## Contents

Cha	pter 1 oductio	Burfactania Behaver  Z.1.3 Why isn't Using Water Alone Bacuge as a	1
Steve	e Bartor	n, Allan Eastham, Amanda Isom, Denise McLaverty,	
Yi Li	ing Soor	ng and Rachael Polowyj	
1.1	How N	Many Cosmetic Products Do You Use in the Day?	2
1.2	What	Is a 'Cosmetic'?	3
1.3	What	Goes into a Cosmetic Product?	5
1.4	The In	nportance of the Identities and Structures of	
	Chemi	ical Compounds	10
	1.4.1	Organic and Inorganic Chemistry	11
	1.4.2	Carbon Chains and Carbon Rings	11
1.5	The In	nportance of How Chemical Compounds Are Held	
	Togeth	ner	12
	1.5.1	Did You Know That Some Ingredients in Cosmetic	
		Products Have an Electrical Charge?	12
	1.5.2	Did You Know That Some Ingredients in Cosmetic	
		Products Have 'Polarity'?	12
	1.5.3	Did You Know That Some Compounds Are Held	The later
		Together More Strongly Than Others?	13

xviii	Contents
CAT ALL	Contentis

1.6	6 The Importance of How Chemical Compounds Fall Apart			
1.7				
Refe	erence	18		
Cha	pter 2			
	an Chemistry – The Science Behind Cleansing Products	19		
Cice	in Chemistry The Science Demind Cleansing Florides	19		
Edw	pard Rolls			
2.1	Introduction to Surfactant Behaviour	10		
2.1		19		
	2.1.1 So, What Makes Surfactants So Special?	19		
	2.1.2 How Does the Special Structure Affect How			
	Surfactants Behave?	20		
	2.1.3 Why Isn't Using Water Alone Enough to Clean			
	Things?	21		
	2.1.4 Experiment at Home	23		
	2.1.5 How Do Surfactants Create Foam?	23		
	2.1.6 How Do Surfactants Help to Clean			
	Dirt Away?	25		
2.2	Surfactants Used for Cleaning	20		
2.3	Secondary Surfactants – Luxurious, Creamy Foams	31		
2.4	Finishing Touches	35		
2.5	Alternative Systems	27		
2.6	Natural/Organic and Sustainability	38		
2.7	Conclusion	42		
Cha	pter 3 man 2 mi stanibereal series series and word for bid . I.d.			
	d Hair Day: The Science Behind Hair-care Products	43		
doo				
P. C	ornwell and J. Lim			
2.4		40		
3.1	introduction	40		
3.2		44		
3.3	Hair Diversity	52		
3.4	The Living Follicle	54		
3.5	Sebum and Hair Greasiness	57		
3.6	Hair Damage	58		
3.7	Hair Thinning and Hair Loss			
3.8	Hair Greying	OI		
3.9	Shampoo Surfactant Bases	6-13		
3.10		64		

Cont	ents		xix
	Uair	Conditioners	66
3.11		Styling Styling	69
3.12	Straig	ghtening Treatments	70
3.13	Bring	ring It All Together	73
3.14	rences		73
Refe	Teffees		
Chap	care -	A Mouthful of Chemistry	75
		erts and Stephen Mason	
	Dhysio	ology of Teeth	75
4.1	4.1.1	C and Ctmactage	75
	4.1.1	Example and Dantine	77
	4.1.3	Calina	77
	4.1.3	The Pollisle	70
12		Good Mouths Go Rad	70
4.2	4.2.1	Plague (aka Dental Riofilm)	70
	4.2.2	Dental Calculus (also Tartor)	00
	4.2.3	Periodontal Disease (Gum Disease)	80
	4.2.4	Tooth Decay (aka Dental Caries)	82
	4.2.5	Tooth Wear (aka Dental Erosion)	84
	4.2.6	Dentinal Hypersensitivity (aka 'Sensitive Teeth')	85
	4.2.7	Tooth Stain and Whitening	87
	4.2.8	Oral Malodour (Bad Breath)	88
4.3		hat Are All These Ingredients in My Oral Care Product?	88
	4.3.1	Overview	00
	4.3.2	Fluoride	90
	4.3.3	Abrasives	93
	4.3.4	Anti-concitivity	94
	4.3.5	Stain Removal/Whitening	97
	4.3.6	Anti-gingivitis	100
	4.3.7	Calculus Control	102
	4.3.8	Enamel Care	102
	4.3.9	Other Ingredients	102
	4.3.10	Mouthwash	104
	4.3.11	How Are Claims for Oral Care Product	
		Performance Substantiated?	104
	Conclu	sion	107
Further Reading			107
Dotomon			108

