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Skin and hair care potential of fats and oil extracts from selected seeds and nuts commonly found in Nigeria

Aliyu Ahmad Warra

Kebbi State University of Science & Technology, Nigeria

Fats and oils from plant seeds and nuts have served as valuable components of cosmetics for many centuries. Some are used in their natural form as emollients and humectants; they provide a rich, non-greasy skin-feel with low odor and color to cosmetic and personal care formulations. Seed oils are also used for soaps, detergents, perfumes and related products. Common seed oils in most areas, especially rural areas of Nigeria are mostly underutilized coupled with low productions due to a lack of good markets. Designed and developed strategy to explore and utilize full benefits of these seed oils was highlighted. Various methods of extraction of oils from seeds ranging from traditional to laboratory methods were concisely discussed. The focus of this paper is on the skin and hair care potentialities of our indigenous seeds and nuts oils. Reported works on bio-cosmetics, cosmeceuticals of natural origin which are becoming more popular than conventional cosmetics as they are mostly nontoxic and possess strong antioxidant activity were overviewed. Development of skin and hair care formulations, laboratory analysis and industrial applications were discussed.

aliyuwarra@yahoo.com