

CHEMIA W KOSMETOLOGII – WYSTAWA PLENEROWA

CHEMISTRY IN COSMETOLOGY – OUTDOOR EXHIBITION

PIŚMIENNICTWO/LITERATURE

Pozycje podano zgodnie z kolejnością pierwszego cytowania w tekście plansz. Źródła urzędowe, kliniczne i dotyczące bezpieczeństwa składników roślinnych zweryfikowano 18 sierpnia 2026 r.

The references are listed in the order they were first cited in the slide text. Official, clinical, and plant ingredient safety sources were verified on August 18, 2026.

1. Scientific Committee on Consumer Safety (SCCS). Notes of Guidance for the Testing of Cosmetic Ingredients and Their Safety Evaluation. 12th revision, SCCS/1647/22; adopted 15 May 2023; corrigendum 1 adopted 26 October 2023; corrigendum 2 adopted 21 December 2023.
2. Rozporządzenie Parlamentu Europejskiego i Rady (WE) nr 1223/2009 z 30 listopada 2009 r. dotyczące produktów kosmetycznych, z późniejszymi zmianami. EUR-Lex; stan sprawdzony 14.08.2026.
3. Dreher F, Jungman E, Sakamoto K, Maibach HI (red.) Handbook of Cosmetic Science and Technology. 5th ed. CRC Press; 2022; doi: 10.1201/9781003032694
4. Salvador A, Chisvert A (red.) Analysis of Cosmetic Products. 2nd ed. Elsevier; 2017; doi:10.1016/C2014-0-00920-3
5. ISO 22716:2007. Cosmetics — Good Manufacturing Practices (GMP) — Guidelines on Good Manufacturing Practices; norma potwierdzona w przeglądzie ISO w 2022 r.
6. Proksch E, Brandner JM, Jensen JM. The skin: an indispensable barrier. *Exp Dermatol*. 2008;17(12):1063–1072. doi:10.1111/j.1600-0625.2008.00786.x.
7. Rawlings AV, Harding CR. Moisturization and skin barrier function. *Dermatol Ther*. 2004;17 Suppl 1:43–48; doi:10.1111/j.1396-0296.2004.04S1005.x
8. Elias PM. Stratum corneum defensive functions: an integrated view. *J Invest Dermatol*. 2005;125:183–200; doi:10.1111/j.0022-202X.2005.23668.x
9. Bos JD, Meinardi MMHM. The 500 Dalton rule for the skin penetration of chemical compounds and drugs. *Exp Dermatol*. 2000;9(3):165–169. doi:10.1034/j.1600-0625.2000.009003165.x.
10. Bunick CG, Milstone LM. The X-Ray Crystal Structure of the Keratin 1-Keratin 10 Helix 2B Heterodimer Reveals Molecular Surface Properties and Biochemical Insights into Human Skin Disease. *J Invest Dermatol*. 2017;137(1):142–150; doi:10.1016/j.jid.2016.08.018.
11. Ricard-Blum S. The collagen family. *Cold Spring Harb Perspect Biol*. 2011;3:a004978; doi: 10.1101/cshperspect.a004978
12. Shoulders MD, Raines RT. Collagen structure and stability. *Annu Rev Biochem*. 2009;78:929–958; doi:10.1146/annurev.biochem.77.032207.120833.
13. Guo X, Ma Y, Wang H, et al. Status and developmental trends in recombinant collagen preparation technology. *Regen Biomater*. 2024;11:rbad106; doi:10.1093/rb/rbad106.
