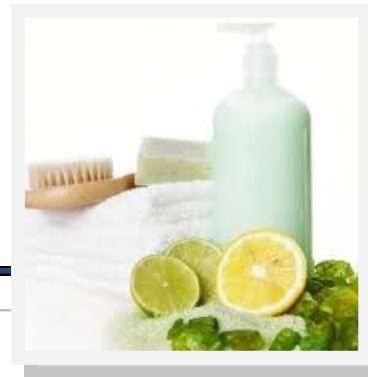


# Florida 4-H Consumer Choices

## Skin Cleansers



### Goal:

The goal is for youth to make informed, responsible choices when selecting a skin cleansing product.

### Consumer Skill:

Youth will gain knowledge of the key concepts including the key concepts to:

- Selecting a cleansing product that cleans and protects the skin.

### Life Skill:

- Youth will learn decision making skills as they investigate the key concepts and make the best choice..

### Suggested Activities:

- Choosing the Best Skin Cleanser Product (worksheet) pg. 8

### Situation

Did you know that your skin is your largest organ? It is extremely important to make sure your skin is clean because nothing protects your skin from the harshness of everyday life. If not properly cared for, your skin may develop acne, infections, or even begin to have an odor. Many people just use soap to clean their skin. Soaps can be harsh on your skin because it takes away protective oils. There are numerous cleansers on the market. Choosing the skin care product that is effective and also a wise consumer purchase is essential. When shopping for a cleanser you should look for one that eliminates all dirt and makeup without having to scrub your skin away. Look for products that are water soluble. These rinse well in water and do not clog your pores. By choosing the right facial cleanser you are clearing away the dirt and grime and allowing for the growth of new skin cells. This will lead to younger, more youthful looking skin!

This guide will provide hints and tips for making informed decisions when selecting the best skin cleanser for your needs and budget.

### Key Concepts to Teach:

- Purpose of Cleanser
- Identifying your skin type
- Types of cleansers
- Ingredients' role in skin cleansers
- Price

### References and Sources

See Appendix A.



## Purpose of the Skin Cleanser

The first step to choosing the best skin cleaner is to determine what you are trying to achieve. Some products contain ingredients that are meant to prevent acne while others are meant to even skin tones, firm, moisturize, and to remove dirt and grime.

**Moisturizers** hydrate your skin to restore your skin's health

**Serums** hydrate your skin and treat a variety of skin concerns such as lines and wrinkles, penetrate deep within the surface of your skin

**Sun Protection** provides a defense against sun exposure, consider protection against both UVA and UVB rays, which can cause premature skin aging.

**Target problem areas** can require a specific treatment for a skin concern such as uneven skin tone, blemishes, age spots, and fine lines.

**Toners** are a mild astringent that used in the cleansing process to eliminate oil and tighten pores. The purpose of a toner is to return your skin's pH back to "normal". This helps your skin to be resistant against external elements.

**Makeup Removal** may be necessary for women who wear makeup and will cleanse your skin without drying or stripping skin of its natural oils.

**Acne** spot treatments may be necessary to clear up blemishes after cleansing your skin or some cleansers contain acne-treating ingredients.

**Gender Specific** Men tend to have a thicker epidermal layer with larger pores which clog with dirt and oil more easily than women. Women also tend to lose collagen, a skin-strengthening protein, at a faster rate than men. Finally, men deal with facial hair, which can further damage their skin. The major differences between skin cleansers for men and women tend to deal with marketing and the factors that differ are in fragrance. Be sure to consider the ingredients in the product you choose based on your need for a cleanser and your skin type.



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## Identify your Skin Type

The second step to identifying the best skin cleanser based on the intended use is to know what type of skin you have. Using a product that is not meant for your skin type can do more damage than good.

**Normal Skin:** Proper balance of moisture, oil, elasticity and durability, no signs of oiliness or dryness, pores are minimally visible and skin has an even tone.

**Dry to Very Dry:** Most areas appear dry, flaky, matte or feel tight, and has small pores. Dry skin does not retain moisture, which causes wrinkle and fine lines to develop more easily and is more susceptible to effects of sun, pollutants, and extreme weather.

**Oily Skin:** Skin has larger facial pores and produce too much oil, skin has excess oils a few hours after being washed, may appear shiny or greasy. Even if you have oily skin, because of large pores, surrounding skin may tend to be dry. Oily complexions tend to develop blemishes, pimples, and blackheads. Skin will also look plump because the dead cells do not shed as quickly as they should.

