Non-Negotiables: *Learning Outcome 1*

1. Give examples of common cosmetic ingredients used within the hair and beauty industry.

A: Phthalates, parabens, titanium dioxide, formaldehyde, UV filters, glycerine, hydrogen peroxide, pigments, lanolin, squalene, urea, collagen, oils, dimethicone, vitamin E, sodium laureth sulfate, alpha and beta hydroxy acids, fragrances, dihydroxyacetone, aloe vera and plant extracts.

2. Give the functions of cosmetic ingredients.

A: Preservation, antioxidants, soothing agents, stimulating agents, astringents, skin conditioners, abrasives, bulking agents, protecting agents, foaming agents, propellants, humectants, emulsifiers, emollients, oxidising agents, stabilisers and developers.

3. Give examples of ingredients that are classified as prohibited and restricted in the UK.

A: Hydroquinone, hydrogen peroxide, benzyl salicylate and citronellol.

4. Give examples of ingredients that are classed as toxic in the UK.

A: Formaldehyde, parabens, phthalates, triclosan and coal tar.

5. Describe the effects of dangerous and toxic cosmetic ingredients on human health.

A: Skin irritation, rashes, redness, difficulty breathing, acne, bitterness on the tongue, allergies, UV sensitivity, internal organ damage, autoimmune disease, hormonal imbalances, reproductive problems and carcinogenic effects.

6. Give examples of cosmetic ingredients derived from animal products.

A: Retinol, gelatin, lanolin, hyaluronic acid, keratin and caviar.

7. Explain why animals were used for testing cosmetic ingredients.

A: To determine whether cosmetic ingredients would cause allergic reactions or severe adverse reactions if applied to skin, hair and nails.

8. Give the alternative safety testing methods for cosmetic ingredients.

A: Reliable alternative safety tests, non-animal test methods, human cell and tissue studies, and studies on human volunteers and growing artificial human skin.

9. Explain what is meant by the pH value of cosmetic products.

A: The pH value measures whether a product is acidic or alkaline.

10. Give the methods used to test pH and explain why the correct pH is important.

A: Litmus paper and universal indicator. The correct pH helps maintain the health of hair, skin and nails, while an incorrect pH can cause damage or irritation.

Non-Negotiables: *Learning Ouctome 2*

1.Name the three main layers of the skin.

A: Epidermis, dermis and hypodermis.

2.Name the five layers of the epidermis.

A: Basal, prickle, granular, clear and horny layers.

3. What structures are found in the dermis?

A: Sweat glands, sebaceous glands, hair follicles, arrector pili muscles, nerve endings and blood vessels.

4. What is the function of the hypodermis?

A: Energy storage, insulation and protection.

5. Give the functions of the skin.

A: Secretion, heat regulation, absorption, protection, excretion, sensation and vitamin D production.

6. What is the acid mantle?

A: A protective film of sebum and sweat with a pH of 4.5–6.2.

7. Give four infectious skin conditions.

A: Ringworm, cold sores, impetigo and scabies.

8. Give four non-infectious skin conditions.

A: Eczema, dermatitis, psoriasis and acne.

9. Describe balanced skin.

A: Fine texture, even colour, no visible pores or blemishes.

10. Describe oily skin.

A: Shiny with enlarged pores, congestion and blackheads.

11.Describe dry skin.

A: Lacks oil, may be tight, flaky and have broken capillaries.

12. Describe combination skin.

A: Oily T-zone with normal or dry cheeks.

13.What are the characteristics of dehydrated skin?

A: Dull, tight, itchy, reduced elasticity and fine lines.

14. What are the characteristics of sensitive skin?

A: Redness, pigmentation changes and increased reactivity.

15. What are the characteristics of photo-aged skin?

A: Wrinkles, pigmentation changes, uneven texture and reduced elasticity.

Non-Negotiables: *Learning Outcome 3*

1. Describe hair and beauty products in Ancient Egypt.

A: Both men and women wore make-up, wigs showed status, kohl was used around the eyes, and oils, ointments and beeswax were used on the skin and hair.

2.Describe hair and beauty products during the Renaissance period.

A: Blonde hair was fashionable, sulphur and soda were used to lighten hair, lead powder created pale skin and egg whites were used as foundation.

3.Describe hair and beauty products during the Victorian era.

A: Make-up was considered improper, hair was washed with cold water and vinegar, and arsenic wafers were used to maintain a pale complexion.

4. Give examples of developments in hair and beauty products during the twentieth century.

A: Mascara became widely used, Max Factor introduced lip gloss, multi-step skincare systems developed, hair dyes became popular and pearlescent lipsticks were introduced.

5. Give examples of developments in hair and beauty products during the twenty-first century.

A: Smokey-eye make-up, eyelash and eyebrow products, heat defence products, leave-in conditioners, natural and organic ingredients, and the EU ban on animal testing of finished cosmetic products.

6. Give the stages in the product development process.

A: Design brief, formulation, sourcing, quality and compliance, packaging, product validation, marketing campaign and launch.

7. Identify the specialists involved in the development of cosmetic products.

A: Chartered chemists, toxicologists, microbiologists and regulatory experts.

8. Give the factors considered when formulating cosmetic products.

A: Compatibility, stability, preservation, types of mixtures, effects on skin and hair, and trade-secret formulations.

9. Give the legislation relevant to cosmetic product development.

A: Cosmetic Products (Safety) Regulations, Cosmetic Products Enforcement Regulations and the Trade Descriptions Act.

10. Explain how manufacturing hair and beauty products can affect the environment.

A: Positive impacts include sustainable products and packaging. Negative impacts include palm oil-related rainforest destruction, landfill waste, air and water pollution, microbeads and toxic chemicals entering ecosystems.