

Alternative ingredients in making moisturizing lotion essay sample



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This Investigatory Project is all about using Citrus Peelings and other natural ingredients in making Moisturizing Lotion. The researchers were inspired by people who apply lotion made from chemicals on their skin regularly. This investigation will provide information on people that they can buy effective and affordable moisturizing lotion made from natural ingredients instead of buying and supporting products made from unnatural ingredients or chemicals that may be harmful to skin. The study will also inform people that they can make their own lotion that will prevent the skin in drying by means of using alternative natural ingredients like local citrus fruits that will be available in rural areas with financial incapability. The study will help the environment in managing waste and recycling biodegradable products like citrus fruit peelings and leftover juice extracts that people used to throw out. The citrus extracts and peelings used as ingredients will help reduce the cases of dengue due to its mosquito repellent effect and prevent skin cancer through the powerful nutrients of fruits and herbs which are widespread both in urban and rural areas.

Statement of the Problem:

The study aims to answer the following questions:

1) Can Citrus Peelings and Extracts be alternative ingredients in making Moisturizing Lotion? 2) Is the lotion made with natural ingredients an effective moisturizing lotion?

General Objective:

The main objective of the study is to prove that citrus peelings and other natural extracts used as alternative ingredients effective in making Moisturizing Lotion that will prevent dry and unhealthy skin.

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Specific Objectives:

* Make an effective moisturizing lotion that will prevent dry skin * Make moisturizing lotion that will help the people economically by recycling rubbish products and managing waste * Determine whether the Citrus Peelings and extracts can be alternative ingredients in making lotion * Inform the people that there affordable moisturizing lotion are available and easy to make

Hypothesis:

There is no significant potential to use citrus fruit peelings and extracts as alternative ingredients in making moisturizing lotion.

Significance of the Study:

The useful and relevant information acquired from the study will encourage people to use the Moisturizing Lotion made with fresh Citrus peelings and natural ingredients instead of commercially industrialized lotions made from numerous chemicals that may harm your skin as well as the environment. The study could be a great help to people who are body-conscious and people who are aware of their skin sanitation and health with minimal budget cost. The results of this study will provide insights and information on how they can make their own All-Natural Lotion using fruit peelings or extracts and alternative natural ingredients. This study could also give support on environmental activities and projects through helping economically in managing garbage and waste products in our surroundings. Finally, the results could motivate the people living in both urban and rural areas with financial incapability to buy products made from natural fruit peelings and extracts together with other herb and medicinal plants or make <https://assignbuster.com/alternative-ingredients-in-making-moisturizing-lotion-essay-sample/>

their own All-Naturals Lotion in protecting the nature from countless virulent chemicals.

Scope and Limitations:

The researchers limit the study only to find out that citrus peelings and extracts including natural ingredients can be used for an alternative moisturizing lotion. The research also involves the effectiveness of the product in preventing dry and unhealthy skin. The study does not cover on prolonging the shelf-life of the product. The lotion is for immediate use and will not last long due to the absence of chemical preservatives. The study is not to identify and determine species of germs and microbes present on skin and environment. The study is definitely not for people who live in rural areas far from places with the availability of the ingredients. The people who do not have the capacity to obtain these ingredients can use alternatives like local fruits which they can gather along their area to make the all-natural lotion on their own but without assurance of having the exact product. The study does not focus on killing microorganisms and treating skin problems and diseases. The researchers will use ingredients that will be not available in some places and they will be going to make it enough for people who are interested to buy and use it.

Chapter II

RELATED LITERATURE:

Oranges belong to the citrus family and is best know for its astringent and toning properties. The fruit is a good source of Vitamin C which is known to improve the skin texture and color. They help restoring collagen in

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our body which is responsible for skin firming and preventing early aging of skin. <http://www.perfectskincareforyou.com/2010/03/benefits-of-orange-on-skin.html> The citric acid contained in lemon juice works as a mild skin peel by removing the outermost layer of your skin, eliminating oiliness and other impurities present in the body. It will gently remove dead skin cells, revealing a brighter, smoother complexion and improve blood circulation. It has antibacterial properties that may reduce scars, acne, wrinkles, blackheads and age spots because it contains antioxidants which detoxify skin to greater extent

<http://www.livestrong.com/article/296959-what-are-the-benefits-of-lemon-juice-on-the-skin/> <http://www.buzzle.com/articles/benefits-of-lemon-peel-for-better-health.html> Honey's natural antioxidant and anti-microbial properties help to protect the skin from the damage of the sun's rays, supports the skin's ability to rejuvenate and refresh depleted skin, leaving it feeling silky soft and supple. <http://www.benefits-of-honey.com/honey-and-skin-care.html>.

Grape seed oil has the benefits of the following:

easily absorbable

rich in antioxidants

anti inflammatory

50 times richer in antioxidants than vitamin E

cleans out pores

regulates and maintains healthy skin

nutrient driver

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very allergy free

skin moisturizer

helps evens out skin tone

fighting swelling

<http://www.scoreskincare.com/grapeseed-oil.html>

Lecithin is a substance found naturally in many different foods including egg yolk, sunflower seeds and soybeans which has many health benefits, particularly for the skin. It contains properties that work to help moisturize, soften and tone the skin. Additionally, lecithin also helps reduce inflammation, encourages cell regeneration, prevents wrinkles and creates a barrier to protect the skin from environmental damage.

http://www.ehow.com/how_8361574_make-own-lotion-lecithin.html#ixzz2HOZpNjn0

Lecithin promotes the deeper penetration of fat and biologically active substances into the epidermis. It also reduces inflammation and irritation in the skin, stimulates cell regeneration, improves skin texture, and prevents the formation of wrinkles. The lecithin is an antioxidant, which also protects the skin from the negative effects of free radical damage.

<http://myhomemadebeauty.com/2010/09/01/lecithin-benefits-for-skin/>

Olive oil works really well as a moisturizer is the hydrophilic properties of these antioxidants which allow it to form a protective barrier trapping moisture on your skin. The most potent compound besides Vitamin A and E is the Hydroxytyrosol which is a very rare but potent antioxidant that

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prevents free radical damage on skin cells. It smoothens your skin texture, softens your skin due to its intrinsic antioxidant properties and absorbs deeply into the skin suitable for all skin types. <http://comluv.com/benefits-of-olive-oil-on-skin-health/>

Oranges and lemons are rich in Vitamin C that helps wounds heal. It helps protect body against infection. Yellow fruits like lemons are rich in Vitamin A that helps skin and body tissues healthy. Jovannovich, Harcourt Brace 1990 “Being Healthy” Olsen St. Pierre Ozias

Chapter III Methodology

Data & Observation

The researchers' observed that using this ingredient was really helpful to cure some problems in our skin. This product is very effective and has no side effects because of a natural ingredient. This product also provides a longer hour and long lasting moisturized skin. This research also helps people who want to have a minimal cost of products for skin moisturizer. With this, everyone can make this product with leftover ingredients such as the peelings and the juice extracted from the fruits. People who are body conscious can use this as an alternative moisturizer with low cost money.

Conclusion

The researchers conclude that Citrus Peelings and extracts can be used as alternative ingredients to make moisturizing lotions. The researchers also proved that this moisturizing lotion can make your skin smoother and it can prevent your skin from being dry.

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