

Special Daytime Courses for Non-Chemists

Series | Skin Care Ingredients for Cosmetic Professionals

Offered in cooperation with the **California Chapter of the Society of Cosmetic Chemists** and **Beauty Industry West**.

Summer & Fall 2010 at UCLA Extension
 Part I | June 18-21, Friday-Monday, 9:00 am-5:00 pm
 Part II | October 1-4, Friday-Monday, 9:00 am-5:00 pm



This series offers a foundation from which all skin care professionals – regardless of scientific background – can understand the advances in skin care ingredient technologies. Starting with a basic review of ingredients used in product systems, students will become acquainted with regulatory issues, product claims and myths before moving into a high level overview of performance ingredients. Each section of the skin – from skin cells to dermal tissue – is examined throughout this two-part course, with popular ingredients designed to target specific skin sectors and conditions highlighted during the presentation.

Designed for professionals seeking an in-depth understanding of skin care ingredients including product developers, marketing managers, educators, sales representatives, raw material suppliers, estheticians, physicians, nurses or those otherwise involved in the development and promotion of skin care products.

Instructors:

REBECCA JAMES GADBERRY, CEO and Chairman of the Board, YG Laboratories, 2010 chair-elect for the California Chapter of the Society of Cosmetic Chemists, and leading skin care ingredient authority

IRENA BROWN, CEO of ScienceSells, an educational consulting service; lecturer and product development consultant specializing in skin care.

While the courses can be taken independently, Part I or the approval of the assistant instructor, Irena Brown (ire nab@yglabs.com), is required to take Part II.

Part I: This course covers a discussion of natural, chemical, synthetic and inorganic ingredients, an overview of basic skin care ingredients (alcohols, acids, esters, emulsifiers, surfactants, preservatives) as well as common ingredient myths. Cosmetic and drug regulations, organic claims and greenwashing are then discussed. The final section of the course begins the topic of skin-specific ingredients, starting with a summary of skin anatomy and physiology and cell biology. The material then branches into the areas of barrier damage and repair, skin hydration, free radicals, reactive oxygen species, antioxidants, inflammation, sunscreens and skin brighteners.

Part II: This course begins with a review of the inflammation process and covers the skin's immune system, the wound healing cascade and inflammation's role in a variety of skin conditions, including aging, sensitive and stressed skin, rosacea, acne and cellulite. A special segment addressing the compatibility of today's electrical modalities – including LED, microcurrent, oxygen, lasers, ultrasonic and ultrasound – with hydrating, firming, antioxidant, brightening, wrinkle minimizing and soothing ingredients is also offered.

For an outline of scheduled topics please see **reverse**.

To register, call (310) 825-9971 or go to:

<https://www.uclaextension.edu/cosmeticchemistry>
 Skin Care Ingredients for Cosmetic Professionals, Part I
 Chemistry 802.5 REG# V6862
 June 18-21, Friday-Monday, 9am-5pm
 Westwood: 204 Extension Lindbrook Center \$495

Skin Care Ingredients for Cosmetic Professionals, Part II
 Chemistry 802.7 REG# V6875
 October 1-4, Friday-Monday, 9am-5pm
 Westwood: 204 Extension Lindbrook Center \$495

For more information about these courses,
 please visit uclaextension.edu or call (310) 825-7093.

SCHEDULED TOPICS FOR PART I INCLUDE:

