



Course Syllabus

Course Code	Course Title	ECTS Credits
PHAR-470E	Καλλυντικά/ Cosmetics	4
Prerequisites	Department	Semester
None	Life and Health Sciences	Fall/Spring
Type of Course	Field	Language of Instruction
Elective	Pharmacy	Greek/English
Level of Course	Lecturer(s)	Year of Study
1 st Cycle	Dr Stylianos Marios	4
Mode of Delivery	Work Placement	Corequisites
Face-to-Face	N/A	N/A

Course Objectives:

The objectives of this course are to describe the anatomy and functions of skin and related structures (e.g., nail, hair) and correlate them with the preparation and usage of cosmetic products, to indicate the basic ingredients used for the preparation of cosmetic products and explain their function and properties, and to elaborate on the classification, preparation and usage of cosmetic products used on the skin, hair, nails, eyes, lips and mouth cavity. Furthermore, the legislation governing cosmetic manufacturing, safety assessment, market placement, control and promotion are discussed.

Learning Outcomes:

After completion of the course, students are expected to have the ability to:

- Recognize the anatomical construction of skin and related structures (hair, nails)
- Know the ingredients used for the preparation of a cosmetic products and their properties
- Identify the functionality of each ingredient in a given recipe for a cosmetic product
- Select the appropriate ingredients and preparation method for the formulation of a cosmetic product
- Determine the effectiveness of a product by evaluating the list of its ingredients
- Understand the technology of cosmetic products, e.g., emulsions, solutions, creams, etc.
- Describe the different categories of cosmetics products prepared for use on the hair, skin, nails, eyes, lips and mouth cavity
- Overview the issues related to cosmetic product safety assessment
- Explain the EU legislation on cosmetic manufacturing and market placement

Course Content:

- Skin anatomy and physiology
- Definition of cosmetics and comparison with drug products
- Structure, properties and functions of ingredients used for the preparation of cosmetic products, such as solvents, humectants, surfactants, emollients, antioxidants, antiseptics, dyes, preservatives, fragrances, UV filters, etc.
- Toxicological aspects of cosmetics
- Formulation considerations and preparation methods for various cosmetic products, such as creams, lotions, shampoos, shower gels, make up, eye shadows, lipsticks, toothpastes, hair dyes, etc.
- EU legislation on cosmetic products

Learning Activities and Teaching Methods:

Lectures, class discussion, assignments

Assessment Methods:

Final exam, Midterm exam, assignment

Required Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Καλλυντικά - Συστατικά και Εφαρμογές	Κ. Μουλοπούλου-Καρακίτσου, Δ. Ρηγόπουλος, Ι.Δ. Στρατηγός	Βήτα Ιατρικές Εκδόσεις	1998	960-7308-87-5
Harry's Cosmeticology 8th Edition	Ralph Gordon Harry	Chemical Publishing Company	2000	9780820603728
Formulas, Ingredients and Production of Cosmetics	Iwata, Hiroshi, Shimada, Kuni	Springer	2013	9784431540618
Cosmetic Chemistry	F. Barrett-Hill and R. Hill	Virtual Beauty Corporation	2009	9780473124670

Κοσμητολογία	Γεώργιος Θ. Παπαϊωάννου	-	2010	9780003406009
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