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Evaluation of *Lavandula angustifolia* oil in cosmetology and aromatherapy

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Lavender oil is extracted mostly from the flowers of the lavender plant, a fragrant in nature, and have been used for making perfumes for centuries. The oil is very useful in aromatherapy and many aromatic preparations and combinations are made using lavender oil. Traditionally, lavender essential oil has also been used in dermocosmetics. The aim of this study is to show on human subjects the potential for diminishing the melanin of the skin, at the level of unreliable melanic spots (macules of diverse causes) by the mexametry method. The ointment in which we have introduced the lavender oil contains an increased percentage of lipophilic components and water. This is why we also included in this formulation: stabilizers, antioxidants, antimicrobial preservatives, emulgators, surfactants. Prior to the start of the volunteer study, a lavender flower extract was obtained that was compared to two other commercial samples and chemically characterized and analyzed by chromatography in the University of Agricultural Sciences of Banat, Timisoara, Romania. The results obtained are obvious and demonstrate the depigmenting effects of lavender oil but we encourage the long-term and associative study.

Key Words: Lavender, melanin, depigmentation, mexametry.

Biography

Felicia Andrei has the PhD degree in Medicine (University of Medicine and Pharmacy Timisoara) and is a pharmacist specialised in Clinical Pharmacy (University of Medicine and Pharmacy Bucharest). She has completed also two Masters degrees: one in Pharmacy -Formulation and evaluation of the dermatocosmetic product and the other in Polytechnic Computer Automation - Information Systems in Health Care. Now teaching in the Faculty of Pharmacy in Timisoara as an Assist. Prof. at the discipline of Dermatopharmacy and Cosmetology. She is a member of the College of Pharmacists in Romania and of the European Federation for Pharmaceutical Sciences.

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