

## Exhibit 1. Benefits of day and night creams [144,145]

Why Day Cream?	A day cream is designed to primarily protect and support skin during the day against damaging UV rays, pollution and environmental stress. They contain SPF to prevent burning and photoaging, antioxidants to fight free radicals, and ingredients like caffeine to make skin look energized and firm. Day creams are usually designed to be worn under cosmetics, so they have light, non-greasy formulas that are absorbed quickly and allow pores to breathe.
Why Night Cream?	Night cream works differently as it basically repairs and moisturize your skin to make it look supple and wrinkle-free. Good night creams contain antioxidants and anti-wrinkle ingredients which helps to slow down our natural process of ageing. For night cream, there's also the whitening night cream available. Most common ingredient to be found in a night cream are AHA, BHA*, Retinol, Vitamin A and so forth. A topical cream containing retinol 0.5% in combination with niacinamide, resveratrol, and hexylresorcinol is efficacious and tolerable for skin brightening/anti-aging when used with a complementary skin care regimen including SPF 30 sun protection (Figure 8).

\* Unlike AHAs, BHAs can get deeper into the pores to remove dead skin cells and excess sebum.

## Exhibit 2. Types of Moisturizers [196], [199]

	Emollients	Humectants	Occlusive	Protein Rejuvenators
Mechanism of action	Saturated & unsaturated hydrocarbons with variable length which improves skin barrier function, membrane fluidity and cell signalling, resulting in overall improvement of skin texture and appearance. Often combined with emulsifier	Low molecular substances in majority, with capability to attract water into stratum corneum. Frequently used with other compounds which may retain the water content	Consist of oils and waxes, forming an inactive layer on the skin surface to physically block water evaporation from the skin (trans epidermal water loss)	Small molecular weight proteins, believed to aid skin rejuvenation by replenishing skin's essential proteins
Indication	Routine skin care, dry and rough skin, papulosquamous skin disease	Xerosis, ichthyosis	Prevention of contact dermatitis, xerosis, atopic dermatitis	Photodamaged skin, skin rejuvenation
Adverse effect	Contact irritation (seldom)	Irritation (lactic acid, urea)	Oily application, cosmetically disagreeable, folliculitis (mineral oil), contact dermatitis (lanolin), acneiform eruption	Contact dermatitis
Substance	Fatty acids, fatty alcohols, cholesterol, squalene, pseudo ceramides	Urea, sorbitol, panthenol, glycerol, propylene glycol, hyaluronic acid, alpha hydroxy acids	Mineral oil, petroleum jelly, beeswax, silicones, zinc oxide	Collagen, elastin, keratin

## Exhibit 3. Emollients used in skin creams [196-205]

"Emollience" is another ill-defined term often used in connection with skin creams. Emollient means imparting of a smoothness and general sense of well-being to the skin, as determined by touch. In a sense, therefore, water is an emollient. Emollients may also cause flattening of the skin surface, plumping of each corneocyte, and general smoothing and diminishing of facial lines. Every liquid, semi-solid or low-melting-point solid of a bland nature and cosmetic quality has been used as an emollient. Among the most popular water-soluble emollients are glycerine, sorbitol, propylene glycol, and various ethoxylated derivatives of lipids. Oil-soluble emollients include hydrocarbon oils and waxes, silicone gels, vegetable oils and fats, alkyl esters, fatty acids and alcohols, together with ethers of fatty alcohols (including polyhydric alcohols). The choice is determined by personal preference, data on potential skin irritation, the degree of "greasiness" and apparent residual film on the skin, cost and availability. Mineral oils and silicone oils do not "disappear" from the skin very readily when used in any quantity and are therefore useful in cleansing and night creams. Propylene glycol is an efficient preservative against certain micro-organisms at concentrations of more than 8%, but it is a potential sensitizer. The alkyl esters represent a range of interesting emollients ranging, as they do, through lactates, oleates, myristates, adipates, linoleates with the possibility of straight-chained, branch-chained, unsaturated, or saturated precursors. Some are almost water-thin liquids which rub quickly into the skin (decal and isodecyl oleates, isopropyl myristate), and others are waxy solids which melt near body temperature and give "body" to creams. Lanolin was once considered to be an extremely desirable emollient and the claim "contains lanolin" was felt to be a product "plus". Caution: Some emollients, particular those containing white soft paraffin or petroleum jelly can catch fire if used near a naked flame. One should keep children away from candlelight if applied emollients to them, near an open fire or while smoking a cigarette. Once the emollients have been applied to child's skin, he or she should also avoid naked flames, such as candles or open fires. Emollients should be stored in a cool, dry place away from any naked flames or heat sources such as radiators. The moisturizing effect of emollients can make the bath or shower tray very slippery. One should use a nonslip bath mat and clean it and the bath thoroughly after each use.

## Exhibit 4. Comparison between moisturizers and cold creams [209-213]

	<b>Moisturizer</b>	<b>Cold Cream</b>
General description	Moisturizer is a complex mixture of chemical agents specially designed to make the external layers of the skin (epidermis) softer and more pliable.	Cold cream is an emulsion of fats and water that can be used to clean and soften the skin.
Nature	It is thinner	It is thicker
Time of usage	Used in the day and in all seasons.	Used at night and generally in winter.
Functions	Moisturizers are strictly for moisturizing.	Cold creams are typically a cleanser or a very rich moisturizer
Common Examples	Olay Moisturizing Lotion, Himalaya Intensive Moisturizing Body Lotion, Lakme Peach Milk Moisturizers, etc.	Ponds Moisturising Cold Cream, Garnier Nourishing Cold Cream, Aromamagic Aloe Vera Cold Cream, etc.