**Sensitive Skin:** Skin feels tight or itchy, experiences allergic reactions and flushing when you come into contact with certain chemicals, redness with or without bumps. Sensitive skin tends to be the most sensitive and you can burn easily.

**Combination Skin:** Some parts of your face are oily while others tend to be dry or sensitive. Most of us tend to have different conditions of our skin at different times. The center area of your face is called the “T-Zone” and typically has more oil glands and clogged pores leading to oily skin or acne. Also some areas of your face can be more sensitive around your eyes, nose, and lips.

**Acne or Blemish Prone:** Has moderate or persistent breakouts, may occur around hormone fluctuations and high stress times.

Your skin type does matter. It is also important to know if you have rosacea, acne, sun damage, or eczema. In addition, remember your skin type can change based on stress levels, weather, and hormones.

**Dry skin** - avoid heavy alcohol content or astringents

**Oily skin** - cleanser with low pH level to wash away oil, avoid cleansers that contain a moisturizer

**Sensitive skin** - avoid acidic chemicals and fragrances which may cause irritation. Also, try not to use exfoliates, sponges or other rough surfaces. Do try foam cleansers and disposable facial cleansing cloths that are soft. Use an oil-free moisturizer.



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## Types of Cleansers

Many types of cleansers are available such as creams, lotions, pads, soap bars, gels, scrubs and self-foaming cleansers. Using a cleanser that is formulated for your skin type is important. The type of cleanser you choose will depend on your skin type and the purpose identified previously.

### Soaps

Composed of long chain fatty acid alkali salts with a pH of between 9 and 10. Soaps tend to wash away your natural oil which leave your skin clean but dried out. *Glycerin* bars contain humectant-glycerine to counter the drying effects of soap. *Superfatted* soaps have greater amounts of lipids such as triglycerides, lanolin, paraffin, stearic acid, or mineral oils to provide a protective film on the skin. *Deodorant or Antibacterial* soaps contain agents such as triclosan, triclocarban, or carbanile to inhibit growth of bacteria.

### Foaming

Can cause drying of skin, tend to last longer and also come in gel and cream forms. Cream foam cleansers contain oils and emollients that may not be as stripping as gel foaming cleansers.

### Non-Foaming

Gel or lotion-type skin cleansers for those with sensitive or dry skin.

### Exfoliation

Removes dead skin using abrasives like small microbial beads or micro-fiber cloths

### Astringents

Generally alcohol-based, tighten skin and pores and remove oil.

### Cleansing Balms

Cream or oil-based tissue-off cleanser and typically used to remove makeup and by those with extremely dry skin. They tend to leave an oily residue so you may have to follow up with a second cleanser.

### Medicated

Typically a foam cleanser and for those with acne-prone skin. Have salicylic acid or benzoyl peroxide as active ingredients. Usually they are very harsh on your skin.



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## Ingredients

Probably the most important and most confusing part of buying a skin cleanser comes with trying to understand the ingredients in your cleanser. Most basic cleansers contain salt and fatty acids that comes from animals and plants

**Basic ingredients** - Products with a short ingredients list are less likely to have irritating ingredients that could lead to other issues.

**Active Ingredients** – Good for fighting breakouts but tend to over-dry your skin and leave it susceptible to the growth of bacteria.

**Alpha-Hydroxy Acids (AHAs)** - (glycolic and lactic acid) exfoliate the outer part of your skin. Help with fine lines, irregular pigmentation, and age spots. May cause irritation and sensitivity to the sun.

**Benzoyl Peroxide (BP)** - helps kill bacteria by putting oxygen into your pores and increasing skin turnover. One of the most common active ingredients in over-the-counter acne treatments.

**Beta-Hydroxy Acid (BHAs)** - (salicylic acid) helps clear your skin by increasing skin turnover and exfoliating your pores from the inside. Improves texture and color and helps with acne by getting rid of clogged pores, less irritating than AHAs and benzoyl peroxide but may take longer to work.

**Hydroquinone** - (also called melisma) used to bleach or lighten skin, dark spots.

**Kojic Acid** - treats pigment problems and age spots, similar to hydroquinone; is made from a fungus and is effective at lightening skin.

**Retinol** - a type of retinoid that is made from vitamin A, provides anti-aging and anti-acne benefits, also may improve mottled pigmentation, fine lines and wrinkles, skin tone and color.

**Vitamin C** - minimizes fine lines, scars and wrinkles. The only antioxidant that is proven to boost production of collagen, also will lighten pigmentation and brighten skin tone. Vitamin C becomes unstable when exposed to oxygen, which makes it ineffective.

