Formulation of facial cream and body mist from avocado oil

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Abstract: The formulation of facial cream and body mist from avocado oil can help to value-add of fresh avocado (Persea americana) and increase marketing channel. Pure cold pressed avocado oil containing high nourishing oil can be extracted from fresh avocado in high quantity and with low cost. The chemical properties of the cold pressed avocado oil were examined. The results showed that acid, free fatty acids and peroxide values were 1.20 mg KOH/g, 0.82 % as oleic acid and 5.56 meq O2/kg, respectively. The physical properties, stability test and testing by volunteers of cosmetic products from cold pressed avocado oil including facial cream and body mist were investigated. The texture of white facial cream (pH = 6.29 at room temperature) was smooth and creamy. For the body mist, the texture of white body mist (pH = 6.22 at room temperature) was light. Both white facial cream and body mist were tested by 50 volunteers for one month. The results of testing by volunteers revealed that facial cream and body mist showed an increased hydration, elasticity and no skin irritation when compared to other skin care cosmetics.

Keywords: Avocado; Cold pressed avocado oil; Cosmetics; Facial cream; Body mist