



Study program: Integrated Academic Studies in Pharmacy			
Course title: Natural Cosmetics			
Teachers: Veljko S. Krstonošić, Neda S. Gavarić			
Course status: elective			
ECTS Credits: 3			
Condition: Basics of phytotherapy; Basic industrial pharmacy; Cosmetology			
Course aim The aim of the course is to provide detailed information on the latest trends in the production and use of natural cosmetics. Introduction to the legal regulations on raw materials as compounds of these preparations. Overview of the most important vegetable raw materials used in the manufacture of these products at home and abroad, and their role in the preparations. Providing of appropriate advice and recommendations on how to use and possible side effects of the natural cosmetics.			
Expected outcome of the course: Students should be able to recognize and explain the place of natural cosmetics in the market. Students should acquire a critical attitude towards certain preparations and explain the advantages and disadvantages of their use. Students are expected to integrate the skills acquired in the subject Fundamentals of Industrial Pharmacy and Cosmetology and the Basics of Phytotherapy and the role of active principles. Adequate knowledge for the complete development and the role of each component in the composition.			
Course description <i>Theoretical education:</i> <ol style="list-style-type: none"> 1. Introduction to Natural Cosmetics 2. Legislation 3. Ingredients of natural cosmetics. Active substances, emollients and humectants, surfactants, viscosity regulators, antioxidants, vitamins, UV filters, natural extracts, colorants, preservatives 4. Natural cosmetics, specificity and classification 5. Homeopathic cosmetics 6. Obtaining, benefits and role of natural components 7. Possible side effects of the natural cosmetics <i>Practical education (labs):</i> <ol style="list-style-type: none"> 1. Production of natural cosmetics 			
Literature <i>Compulsory</i> <ol style="list-style-type: none"> 1. Capasso F, Gaginella TS, Grandolini G, Izzo AA. Phytotherapy A Quick Reference to Herbal Medicine. Springer, 2003. 2. Dweck AC. Formulating Natural Cosmetics. Allured Business Media. Any edition. 			
Number of active classes	Theoretical classes: 30	Practical classes: 15	
Teaching methods <ol style="list-style-type: none"> 1. Theoretical education 2. Practical education (Practical classes, Seminars) 			
Student activity assessment (maximally 100 points)			
Pre-exam activities	points	Final exam	points
Lectures	5	Written	50
Practices	20		
Colloquium	-		
Essay	25		