**Hyaluronic Acid** - Used along with vitamin C to assist in effective penetration, occurs naturally in people and animals but diminishes with aging. A very effective moisturizer and is used to treat wrinkles.

**Copper Peptide** - Promotes the production of collagen and elastin, acts as an antioxidant and promotes production of glycosaminoglycans.

**Alpha-Lipoic Acid** - diminishes fine lines, gives skin a healthy glow, and boosts levels of other antioxidants such as vitamin C, also protects the skin.

**Dimethylaminoethanol (DMAE)** - made by the brain and shows minimal effects in the reduction of fine lines and wrinkles.



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## Price

Just because something costs more than a similar product does not mean it is better. Remember that the brand of the product may influence the price.

Be sure to check ingredients before choosing a product.

## Miscellaneous Selling Points

**Organic** – Organic cleansers normally contain all natural ingredients that are less strenuous on the skin

**Name Brand** – many times you can find items that are not name brand which contain the same ingredients for a lesser price.

**Fragrance** – Products that are scented may cause allergies or trigger skin irritations especially for sensitive skin types. A fragrance will not determine the effectiveness of your facial cleanser and may not go well with other fragrances that you choose to wear.

**Lather** – Whether or not a product lathers does not determine the effectiveness of the cleanser.

*Use the chart below to list the pros and cons of the different types of facial cleansers. Think about possible problems that could occur from each and the benefits that each could have on your skin.*

Facial Cleansers	Pros	Cons
Soaps		
Medicated Cleansers		
Foaming		
Exfoliating Cleansers		



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## Skin Cleanser Purchase

Purchasing the best skin cleanser for your skin type and budget takes a little time and research. Know how much you have to spend, the desired result you hope to achieve from your skin cleanser, and if there are benefits in using different types of products. Compare each of the factors below, identifying the advantages and disadvantages of each product.

When making your final consumer decision, you may find it helpful to use a chart similar to the one below to help you make your final decision.

Product	Purpose	Skin Type	Type of Cleanser	Ingredients	Price	Miscellaneous Factors

After filling in the columns for each of the factors for various products, consider any additional factors you would like to consider in your skin cleanser.

Finally, decide on the best fit for you and your budget.



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## Activity: Choosing the Best Skin Cleanser Product

Colton has \$15.00 to spend on a facial cleanser. Colton's skin type is typically normal to oily, however over the last month he has started to develop a mild case of acne. Colton needs to purchase a facial cleanser that will not further dry out his skin or cause irritation.

Product	Purpose of Cleanser	Ingredients	Fragrance	Type	Price
Olay Foaming Face Wash for Sensitive Skin	Daily face wash for sensitive skin	Water, Glycerin, Sodium Myristoyl Sarcosinate, Peg-120 Methyl Glucose Dioleate, Sodium Lauroamphoacetate.	None	Foam	\$4.99 for 7oz
Neutrogena Oil-Free Acne Wash	Acne Wash	Salicylic Acid 2%, water, sodium C14-16 Olefin Sulfonate, Cocamidopropyl Betaine.	Fragrance	Gel	\$5.49 for 6oz
Cetaphil Skin Cleanser	Gentle Skin Cleanser	Water, cetyl alcohol, propylene glycol, sodium lauryl sulfate, stearyl alcohol, methylparaben, propylparaben, butylparaben.	None	Low-foaming	\$10.99 for 16oz
MyChelle Dermaceuticals Fruit Enzyme Cleanser	Deep cleanser for all skin types *Vegan friendly	Fructooligosaccharides (D-beta), Multi Fruit Alpha-Hydroxy Acids Complex (AHA), Pectin (Fruit Enzymes). Aqua (Water), Hydroxypropyl sulfonate	None	water based	\$18 for 4.4 oz

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### Answer Key: 3-2-1-4

1. Cetaphil is a gentle and fragrance free acne cleanser which should not irritate Colton's skin. It has fewer ingredients than the Olay brand. Cetaphil brand has alcohols which tighten skin and pores and remove oil also good for oily skin types.	2. An active ingredient of Salicylic Acid will assist in clearing up his acne and is less irritating than other active ingredients. In addition a gel cleanser will not dry out his skin. Neutrogena has a fragrance that could cause skin irritations and has a higher price for less product.	3. The Olay brand that is just for sensitive skin which may not be strong enough to prevent further breakouts. Foaming cleansers may dry out his skin. In this case there is no active ingredient so it will not solve Colton's acne problem. Comparable price to Neutrogena product.	4. The MyChelle is over the amount Colton has to spend on a cleanser. Amount of product is not worth price, paying for brand name. The active ingredient of AHA is not an acne fighting ingredient.
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1.



