

MODERN COSMETICS BOOK REVIEW



Hi everyone, I hope you can see me okay. I am here today to talk to you about this book, which is almost at in the shops for you to buy. I don't normally do this, but I thought it was such an exciting book and it is something I wanted to share with all community.

So, there is a new book coming out on to the market, called Modern Cosmetics, Ingredients of Natural Origin – A Scientific View. **And I think it's worth every formulator investing in a copy, to be honest.** Which is what I am going to talk to you about today, in this life stream.



I am Lorraine, I am from Formula Botanica and we are the online award winning organic cosmetics science school. We teach online courses in organic skin care and hair care formulations, and, hopefully, at some point in the future make-up as well.

The one thing our students need more than anything is a good research book. And that's really what this is good to be for our students, hopefully. So, we were approached by the authors of this book, quite a few months ago already, and they wanted to tell us about it because it is going to be published on the 15th of November. **And they said, we think this is of interest to your students and now that we've seen it we complicity agree.** So, they are a research team over in Slovenia and they actually published this book originally in 2015, in Slovenian, which is probably why you haven't heard of it apart from our Slovenian followers who are undoubtedly quite familiar with it already. The good news is that it is now been translated into English, which means you can now get the copy as well, and you can use this research book in order to find out what all the different ingredients in your formulations can do for you.

We see a lot with our students that they come and study with us, they come and learn how to formulate and they then want to find the ingredients that mean something to them, that are of relevance to them. But there is such an enormous world of ingredients out there, as I am sure you know if you are a formulator, that it can be quite overwhelming at times, which is why we often end up referring to research books, you can probably see quite a few on the shelf behind me, I have a whole liberally of them. But I have to say that there aren't really that many good books out there on the market that comprehensibly cover cosmetics ingredients and really tell you how they work. Invariably, when you buy a book about cosmetic ingredients, particularly ones of botanical and natural origin, you'll generally be told about folklore, which is all great and I think a lots of us really subscribe to



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I am just going to read what they have said: **“The main objective of the book was to collect high-quality information regarding cosmetic ingredients of natural origin and raise awareness about natural cosmetics to a higher level.”** Which is also what Formula Botanica is doing, which is why this is such a good match.

I wanted to tell you a bit more about the book, so let's open it up and I can tell you a bit more about the contents. Because I've been through it quite extensive here already and I really like it, I think it's very well put together. And it's also very beautifully illustrated, there are some fantastic pictures in here as well, which is probably not the most important thing, but I was thinking that makes the book look really good.

It basically covers ingredients, and it goes through vegetable butters and oils, emollients, occlusives, emulsifiers, surfactants, thickeners, moisturisers, humectants, acids, antioxidants, vitamins, and lots and lots of active ingredients, which is of course what are community, what our formulators and students want to work with. So, the biggest part of the book really goes to the vegetable oils and butters section, and you can see here what that looks like. So, I've pulled it up on broccoli and buriti oils. And the great thing is that each oil basically gets its own description, you have the INCI name, you have information about the ingredient itself, the composition of oils and butters, which is very important because there are some really good oil books at the market, but they often get it wrong in the terms of composition. And then it tells you how you can use the ingredient, and



I think that's particularly important because that's something I see missing from a lot of cosmetic ingredient books.

And let me just pull this up, I've labelled this particular page. **The thing I really love is that at the end of each chapter it comes with pages and pages of scientific references.** So, if you want more information about the ingredient then you can find out more about it. Which is what makes that so powerful because you're not just relying on folklore and things that have been passed through generations. You've actually got pages and pages of scientific references in here, which you can go and refer back to if you want even more in-depth information about that ingredient.

Then, later on in the book, the second largest component is really about the high-performance actives. So what happens there is that the book then covers, for example, resveratrol. It covers the active ingredient itself, together with where it comes from, its characteristics and again its mechanism of action. And you know, there are hundreds of pages describing active ingredients in here broken down into different categories. We've got ingredients for toning, for antimicrobial activity, for anti-inflammatory activity, improving skin circulation, skin lightening, self tanning and hormonal activity. So it's very comprehensive in that respect, and you can see it, it's a pretty thick book.

So, I'm giving this a big thumbs-up actually because I think it's worthwhile for formulator to invest in a book like this. There are several others on the market but I think this one definitely belongs in your collection. I'd love to hear your thoughts on it when you buy it. And particularly our students, it's worthwhile having good reference books in your cupboards that you can go and have a look at when you're looking at ingredients that you want to use in your formulations.

[original review]



Mode of action and use
Brazil nut oil is particularly popular as a massager alone or in combination with other vegetable butters. It is supposed to have anti-inflammatory and regenerative properties due to linoleic acid. It is therefore particularly suitable for the care of dry, irritated and inflamed skin. An in vivo clinical study has been conducted with Brazil nut oil. Beneficial effects on parameters of oral health have been observed, suggesting that vegetable oils may be useful for the prevention of caries and periodontal disease.

GENTLY for relaxation
To prepare an exotic massage oil, combine Brazil nut oil with coconut oil, and add a few drops of plumeria absolute. It is also known as frangipani.

BROCCOLI • broccoli oil

Scientific name: *Brassica oleracea* L. var. *italica* Plenck
Family: Brassicaceae (mustard family)
Plant part: seed
INCI: *Brassica Oleracea Italica Seed Oil*, CosIng: *emollient, hair conditioning, skin conditioning*

A close botanical relative of broccoli can also be found in the CosIng database: kale (*Brassica oleracea* L. var. *acephala* D. C.). Plants of this variety form leaves with no central 'head' hence the name *acephala*, which literally means 'no head'. The central 'head' is typical of many varieties of cabbage, another close botanical relative of broccoli.

Description

Broccoli is a plant that grows up to 1 m in height. It is commonly cultivated in home gardens as healthy vegetables. Broccoli most likely originates from Calabria, a region in southern Italy, where it has been grown since Roman times. The world's leading exporter of broccoli is China, with more than eight million tons produced annually.
Botanical characteristics: leaves pinnately lobed; inflorescence racemose, flowers with 4 sepals, 4 light-yellow petals, 1 pistil and 6 stamens; fruits botanically termed siliques, with 20 to 40 seeds.

Composition and characteristics

Fatty acid	
Palmitic acid (C ₁₆ : 0)	2%
Stearic acid (C ₁₈ : 0)	1%
Oleic acid (C ₁₈ : 1; ω-9)	13%
Linoleic acid (C ₁₈ : 2, ω-6)	13%
α-Linolenic acid (C ₁₈ : 3, ω-3)	9%
Gadoleic acid (C ₂₀ : 1, ω-11)	8%
Erucic acid (C ₂₂ : 1, ω-9)	47%



Broccoli seeds contain approximately 10% oil. Broccoli oil is distinguished for its unique triglyceride composition, which is characterised by the predominance of long-chain fatty acids, i.e. gadoleic and erucic acids. Its content