

COURSE OUTLINE

1. GENERAL

SCHOOL	SCHOOL OF HEALTH AND CARE SCIENCES		
ACADEMIC UNIT	DEPARTMENT BIOMEDICAL SCIENCES		
LEVEL OF STUDIES	UNDERGRADUATE		
COURSE CODE	8091	SEMESTER	8
COURSE TITLE	NATURAL & ORGANIC COSMETICS		
INDEPENDENT TEACHING ACTIVITIES <i>if credits are awarded for separate components of the course, e.g. lectures, laboratory exercises, etc. If the credits are awarded for the whole of the course, give the weekly teaching hours and the total credits</i>		WEEKLY TEACHING HOURS	CREDITS
Lectures		3	
Laboratory Exercises		-	
			5
<i>Add rows if necessary. The organisation of teaching and the teaching methods used are described in detail at (d).</i>			
COURSE TYPE <i>general background, special background, specialised general knowledge, skills development</i>	OCSBC		
PREREQUISITE COURSES:	No		
LANGUAGE OF INSTRUCTION and EXAMINATIONS:	Greek		
IS THE COURSE OFFERED TO ERASMUS STUDENTS	Yes		
COURSE WEBSITE (URL)	https://bisc.uniwa.gr/course/fysika-kai-viologika-kallyntika/ https://eclass.uniwa.gr/courses/AISTH165/		

2. LEARNING OUTCOMES

Learning outcomes

The course learning outcomes, specific knowledge, skills and competences of an appropriate level, which the students will acquire with the successful completion of the course are described.

Consult Appendix A

- Description of the level of learning outcomes for each qualifications cycle, according to the Qualifications Framework of the European Higher Education Area
- Descriptors for Levels 6, 7 & 8 of the European Qualifications Framework for Lifelong Learning and Appendix B
- Guidelines for writing Learning Outcomes

The scope of the course is for students to understand the basic principles of research, development, design and production of natural and organic cosmetics.

The aim of the course is to teach students the regulations concerning natural and organic (organic) cosmetics, the criteria for selection of ingredients and materials packaging, international and national certification standards, labeling requirements, environmental obligations and criteria for control, storage production and inspections.

Learning results:

- After the end of the course, students will be able to know:
- The principles of design and development of natural and biological cosmetics and the differences between "conventional" cosmetics.
- The criteria for selecting and calculating the percentage of natural and organic (biological) ingredients contained in the final composition.

- Permitted ingredients and prohibited chemical processes production of raw materials, packaging materials and production of final products.
- The basic "claims" that must also be mentioned which must be indicated in order to bear its marking their certification by international certification organizations.
- The criteria for the selection of packaging materials for these cosmetics and the rules of their environmental management.
- The obligations of the manufacturer, which must be observed for fulfillment of inspection and control criteria by international certification organizations.
- The basic principles and the various criteria of international organizations certification of Natural - Organic (organic) cosmetics.

General Competences	
Taking into consideration the general competences that the degree-holder must acquire (as these appear in the Diploma Supplement and appear below), at which of the following does the course aim?	
Search for, analysis and synthesis of data and information, with the use of the necessary technology	Project planning and management Respect for difference and multiculturalism Respect for the natural environment
Adapting to new situations Decision-making	Showing social, professional and ethical responsibility and sensitivity to gender issues
Working independently Team work	Criticism and self-criticism
Working in an international environment Working in an interdisciplinary environment Production of new research ideas	Production of free, creative and inductive thinking Others...
Autonomous working, working in interdisciplinary environment, working in international environment, working independently team work, adapting to new situations decision-making	

