Physically exfoliating the skin is an important component to any beauty and skin care regimen. Normally, the epidermis sheds dead cells approximately every 28 days. Unfortunately, things seldom proceed according to plan. The upper layers of the stratum corneum do not tend to exfoliate evenly, leaving localized areas of hyperkeratinization. In order to debride these areas and to help normalize this rate of exfoliation and slough off the excess cells, you can use four basic types of exfoliators: physical exfoliators such as salts and grainy scrubs, alpha hydroxy acids (AHAs), beta hydroxy acids (BHAs), and enzymes.

Physical exfoliation removes the dead layers of the skin via a manual action helping smooth and ready the skin for absorption of nutrients such as vitamins, minerals, and many other active ingredients. Natural ingredients that are coarse, but lack sharp edges, such as salts and some plant seeds, seem to be the best physical exfoliating products.

The natural approach was to develop a physical exfoliator from the seeds of the Date Palm. The Date Palm is native to North Africa and one of the first plants to be cultivated by humans. The people of North Africa and the Middle East have depended on the fruit of the Date Palm as a food source for thousands of years.

The yellow-orange to red fruit is a drupe known as a date. They consist of a large, pointed seeds surrounded by sweet, sugary flesh. The sugar content of ripe dates is about 80%, the remainder of the fruit consists of protein, fat, and minerals such as copper, iron and magnesium. In addition to being an excellent source of potassium and vitamin C, Dates are also high in fiber and tannin content. Date seeds may be processed chemically as a source of oxalic acid with a 65% yield.

Initially, a Date Palm Extract was developed for skin/hair conditioning and chemical exfoliation (by way of natural lactic acid composition). Following the production of the extract, we determined that the seeds derived from the Date Fruit would provide an excellent physical exfoliating product. The seeds used to make FSS Date Seed Powder are processed naturally. After bleaching, the seeds are coarsely ground into a powder. Incorporating FSS Date Seed Powder into cosmetic applications will provide exfoliating benefits to help keep skin looking vibrant and smooth.

References:

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