14. Pu SY, Huang YL, Pu CM, et al. Effects of oral collagen for skin anti-aging: a systematic review and meta-analysis. *Nutrients*. 2023;15(9):2080; doi:10.3390/nu15092080.
15. Myung SK, Park Y. Effects of collagen supplements on skin aging: a systematic review and meta-analysis of randomized controlled trials. *Am J Med*. 2025;138(9):1264–1277; doi:10.1016/j.amjmed.2025.04.034.
16. Baumann L, Bernstein EF, Weiss AS, et al. Clinical relevance of elastin in the structure and function of skin. *Aesthet Surg J Open Forum*. 2021;3(3):ojab019; doi:10.1093/asjof/ojab019.
17. McCabe MC, Hill RC, Calderone K, et al. Alterations in extracellular matrix composition during aging and photoaging of the skin. *Matrix Biol Plus*. 2020;8:100041; doi: 10.1016/j.mbpplus.2020.100041.
18. Sherratt MJ. Tissue elasticity and the ageing elastic fibre. *Age*. 2009;31:305–325; doi:10.1007/s11357-009-9103-6.
19. Lambers H, Piessens S, Bloem A, Pronk H, Finkel P. Natural skin surface pH is on average below 5, which is beneficial for its resident flora. *Int J Cosmet Sci*. 2006;28(5):359–370. doi:10.1111/j.1467-2494.2006.00344.x.
20. Theodorou IM, Kapoukranidou D, Theodorou M, et al. Cosmeceuticals: A Review of Clinical Studies Claiming to Contain Specific, Well-Characterized Strains of Probiotics or Postbiotics. *Nutrients*. 2024;16(15):2526. doi:10.3390/nu16152526.
21. ISO 11930:2019. Cosmetics — Microbiology — Evaluation of the antimicrobial protection of a cosmetic product.
22. ISO 17516:2014. Cosmetics — Microbiology — Microbiological limits.
23. Draelos ZD (red.) Cosmetic Dermatology: Products and Procedures. 3rd ed. Wiley-Blackwell; 2022; doi: 10.1002/9781119676881.
24. Pullar JM, Carr AC, Vissers MCM. The roles of vitamin C in skin health. *Nutrients*. 2017;9:866. doi:10.3390/nu9080866.
25. Mukherjee S, Date A, Patravale V, et al. Retinoids in the treatment of skin aging: an overview of clinical efficacy and safety. *Clin Interv Aging*. 2006;1:327–348; doi:10.2147/ciia.2006.1.4.327.
26. Sitohang IBS, Makes WI, Sandora N, Suryanegara J. Topical tretinoin for treating photoaging: a systematic review of randomized controlled trials. *Int J Womens Dermatol*. 2022;8(1):e003; doi:10.1097/JW9.000000000000003.
27. Rozporządzenie Komisji (UE) 2024/996 z 3 kwietnia 2024 r. zmieniające załączniki do rozporządzenia (WE) nr 1223/2009, m.in. w odniesieniu do retinolu, octanu retinyli i palmitynianu retinyli.
28. Lens M. Niosomes as vesicular nanocarriers in cosmetics: characterisation, development and efficacy. *Pharmaceutics*. 2025;17(3):287; doi:10.3390/pharmaceutics17030287.
29. Dymek M, García-Celma MJ, Escribano-Ferrer E, et al. Tripeptide-loaded liposomes as multifunctional components in topical formulations. *Int J Mol Sci*. 2025;26(11):5321; doi:10.3390/ijms26115321.

