used in dry or sensitive skin moisturizers. This is a popular ingredient for skincare products.
Quaternium 15 - Fact: An all-purpose preservative active against bacteria, mold and yeast. Benefit: Use carefully on skin as it is probably the greatest formaldehyde releaser among cosmetic preservatives, causing dermatitis and allergies.
Retinoic Acid – Fact: A vitamin A derivative. Side effects are irritation, photosensitivity, skin dryness, redness and peeling. Benefit: It has demonstrated an ability to alter collagen synthesis and is used to treat acne and visible signs of aging.
Rose – Fact; Credited with moisturizing, astringent, tonic and deodorant properties. Benefit: It is found in the forms of rose extracts, oil, or water.
Salicylic Acid – Fact: A betahydroxy acid with exfoliating and antiseptic properties. Benefit: Its natural sources include sweet birch, willow bark, and wintergreen.
Seaweed – Fact; Seaweed derivatives such as algae have many nourishing properties. Benefit; Seaweed is known for its humectant and moisturizing properties, vitamin content, metabolism stimulation and detoxification and aiding skin firmness.
Serums –Fact: Concentrated liquid ingredients for the skin designed to penetrate and treat various skin conditions. Benefit: Many serums come in ampules intended for one time use.
Silicone – Fact: An emollient that leaves a protective film on the surface of the skin. Benefit: It is also called a vehicle ingredient. Used in products to help them glide across the skin.
Sodium Bicarbonate – Fact: Baking soda; an inorganic salt used as a buffering agent and a pH adjuster. It is alkaline. Used in skin smoothing powders. Benefit: It also serves as a neutralizer especially after a chemical exfoliation.
Solvents – Fact: Substances, such as water or alcohol, they dissolve other ingredients. Benefit: Useful when mixing product ingredients together.
Sorbitol – Fact: Humectant that absorbs moisture from the air to prevent skin dryness. Benefit: This ingredient is great for people that have drier skin.
Sphingolipids – Fact: Ceramides, or lipid material, that are a natural part of the intercellular cement. Benefit: Glycosphingolipids and phospholipids are also natural lipids found in the barrier layer.

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Squalane –Fact: Derived from olives; desensitizes and moisturizes. Benefit: This ingredient is a great emollient.
Squalene – Fact: Obtained from shark-liver oil; occurs in small amounts on olive oil, and rice bran oil. Benefit: It is also found in human sebum and is Insoluble in water. A lubricant and perfume fixative.
Sulfur – Fact: Reduces oil-gland activity and dissolves the skin’s surface layer of dry, dead cells. Benefit: it is commonly used in acne products.
Sunscreens – Fact: Products with ingredients that are used on bare skin to protect the skin from the sun’s rays. Benefit: A great product to use every day to protect skin from the sun’s harmful rays.
Surfactants – Fact: Chemicals in cosmetic formulations that allow the cosmetic to be able to slip across or onto the skin. Benefit: When added to detergent and soaps it helps to clean better.
Tea Tree – Fact: Soothing and antiseptic; antifungal properties. Benefit: Used in many products.
Thickeners –Fact: Ingredients used in products to increase consistency and volume of the product. Benefit: Thickeners are used in lotions and creams for the body and face.
Titanium Dioxide – Fact: Nonchemical ingredient that blocks the skin. Benefit: This ingredient is as used in sunscreens.
Toners – Fact: Liquid that tones and tightens the skin. Benefit: Toners are used to restore healthy pH levels to the skin
Tonic Lotions – Fact: Liquid that is used after cleansing. Benefits: Used after cleansing just before moisturizing the skin.
Urea – Fact: Properties include enhancing the penetration abilities of other substances. Anti-inflammatory, antiseptic and deodorizing action. It helps to protect the skin’s surface and helps maintain healthy skin. Benefit: It does not induce photo allergy, photo toxicity or sensitivity.
Vehicles – Fact: Spreading agents and other chemicals necessary to formulate a cosmetic. Benefit: It helps product delivery to the skin.
Vitamins – Fact: A compound having nutrients that are required in small amounts such as antioxidants. Benefit: Vitamins benefit the skin and people can take them internally. They can help with energy and the immune system

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Water –Fact: This is a transparent colorless tasteless fluid needed by plants and animals to live and in almost all skincare products. **Benefits:** Adding lemon to water makes it a great alkaline drink which benefits the body.

Witch Hazel – Fact: Extracted from the bark of the hamamelis shrub. **Benefit:** It can be a soothing agent or, in higher concentrations, an astringent.

Zinc Oxide – Fact. Used to protect, soothe, and heal the skin. **Benefit:** Provides an excellent barrier to the skin and other irritants. Is somewhat astringent, antiseptic and antibacterial.