3. SYLLABUS

Lectures
1. Definition-categories of cosmetics: Synthetic, Natural, Organic (organic) cosmetics
2. Rules and principles of various national and international certification bodies
3. natural and biological products (ΔHO, COSMOS, ICEA, SOIL, BDIH, ECOCERT, USDA).
4. Origin, processing and selection criteria of allowed and not allowed ingredients. Water, minerals, naturally processed herbal ingredients, chemicals processed herbal ingredients, other ingredients.
5. Prohibited chemicals processes (halogenation, ionizing radiation, sulfonation, alkoxylation etc).
6. Final product composition. Selection criteria and calculation rules natural and organic content in the final composition.
7. Special conditions-criteria for production, packaging and storage of certified natural or organic (organic) cosmetics.
8. Environmental criteria and management of raw materials, packaging and finished products.
9. Labeling and communication. Compliance rules in accordance with the current EU legal framework and international standards organizations for products certified as natural and organic (organic).
10. Inspections, certification and control of compliance with the rules and principles set must constantly meet to continue bearing the mark as natural or organic products or ingredients.

11. Efficiency and safety of natural-organic cosmetics. Disadvantages of their use and possible side effects, due to the high content of natural ingredients (natural oils, essential oils, etc.).
12. Comparison of effectiveness with conventional "classic" cosmetics.

4. TEACHING and LEARNING METHODS - EVALUATION

<p>DELIVERY <i>Face-to-face, Distance learning, etc.</i></p>	Face-to-face	
<p>USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY <i>Use of ICT in teaching, laboratory education, communication with students</i></p>	Use of ICT in teaching, communication with students , e-class	
<p>TEACHING METHODS <i>The manner and methods of teaching are described in detail.</i> <i>Lectures, seminars, laboratory practice, fieldwork, study and analysis of bibliography, tutorials, placements, clinical practice, art workshop, interactive teaching, educational visits, project, essay writing, artistic creativity, etc.</i></p> <p><i>The student's study hours for each learning activity are given as well as the hours of non- directed study according to the principles of the ECTS</i></p>	<p>Activity</p>	<p>Semester workload</p>
	Lectures	60
	Educational visits	10
	Independent study	20
	Course total	90
<p>STUDENT PERFORMANCE EVALUATION <i>Description of the evaluation procedure</i></p> <p><i>Language of evaluation, methods of evaluation, summative or conclusive, multiple choice questionnaires, short-answer questions, open-ended questions, problem solving, written work, essay/report, oral examination, public presentation, laboratory work, clinical examination of patient, art interpretation, other</i></p> <p><i>Specifically-defined evaluation criteria are given, and if and where they are accessible to students.</i></p>	<p>FINAL WRITTEN EXAMINATION (100%): Multiple choice questionnaires, characterization as True or False, problem solving, oral examination, written work, presentation of a team or personal work.</p> <p>Criteria are given</p>	

5. ATTACHED BIBLIOGRAPHY

- Suggested bibliography:

1. Handbook of Cosmetic Science and Technology 4th edition. Edited by Adre O. Barel, Marc Paye, Howard I. Maibach. ISBN 9781842145647.
2. Formulating natural cosmetics, by Anthony C. Dweck, 2010
3. Naturals and Organics in Cosmetics. Trends and Technology edited by Anthony J. O' Lenick, Jr.
4. Sustainable Cosmetic Product Development
5. Cosmetics Science and Technology - 2nd Ed, 3 Volumes, by Balsam Sagarin
6. Barnes J, Andrson L., Phillipson D. (2002) Herbal Medicines. Pharmaceutical Press, London
7. Handbook of Formulating Natural Cosmetics (Dweck Books) by Anthony Dweck
8. HAILES, J. The new green consumer guide. London: Simon & Schuster, 2007.
9. <http://www.ecolabelindex.com/ecolabel/bdih-certified-natural-cosmetics-seal>
10. <http://www.cosmos-standard.org/>
11. <http://www.ecocert.com/>
12. <http://www.icea.bio/>
13. <http://www.usda.gov/>
14. <http://www.soilassociation.org/>
15. Natural & Organic Cosmetics”by Eleni Kalogria & Foteini Melliou UNIWA, 2021

- **Related academic journals:** Molecular Biology Reports, Molecules, Cosmetics, Journal of Cleaner Production, Plants