Photo credit: <http://www.olay.com/en-us/skin-care-products/foaming-face-wash-for-sensitive-skin>



2.

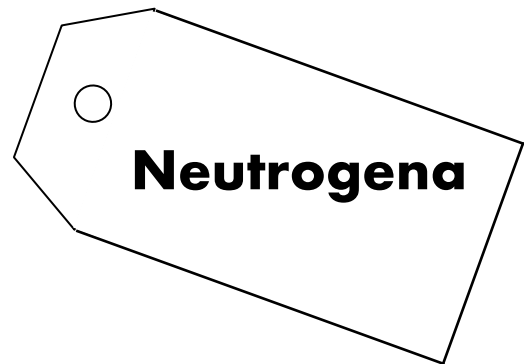


Photo credit: <http://www.neutrogena.com/product/oil->



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**3.**

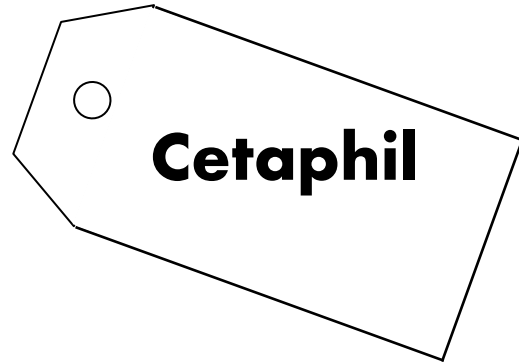


Photo credit: <http://www.cetaphil.com/gentle-skin-cleanser>



**4.**

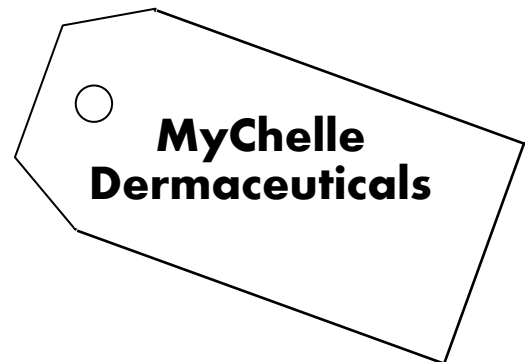


Photo credit: <http://www.iherb.com/MyChelle-Dermaceuticals-Fruit-Enzyme-Cleanser-All-Combination-Step-1-4-4-fl-oz-130-ml/15578>



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## Key Terms

- **Acne:** an inflammatory disease of the sebaceous glands, characterized by comedones and pimples, especially on the face, back, and chest, and, in severe cases, by cysts and nodules resulting in scarring.
- **Astringents:** generally alcohol-based, tighten skin and pores and remove oil.
- **Blemish:** a mark that detracts from appearance, as a pimple or a scar.
- **Cleanser:** a preparation for cleansing, as a liquid powder or cream for cleaning the face.
- **Cleansing Balms:** cream or oil-based tissue-off cleanser and typically used to remove makeup and by those with extremely dry skin. They tend to leave an oily residue so you may have to follow up with a second cleanser.
- **Collagen:** Proteins found in the skin, bone, cartilage, tendon, and teeth, forming strong insoluble fibers and serving as connective tissue between cells.
- **Dark Spots:** excess production of melanin which causes post-inflammatory hyperpigmentation.
- **Exfoliation:** remove dead skin using abrasives like small microbial beads or micro-fiber cloths.
- **Medicated:** Typically a foam cleanser and for those with acne-prone skin. Have salicylic acid or benzoyl peroxide as active ingredients. Usually they are very harsh on your skin.
- **Moisturizers:** hydrate your skin to restore your skin's health.
- **Plump:** well filled out or rounded in form; somewhat fleshy or fat.
- **Pores:** a minute opening in a surface, especially the skin of an organism, through which gases, liquids, or microscopic particles can pass.
- **Serums:** hydrate your skin and treat a variety of skin concerns such as lines and wrinkles, penetrate deep within the surface of your skin.
- **Toners:** mild astringent used in the cleansing process to eliminate oil and tighten pores. The purpose of a toner is to return your skin's pH back to "normal". This helps your skin to be resistant against external elements.



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## Appendix A

### Resources

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<http://health.howstuffworks.com/skin-care/cleansing/products/can-skin-cleansers-be-moisturizing1.htm>

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Choosing Skin Care Products: Know your Ingredients <http://www.webmd.com/beauty/aging/cosmetic-procedures-products-2>

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