Cha	apter 5		
You	Agains	st the World! – The Science Behind Skin are Products	109
Rob	in Parke	er, Nichola Roberts and Monique Burke	
5.1	The S	kin – What Exactly Does Our Skin Do?	109
	5.1.1	Skin Deep – What Is Beneath the Surface?	110
	5.1.2	We Are Not Alone - What's On The Surface?	114
5.2	One S	ize Fits All? – All Skin Is Different	116
	5.2.1		
	500	Change with Age?	116
	5.2.2 5.2.3	Does Skin Vary from Individual to Individual? Are There Differences Between Men's and	120
		Women's Skin?	122
5.3	Stayin	g on the Surface – Do Cosmetic Ingredients Go	
	into T	the Skin?	124
5.4	What	Goes into Skincare Products and Why - Care	
	and P	rotection for Your Skin	126
	5.4.1	How Do Cosmetics Make a Difference to	
	Second	Skin Appearance?	127
5.5		urization – Where Chemistry Meets Biology	129
	5.5.1	What Is the Difference Between Moisturization	
		and Hydration?	129
	5.5.2	Which Ingredients Are Important in an Effective	
	100,000	Skin Moisturizer?	131
5.6		ions – Better Together!	132
	5.6.1	What Are Emulsifiers and Why Are They	
	5.60	All Different:	135
	5.6.2	now can we make Emulsions Stable for	
5.7	Touch	Several reals:	138
3.7	5.7.1	and Texture – It's Just A Feeling What Is Rheology and Why Is It So Important in	141
	3.7.1	Skincare?	142
	5.7.2	How Can We Control the Rheology and Skin Feel of Cosmetic Creams?	144
	5.7.3	By What Other Ways Can We Affect the Feel	
- 0	Dicc	of Skincare Formulas?	146
5.8		ent Types of Skincare Products	148
	5.8.1	Why Do We Have Day and Night Moisturizers, and	MANAGE ET
	E 0 0	Are They Different?	148
	3.0.4	Do Men Need Different Moisturizers to Women?	149

Con	ntents		xxi
	5.8.3	How Important Are Skincare Regimes and What	
	5.0.5	Are the Necessary Products?	149
	5.8.4	Clain Concerns for the Rody the Same As	
	3.0.1	Those for the Face? - How Many Different	
		Moisturizers Do We Need?	
5.9	Concl	usion surface of the same of the same same same same same same same sam	153
-	erences	SAL The Creative Process Saddelers Teaching Transland	153
RCI	CICIZO		
Cha	apter 6	a Smudge of Colour - The Science Behind Colour	
	metics	.5.5 Govering Maid od who are now the second of the second	155
		Pauling Pubois	
Cla	ire Sumi	ners and Pauline Dubois	
6.1	Why I	Does Something Appear Coloured?	155
6.2		Can We Create Coloured Products?	161
0.2	6.2.1	Dyes	162
	6.2.2	Why Pigments Are Crucial for Colour Cosmetics	163
	6.2.3	Are Inorganic and Organic Pigments the Only	
		Materials Used to Create Colour?	168
6.3	Are Pi	gments Easy to Use?	173
	6.3.1		174
6.4	Why th	he Texture of Cosmetic Formulations Is so Important	177
	6.4.1	Foundations – Are They More Than Just Colour?	178
	6.4.2	Powders - Simple Yet Surprisingly Complex	181
	6.4.3	Lipsticks – More Than Lip Service	183
6.5	The A	rt of Colour Matching	184
6.6	Curl u	p and Dye?	184
	6.6.1	Oxidation and pH	187
	6.6.2	Natural Dyes	190
	6.6.3	Temporary Hair Colourants	190
6.7	Conclu		191
Furt	ther Rea	iding	191
Cha	pter 7		
		Scent - The Science Behind the Fragrance	
in P	roducts	With the Ameline of the true to the Constant family	192
V. D	aniau		
7.1		s and Mechanism of Odour Formation	192
	7.1.1	Mechanisms	193