Definitions of Natural, Chemical, Organic, Inorganic and Synthetic
Identifying Ingredient Sources
Recognizing Petrochemicals
Ingredient Basics | How to identify sources and functions of:
Alcohols
Acids
Esters
Polymers
Surfactants
Emulsifiers
Preservatives
Roles of Preservatives in Skin Care
Alternatives to Traditional Preservative Systems
Consumer Group Concerns About Cosmetic Ingredients
The Global Organic Ingredient Movement
Green Chemistry & Its Impact on the Cosmetic Industry
How to Read the Signs of Greenwashing
FDA's Role in Cosmetic & Drug Regulation
Legal – and Illegal – Skin Care Claims
Ingredient Labeling Laws
Simplify Guidelines for Evaluating Scientific & Media Reports
Skin Anatomy & Physiology
Epidermis
Dermis
Major Skin Cells
Basic Cell Biology
Nucleus
Mitochondria & Energy Production
Cell Membrane & Transport
Receptor Proteins & Cell Signaling
Chirality
External & Internal Cell Communication
Suggested Reading, Websites & Cell Tutorials
The Stratum Corneum
Barrier Damage & Repair
Skin Penetration: how to increase or inhibit absorption
Humectants & Hydration
Liposomes
Aquaporins
Free Radicals & the Reactive Oxygen Species
Direct & Indirect Antioxidants
Introduction to Skin Inflammation
The inflammation cascade
Cosmetic "anti-inflammatories"
Environmental Damage
UV & Its Effects on Skin
Sunscreens: what the non-chemist needs to know
Pigmentation
Trends in Skin Lightening & Brightening:
Upstream vs. Downstream Inhibition

SCHEDULED TOPICS FOR PART II INCLUDE:

Skin Inflammation, review
Skin's Immunity Process
The Wound Healing Cascade
Inflammation's Role in Skin Conditions
Aging
Theories of Skin Aging
Cellular Aging
DNA and DNA-Repair
Heat Shock Proteins
Sirtuins, Telomeres & Cell Senescence
Mitochondria, Oxygen & Cell Energizing
Proteosomes & Lipofuscin
Stem Cells
Epidermal Aging
Exfoliation Techniques: AHAs, BHAs, enzymes, and non-acid Resurfacers
Dermal Aging
MatrixMetalloProteinases & MMP Inhibitors
Glycation & Glycation Inhibitors
Cellulite
Biochemistry & Physiology
Effective Ingredients
Myths & Facts of Vitamins A & C
Peptide Applications in Anti-Aging Skin Care
Medical Mimics: Line Filler & Botox® Rivals
Electrical Modalities & Skin Care Ingredient Applications
LED
Microcurrent
MicroRollers
Ultrasonic & Ultrasound
Oxygen
Lasers
Galvanic Current
Sensitive Skin
Recognizing Sensitive Skin
The Physiology of Sensitive Skin
Ingredients Sensitive Skin Should Avoid
Ingredients to Calm & Control Skin Sensitivity
Stressed Skin
Recognizing Stressed Skin
The Biochemistry of Stress
Skin Effects of Stress Hormones (cortisol, adrenaline, etc.)
Ingredients to Control Signs of Stress
Rosacea
Recognizing the Four Subtypes of Rosacea
The Biochemistry of Rosacea
Rosacea Causes & Triggers
Ingredients Rosacea Skin Should Avoid
Ingredients to Control Signs of Rosacea
Acne
The Biochemistry of Acne
8 Pathogenic Factors of Acne
Ingredients Acneic Skin Should Avoid
Ingredients to Control Signs of Acne
Comedogenicity & Common Pore-Blocking Ingredients

General Information

Enrollment

Online

Visit uclaextension.edu for full information about our courses. Click on "Quick Enroll" and enter **Reg#**. Complete the online enrollment form for secure registration.

Phone

Use American Express, Discover, MasterCard, or VISA. Call (310) 825-9941 or (818) 784-7006.

Parking

Parking on the UCLA campus without a permit is \$10 per entry. There will be attendants at designated gates to collect the parking fee. Additional information will be sent upon enrollment.

Refunds

A service charge of \$30 is withheld from all refunds (full refund if course is canceled, discontinued, or rescheduled). The last day to receive a refund is June 11, 2010 for Part I and September 24, 2010 for Part II.

Tax Credit

You might be eligible for a tax credit or fees paid at UCLA Extension. For details, see the tax information in the general information section of the quarterly catalog, or visit uclaextension.edu.

For Further Information

Contact UCLA Extension, Department of Humanities, Sciences, Social Sciences, and Health Sciences, P.O. Box 24901, Los Angeles, CA 90024-0901; (310) 825-7093.