



## **CREATING SAFE COSMETIC PRODUCTS** **(3 ECTS)**

Blended learning activities combine virtual/online and physical learning activities in the pharmacy field. This study course was created because of the ever-increasing demand and supply of cosmetic products. In addition, the growing industry promotes the search for new, safe, and efficient compositions, technology improvements, and deployment.

According to the cosmetics regulation, Regulation (EC) No 1223/2009, "Safety Assessment" is carried out by a competent person with a diploma in pharmacy, toxicology, medicine, and similar sciences with the necessary knowledge and experience. Therefore, providing students with a combination of basic and up-to-date knowledge, skills, competencies, values, and attitudes is important, enabling them to search for cosmetic formulations, optimal technologies, and safety assessments.

### **Course coordinator:**

Lithuanian University of Health Sciences, Faculty of Pharmacy. The department of drug technology and social pharmacy.

### *Partners:*

Medical University of Bialystok;  
University of Tartu;  
San Jorge University;  
Masaryk University;  
Medical University of Lodz.

### **Assessment of the program:**

The main assessment is a group project report - the group of students (3) independently writes a work on the chosen topic and presents it in ppt. format in MS Teams environment. The 10-point system will be used to evaluate the completeness of the analysis of the selected topic, presentation of one's opinion, and formulation of conclusions. This project will be an excellent opportunity to work with colleagues from other countries, share your experience, and gain knowledge.

## Course program:

### 1. Virtual activities (23.09. - 10.10.2024), 3 weeks, MS TEAMS platform.

Lecturer	Topic	Date of the lecture and time (UTC + 03:00)
Prof. dr. Jurga Bernatoniene	Introductory lecture: creating safe cosmetic products	2024.09.23; 9:00
Assoc. prof. Katerina Kubova	New trends and innovations in sunscreens	2024.09.25; 11:00
Dr. Miroslava Pavelkova	Advanced application forms for acne prone skin	2024.09.25; 12:00
Dr. Marta Szekalska	Role of rheological and bioadhesion tests in the development of cosmetic products	2024.09.26; 11:00
Prof. dr. hab. Urszula Kalinowska-Lis	Preservatives in cosmetic preparations	2024.09.27; 10:00
Prof. dr. Ain Raal	Chemical composition and biological activity of constituents in cosmeceutical from nature	2024.09.27; 14:00
Prof. dr. Jyrki Tapio Heinamaki	Nanocosmetics – development and use of novel nanotechnology based cosmetic products	2024.09.30; 16:00
Dr. Anna Erkiert-Polguj	The skin examination by instrumental techniques in the cosmetics' assessment	2024.10.02; 11:00
Assoc. Prof. Victor Lopez Ramos	Natural products, essential oils, or plant extracts for skin care products	2024.10.02; 16:00
Prof. dr. Marek Niczyporuk	Cosmetological problems and the possibility of applying cosmetics with the eyes through the eyes of a dermatologist	2024.10.03; 10:00
Assoc. prof. Katarzyna Socha	Food products in skin rejuvenation and skin problems.	2024.10.03; 12:00
Dr. Lautyna Pudziuvelyte	From Plants to Products: Crafting Natural Shampoos	2024.10.04; 12:00
Vice-rector prof. Kęstutis Petrikonis	Neurocosmetics	2024.10.05; 12:00 *
Prof. dr. Ramune Morkuniene	Transdermal delivery systems in cosmetics	2024.10.10; 12:00 *
Dr. Elżbieta Milewska	Modern instrumental techniques in analysis of cosmetics quality	2024.10.08; 16:00
Prof. dr. Wojciech Miltyk	Facts and myths in cosmetology	2024.10.09; 11:00 *

\*The schedule and dates of lectures may be subject to minor adjustments.