xxii	Contents

7.2	Odou	r Recognition (Box 7.1)	194
	7.2.1	Specialized Olfactory Sensory Neurons	194
	7.2.2		194
7.3	Smell	and Emotions	195
7.4	The N	Message Carried by a Fragrance	196
7.5		ing and Masking Odours	197
	7.5.1		197
	7.5.2		201
	7.5.3		204
	7.5.4		206
	7.5.5	Covering Malodours	208
7.6	Stabil	ity: Why Do Fragrances Change Over Time?	208
	7.6.1		208
	7.6.2	Stability	209
7.7	Essen	tial Chemistry	212
	7.7.1	How Were Aroma Chemicals Discovered?	212
	7.7.2	Categories of Aroma Molecules	215
7.8	Extrac	etion Methods	216
	7.8.1	Expression	216
	7.8.2	Distillation	219
	7.8.3	Solvent Extraction	221
	7.8.4	Developments in Scientific Research Methods to	
		Analyse Natural Scents	222
7.9	Concl	usion	223
Furt	her Rea	ading	224
Cha	pter 8		
The	Inside	Story - The Science Behind Active Ingredients	225
C. M	<i>letcalfe</i>	and T. Causer	
8.1	Vitam	ins Testage are just a Vector	226
	8.1.1	Where Do Vitamins Come From?	226
	8.1.2	Oil-soluble Vitamins	227
	8.1.3	Water-soluble Vitamins	229
	8.1.4	Minerals	231
	8.1.5	Other Vitamins	231
8.2	Peptid	es sameans sommered 2003	231
	8.2.1	Why Are Peptides Useful in Cosmetics?	232
	8.2.2	How Are Peptides Named?	233

Con	tents	xxiii
	Discovering New Pentide Ingredients	233
	1. 1 Partidos Are Commonly Used?	
	U.Z Then 22	234
	0:=:-	235
8.3	Hydroxy Acids 8.3.1 Why Are Hydroxy Acids Useful in	200
	8.3.1 Why Are Hydroxy Acids Oseidi in Cosmetics?	236
	- 1 Aside in Pool Products	236
	Budgets Containing AllAs	237
	8.3.3 Using Products Containing Arias UV Filters: Protecting Products and the Skin/Hair	237
8.4		
	Doctorion Factor (CDE)2	
	Diff. C. C. C. C.	239
	De	239
	0.11-11-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-	240
		240
		240
		240
0.5		
8.5	t vyl t I Oridation 2	241
06	8.5.2 How Do Antioxidants Work?  Antimicrobials	245
8.6	8.6.1 The Germs (Microorganisms) Around Us	246
	8.6.2 Products Need Protecting – 'Preserving'	250
	8.6.3 What Happens if Cosmetics Are Not Preserved?	251
	8.6.4 How Do Companies Know If Their Products Will	231
	Remain Safe If They Become Contaminated?	251
	8.6.5 Antimicrobial Protection on the Skin	253
8.7	Natural Extracts	253
0.7	8.7.1 Producing Natural Extracts Using Stem Cells	256
8.8	Delivery Systems	
0.0	8.8.1 Why and Where Are Delivery Systems Used?	256
	8.8.2 Examples of Delivery Systems	257
8.9	Antiperspirant and Deodorant Effects	258
0.5		259
	8.9.1 What Is the Difference Between an Antiperspirant and a Deodorant?	250
		259
	8.9.2 Why Do Antiperspirants and Deodorants Come in Different Formats?	260
8.10	Conclusion	260 261
		401

