

# Mild Syndet Surfactant Cleansing & Cutaneous Microbiome Integrity (Engineering Review 2023)

Por Cristiano Ricardo · Publicado em 06/08/2023

Technical dermocosmetic engineering lecture by Prof. Cristiano Ricardo on mild syndet surfactant cleansing & cutaneous microbiome integrity (Cleansing Technology & Interfacial Colloidal Systems), featuring colorful schematic diagrams and clinical data.

Versão online e eventuais atualizações:

<https://professor.cristianoricardo.com/post/mild-syndet-surfactant-cleansing-cutaneous-microbiome-integrity-2023-08-06>

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Cleansing Technology & Interfacial Colloidal Systems · Cosmetic Engineering & Science

Traditional soaps solubilize vital epidermal barrier lipids; engineered synthetic detergents (syndets) cleanse while preserving skin barrier homeostasis.

## Engineering Mechanism & Kinetic Flowchart

Traditional Soap (pH 9.0-10.0)

? Solubilizes intercellular lipids

? Denatures stratum corneum keratin

Alkaline disruption of microbiome

Syndet Cleanser (pH 5.0-5.5)

? Sodium Cocoyl Isethionate (SCI)

? Large mixed micelles (No penetration)

Preserves *S. epidermidis* acid mantle

## Critical Micelle Concentration (CMC) Optimization

Monomeric surfactant molecules cause irritation by inserting into cellular membranes.

Combining anionic sodium cocoyl isethionate with amphoteric cocamidopropyl betaine and non-ionic alkyl polyglucosides lowers the CMC, promoting the assembly of large, non-penetrating mixed micelles.

## Acid Mantle Homeostasis

Formulating cleansers strictly at pH 5.0–5.5 maintains activity of epidermal lipid processing enzymes (beta-glucocerebrosidase and acid sphingomyelinase), preventing alkaline swelling of corneocyte desmosomes.

## Microbiome Preservation

A physiologically buffered wash preserves resident commensals (\*Staphylococcus epidermidis\*), which secrete antimicrobial peptides (AMPs like lugdunin) to prevent dysbiotic overgrowth of pathogenic \*Staphylococcus aureus\*.

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Published on August 06, 2023 at 18:24