A cross-sectional study of popularity and usage of skin care products among users in Gampaha district, Sri Lanka

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Industries offer a vast range of skincare products (SCPs) to maintain and improve the general appearance of the skin. Currently, consumers are moving towards herbal-based cosmetics even though there are several synthetic products in the market. Improper usage of cosmetics may lead to health issues like rashes, hair loss, and severe allergic reactions. To evaluate the knowledge, attitudes, and practice of skincare products, a descriptive cross-sectional study was conducted. An interviewer-administrated questionnaire was distributed in the Gampaha district. Out of 424 participants, 234 (55.2%) responded as they used skincare products. Therefore, these 234 participants were taken for further analysis. From the whole population, 44.8% of participants have used synthetic SCPs, 19.8% have used herbal SCPs while 35.3% claimed the use of both synthetic and herbal SCPs. More than 50% of participants among the users were knowledgeable about pH, SPF (sun protection factor), chemical composition and the amount to be used. Most of users believed that SCPs are highly effective and trustable. Participants who use herbal SCPs have believed in the safety and fewer side effects of those products compared to the participants who used synthetic SCPs. In addition, a substantial number of people are ready to accept herbal formulations upon scientific validation of their efficacy and safety.

Keywords: Skin Care Products (SCPs), Herbal based cosmetics, SPF (Sun Protective Factor) and Cross-sectional study

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