2. Short-term physical presence in Lithuania, Faculty of Pharmacy  
(14.10. - 22.10.2024):

OCTOBER						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16	17	18	19*
Arriving in Lithuania, Kaunas, accommodation	9:00-11 :00 Seminar: Cosmetic Ingredient Analysis according to the INCI Nomenclature 11:00-12:00 Excursion around the faculty and break 12:00-14:30 Laboratory work: basic skin cleaners: soap production 14:30-15:30 Lunch 15:30-16:30 Work in groups for the final project	9:00-11 :00 Seminar: Curative cosmetics assortment and analysis in pharmacies 11:00-11:30 Break 11:30-14:30 Laboratory work: Natural body scrub formulation 14:30-15:30 Lunch 15:30-17:00 Grouping for final project work.	9:00-11 :00 Laboratory work: Hair, scalp and face analysis (stimulatory diagnostic pharmacy) 11:00-11:30 Break 11:30-14:30 Laboratory work: Design and Technology of hair cosmetics 14:30-15:30 Lunch 15:30-17:00 Work in groups for final project. 18:00** Excursion around Kaunas	9:00-10:00 Laboratory work: Modeling and Technology of Natural Lip Balm. 10:00-11:30 Seminar: Sensory Evaluation of Safe Cosmetic Products and Practical Evaluation of Prepared Body Scrubs. 11:30-12:00 Break 12:00- 14:30 Extraction methods of plant material for cosmetic use 14:30-15:30 Lunch 15:30-16:30 Work in groups for final project	9:00-11 :00 Laboratory work: Food supplements for skin, nails and hair 11:00-11:30 Break 11:30-14:30 Laboratory work: design and technology of men cosmetics 14:30-15:30 Lunch 15:30-17:00 Work in groups for final project	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20*	21	22	23	24	25	26
	9:00-11 :00 Laboratory work: aromatic waters, hydrolats and face fogs preparation 11:00-11:30 Break 11:30-14:30 Modeling and quality assessment of the composition of skin care products. 14:30-17:00 Networking dinner	9:00-11 :00 Final project presentations 11:00-11:30 Break 11:30-14:30 Final project presentations and end of course. 14:30-15:30 Last lunch**, goodbyes and trip back to home country	-	-	-	-

\* Free time;

\*\* The lunch can be bought in the faculty café. Last lunch will be provided;

\*\*\* The scheduled time can slightly change depending on the circumstances.

### Accommodation:

Hotels and apartments that we recommend to book (if you need instructions on how to get from the hotel to the Lithuanian University of Health Sciences, the Faculty of Pharmacy where the classes will take place, you can contact Jolita Stabrauskiene, e-mail: [jolita.stabrauskiene@lsmu.lt](mailto:jolita.stabrauskiene@lsmu.lt)):

- "Zaliakalnio terasos apartamentai" address: savanorių pr. 276 393, 50201 Kaunas, Lithuania;
- "Kaunas City" address: laisves al. 90, LT-44251 Kaunas, Lithuania;
- "LoveKaunas Apartments" address: 39 A. Mickevič iaus gatvė , 44244 Kaunas, Lithuania;
- "Villa Kaunensis" address: Rotušės aikštė 21, LT-44279 Kaunas, Lithuania;
- "House 22A Studio Apartments" address: Šv. Gertrūdos gatvė 22A, 44260 Kaunas, Lithuania;
- "Moja Accommodation" address: Gedimino g. 28, LT-44319 Kaunas, Lithuania;
- "Happy Inn" address: Vytauto avenue 21, LT-44352 Kaunas, Lithuania;
- "Oak house apartments" address: 31 Aušros gatvė, 44157 Kaunas, Lithuania.

All of these hotels, condo hotels, and more you can find at the <https://www.booking.com/>.

### Important contacts:

If you have any questions related to academic matters of BIP, please get in touch with Jolita Stabrauskiene, e-mail: [jolita.stabrauskiene@lsmu.lt](mailto:jolita.stabrauskiene@lsmu.lt);

With technical issues, accommodation, contracts, etc. contact the international programs coordinator Justina Vonžodienė, e-mail: [justina.vonzodiene@lsmuni.lt](mailto:justina.vonzodiene@lsmuni.lt).