30. Fernandes C, Medronho B, Alves L, Rasteiro MG. On hair care physicochemistry: from structure and degradation to novel biobased conditioning agents. *Polymers*. 2023;15(3):608; doi:10.3390/polym15030608.
31. Gavazzoni Dias MFR. Hair Cosmetics: An Overview. *Int J Trichology*. 2015;7(1):2–15; doi:10.4103/0974-7753.153450.
32. Smith RAW, Garrett B, Naqvi KR, et al. Mechanistic insights into the bleaching of melanin by alkaline hydrogen peroxide. *Free Radic Biol Med*. 2017;108:110–117; doi:10.1016/j.freeradbiomed.2017.03.014.
33. Kim DH, Oh SH, Chang BS. Effects of excessive bleaching on hair: comparative analysis of external morphology and internal microstructure. *Appl Microsc*. 2024;54:11; doi:10.1186/s42649-024-00104-0.
34. Scientific Committee on Consumer Safety (SCCS). Final Opinion on the safety of cosmetic ingredients HEMA and Di-HEMA Trimethylhexyl Dicarbamate — Submission I. SCCS/1592/17; 21–22.06.2018.
35. Rozporządzenie Komisji (UE) 2020/1682 z 12 listopada 2020 r. zmieniające załącznik III do rozporządzenia (WE) nr 1223/2009 w odniesieniu do HEMA i Di-HEMA Trimethylhexyl Dicarbamate.
36. Pfaff G. The world of inorganic pigments. *ChemTexts*. 2022;8:15. doi:10.1007/s40828-022-00166-1.
37. Scientific Committee on Consumer Safety (SCCS). Opinion on the Safety of Aluminium in Cosmetic Products — Submission IV. SCCS/1662/23; adopted 27 March 2024; published 4 April 2024.
38. Commission Recommendation 2006/647/EC on the efficacy of sunscreen products and related claims.
39. Green AC, Williams GM, Logan V, Strutton GM. Reduced melanoma after regular sunscreen use: randomized trial follow-up. *J Clin Oncol*. 2011;29(3):257–263; doi:10.1200/JCO.2010.28.7078.
40. Hughes MCB, Williams GM, Baker P, Green AC. Sunscreen and prevention of skin aging: a randomized trial. *Ann Intern Med*. 2013;158(11):781–790. doi:10.7326/0003-4819-158-11-201306040-00002.
41. World Health Organization. Radiation: Ultraviolet (UV) radiation. Public-health guidance, current online edition; accessed 18 August 2026.
42. International Agency for Research on Cancer. European Code Against Cancer, 5th edition: recommendations and fact sheet on sun protection. 2025.
43. URPL, komunikat Prezesa z 14.08.2025 dotyczący produktów leczniczych zawierających toksynę botulinową.
44. Garbe C, Amaral T, Peris K, et al. European consensus-based interdisciplinary guideline for melanoma. Part 1: Diagnostics – Update 2024. *Eur J Cancer*. 2025;215:115152. doi:10.1016/j.ejca.2024.115152.
45. Peris K, Fargnoli MC, Kaufmann R, et al. European consensus-based interdisciplinary guideline for diagnosis and treatment of basal cell carcinoma – update 2023. *Eur J Cancer*. 2023;192:113254. doi:10.1016/j.ejca.2023.113254.
46. Stratigos AJ, Garbe C, Dessinioti C, et al. European consensus-based interdisciplinary guideline for invasive cutaneous squamous cell carcinoma. Part 1: Diagnostics and prevention–Update 2023. *Eur J Cancer*. 2023;193:113251; doi:10.1016/j.ejca.2023.113251.
47. Kandolf L, Peris K, Malvey J, et al. European consensus-based interdisciplinary guideline for diagnosis, treatment and prevention of actinic keratoses, epithelial UV-induced dysplasia and field cancerization. *J Eur Acad Dermatol Venereol*. 2024;38(6):1024–1047; doi:10.1111/jdv.19897.
48. Bălăceanu-Gurău B, Apostol E, Caraivan M, et al. Cutaneous Adverse Reactions Associated with Tattoos and Permanent Makeup Pigments. *Journal of Clinical Medicine*. 2024;13(2):503; doi:10.3390/jcm13020503.
49. European Chemicals Agency (ECHA). Tattoo inks and permanent make-up; restriction of hazardous chemicals under REACH, obowiązująca od stycznia 2022 r.
50. Piccinini P, Pakalin S, Contor L, Bianchi I, Senaldi C. Safety of tattoos and permanent make-up. Final report. Joint Research Centre, European Commission, 2016.
51. European Commission. Ban on animal testing – cosmetics.
52. Scientific Committee on Consumer Safety (SCCS). Scientific Opinion on Tea Tree Oil (CAS/EC No. 68647-73-4 / 285-377-1) used in cosmetic products. Final version of 30 October 2025. SCCS/1681/25.
53. Sköld M, Börje A, Harnbäck E, Karlberg AT. Contact allergens formed on air exposure of linalool: identification and quantification of primary and secondary oxidation products and the effect on skin sensitization. *Chem Res Toxicol*. 2004;17(12):1697–1705. doi:10.1021/tx049831z.
54. Quílez C, Bebbiano LB, Jones E, et al. Targeting the complexity of in vitro skin models: a review of cutting-edge developments. *J Invest Dermatol*. 2024;144(12):2650–2670; doi:10.1016/j.jid.2024.04.032.
55. Risueño I, Valencia L, Jorcano JL, Velasco D. Skin-on-a-chip models: general overview and future perspectives. *APL Bioeng*. 2021;5(3):030901; doi:10.1063/5.0046376.
56. Rozporządzenie Komisji (UE) nr 655/2013 z 10 lipca 2013 r. ustanawiające wspólne kryteria uzasadniania oświadczeń stosowanych w związku z produktami kosmetycznymi.
57. Sub-Working Group on Claims. Technical document on cosmetic claims. Endorsed by the Working Group on Cosmetic Products. Version of 3 July 2017.
58. European Commission. Report from the Commission to the European Parliament and the Council on product claims made based on common criteria in the field of cosmetics. COM(2016) 580 final.