Cha	pter 9		
		d More Testing - The Science Behind Keeping	
You	r Skin S	Safe and Healthy	26
Sten	hen Kir	k tak Earnomone	
эсер	2 100 10	. 3.1 Why Are Hydroxycanique Dieful Banron O space	
9.1	Cosm	etic Products - How We Keep You and Your Skin	
	Safe a	nd Healthy	26
9.2	Stabili	ity Testing – Making Sure a Product Is Fit for Purpose	20
	9.2.1	Microbiological Testing - Will It Go Mouldy?	2
	9.2.2	Chemical Stability - Will My Product Change Colour?	2
	9.2.3	Period After Opening (PAO) and Shelf-life -	
		How Long Will It Be Okay to Use?	2
9.3	Safety	Assessment of Cosmetic Ingredients and Finished	
	Produ	cts - Is My Chosen Product Going to Harm Me?	2
	9.3.1	Hazard and Risk - The Tale of a Shark and the	
		Swimmer State and the state of	2
	9.3.2	Identifying the Hazard Characteristics of a	
		Cosmetic Ingredient	2
	9.3.3	Testing New Cosmetic Ingredients Using	
		Non-animal Alternative Methods	2
9.4	Produ	ct Claims – Will My Product Do What It	
	Says o	n the Tin?	2
	9.4.1	Sun Protection Testing – Will My Cream Protect	
		Me from the Harmful Effects of the Sun?	2
9.5	Safety-	related Claims Made on Some Products	2
	9.5.1	Will Your Product Damage My Eyes or	
		Make Them Sting?	28
	9.5.2	Hypoallergenic - Exactly What Does This Mean?	2
9.6	Post-m	narket Surveillance – the Customer's Story of	
	Using	a Product a walked substantial fatures of goldeborg a LANS	28
9.7	What	Does All This Mean to Me?	28
Furt	her Rea	iding a movement sensibili selected W bas ydW 1.3.8	28
25.8	9.1.2	3.8.2 Examples of Delivery Systemson's skindowlift	
CLASSIC SERVICES	oter 10	artiperspirant and Deodorant Hillarts, airlulus sous st	
Myti	is and	Scares – Science in Perspective	29
E. M	eredith	and R. Polowyj	
10.1	Are C	cosmetics Tested on Animals?	29
	10.1.1	European Union (EU)	29
	10.1.2	Global Challenges	29

Cont	tents		XXV
	TION N	Much Does the Skin Absorb?	292
10.2	10.2.1	Myth - 60% of Everything You Put on Your Skin	
	10.2.1	Is Absorbed	293
	10.2.2	Fact - Different Skin Types Have Different Barrier	
		Functionality	293
10.3	Shoule	d I Avoid Certain Ingredients?	294
10.5	10.3.1	Why Are Some Products Labelled As Being	
	10.0	'Free-from' Certain Ingredients?	294
	10.3.2	Parabens	296
	10.3.3	Sulfates	297
	10.3.4	Silicones	297
	10.3.5	How Do I Know That the Ingredients in the	
		Products I Use Are Safe?	299
	10.3.6	Do Cosmetics Contain Hormone-disrupting	
		Ingredients?	300
10.4		Is the Difference Between Natural and	
		etic Ingredients?	301
10.5	Do Co	smetics Pollute the Oceans?	304
	10.5.1	Do Cosmetics Contain Plastic Microbeads?	306
	10.5.2	Are Cosmetics a Cause of Microplastics?	306
	10.5.3	Why Is Plastic Packaging So Often	
		Used to Package Cosmetics?	307
		Are Sunscreens Damaging to Coral?	309
10.6		re Cosmetics So Important?	309
10.7		g Confidence in Cosmetic Products	311
Refer	rences		312
Appe	ndix 1		313
11			013
Subje	ect Inde	x and what the markles you want to settle an argum	317
Revie	ews		339