आईएफटीएम विश्वविद्यालय, मुरादाबाद, उत्तर प्रदेश

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Cold Cream

The desire to look good and attractive to each individual can be identified as a psychological need that has been given the highest place in the hierarchy for ages. The word 'cosmetics' has been known to the human race for centuries. Cosmetics are defined as the articles which are intended to be rubbed, poured, sprinkled, sprayed, introduced in, or otherwise applied to any part of the human body for cleansing, protecting, beautifying, promoting attractiveness or altering appearance. Skin represents origin, lifestyle, age, and health status. The skin's colour, tone and evenness, pigmentation and surface characteristics are indicators of the health of the skin. The cosmetics and pharmaceutical industry provides a wide variety of skin care cosmetic products and procedures for cleansing, relaxing, repairing skin cells, and to strengthen, protect and treat our skin, and thus maintain it in "healthy condition". There is mainly a focus on helping skin from the inside out. From time immemorial topical cream formulations are considered as an important part of cosmetic industry. Creams are semisolid emulsion of oil and water that the public and community may use elegantly. Creams show versatile functions.

Types of Skin Creams

Creams are divided into two types:

1. Oil-in-water (o/w) creams which are consisting of tiny droplets of oil dispersed in a continuous phase i.e. water

2. Water-in-oil (w/o) creams consists of small droplets of water dispersed in a continuous oily phase i.e. oil.

O/w creams are more convenient and cosmetically appropriate as they are less greasy and easier to wash away using water. W/o creams are more difficult to handle but these creams are better moisturizers as they provide an oily barrier which reduces water loss and maintains the hydration of the stratum corneum (outermost layer of the skin).

Cold Cream

With the advent of the winter season, skin issues are gains popularity. Our skin becomes dry and deprived of moisture. It extends, and then the slight lines, cracks develop over the skin. These cracks which further become red if sufficient care is not taken. The use of cold cream prevents the worsening of skin conditions.

The cold cream discovery is attributed to Galen, a Greek physician in the second century. Beeswax and water were the basis of Galen's cold cream, and it also included olive oil and rose petals for softness and fragrance. The term "cold cream" is derived from the cooling feeling that the cream leaves on the skin. Cold creams are commonly developed as emulsions of water-in-oil (w/o). After the creams are applied to the skin, much of the water evaporates leaving the residual oil to serve as a solvent that cleanses the skin of cosmetic products and other grime. Cold cream is thick and as it touches the skin, it softens. It is suitable for dry skin as well as to remove makeup and prevent eczema in dry areas of the body.

Ideal Characteristic of Cold cream

- ✓ Should have optimum pH.
- ✓ Should have optimum consistency.
- ✓ It should not be too sticky.
- ✓ It must be non-irritant.
- ✓ Should provide cooling effect.

Formulation of Cold cream

Cold cream is prepared by emulsification of oil and water. Previously cold cream was prepared from animal fats and vegetable oils. But because vegetable oil becomes rancid during storage they are now a day's replaced with minerals oils (like- Light liquid paraffin, Heavy liquid paraffin).

Beeswax is used as a base of the cold cream and maintains the consistency of the cream.

Borax is used as an emulsifier and also responsible for whiteness of the cream. It reacts with fatty acids in the beeswax to promote emulsification and reduces surface tension of water and makes the cream stable.

Glycerine is added as an emollient that can increase skin hydration and softness.

Humectants (e.g. propylene glycol, glycerol, sorbitol etc.) are used to control moisture exchange between product and air and prevent the cream from becoming dry.

Preservative (methyl paraben, propyle paraben) are added to prevent microbial growth.

Perfumes are added to provide fragrance and improve the aesthetic value of the cream.