

Shea Butter Research Paper

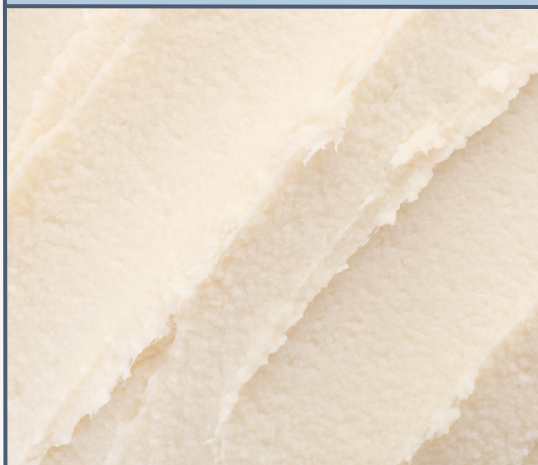
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Shea Butter is made from nuts of the Karite tree that is native to Africa and it is an ingredient that has provided many benefits to beauty and skincare products. Shea Butter is an emollient, which means it's a skin-softening agent. This butter pairs well with other ingredients to enhance skin care products, such as creams and lotions, and can also be used on its own. You can find Shea Butter in [Three Ships' Radiance Day Cream](#) and [Buttercream Lip Mask](#), which can be used day and night to quench your skin's thirst.

SHEA BUTTER IS AN EMOLLIENT, WHICH MEANS IT'S A SKIN-SOFTENING AGENT

Shea Butter has fast absorbency, which gives it a great sensory feel on the skin. The butter contains numerous antibacterial and anti-inflammatory elements that have been speculated to help treat acne breakouts. Shea Butter contains allantoin, vitamin A, vitamin E, and many cinnamic and unsaponifiable lipids for a potent moisturizing effect. Its properties as a potent moisturizer and emollient provide effective skin protection against environmental stress factors. It has been shown to have anti-irritant and soothing properties, and improve the appearance of fine lines.



Traditionally, Shea tree nuts are first harvested before they're washed and dried. Once cleaned, they are put through a process of mechanical extraction to release the crude Shea fat. The crude fat is then bleached to remove any colour impurities, and reveal a brighter white colour. After the product is filtered and deodorized to remove any solid impurities that still remain, the refined Shea Butter is then inspected for quality control and given final approval before being shipped and used in cosmetics. The exact process of extraction method for the Shea Butter that Three Ships sources is proprietary information.

SHEA BUTTER IS ABUNDANT IN FATTY ACIDS

Shea Butter is an emollient, meaning it works as a moisturizing ingredient to smooth skin by supporting the skin's native lipid barrier. The lipid barrier is vital for skin health and acts as a wall to keep moisture in, as well as protect from external factors. Fatty acids are naturally present in the skin and make up part of the skin's lipid barrier. As mentioned, Shea Butter is abundant in fatty acids such as stearic acid, oleic acid, and linoleic acid which work to moisturize the skin.

SCIENTIFIC STUDY

Skin Acceptability of a Cosmetic Moisturizer Formulation in Female Subjects with Sensitive Skin

One study evaluated the use and tolerance of a cream containing Shea Butter on patients with sensitive skin. 35 female participants were included in the study, and no adverse effects were seen from the use of the product. One participant had a brief, mild prickling/itching reaction, but this was not determined to be classified as an adverse effect. Based on the results of the study, the researchers determined that the moisturizer was well tolerated and that its use is suitable for those with sensitive skin.

Patient Acceptability, Efficacy, and Skin Biophysiology of a Cream and Cleanser Containing Lipid Complex with Shea Butter Extract versus a Ceramide Product for Eczema

Another study tested a cream and cleanser that contained Shea Butter extract on 34 patients suffering from childhood eczema. The study conducted over a period of 1 year found the majority of the participants rated the cream as "very good" or "good", having it improve their quality of life. The results of the study were also compared to a previous study on a cream containing a ceramide-precursor. Note that ceramides are one of the components that make up the skin's lipid barrier. The researchers found that the ceramide-precursor cream and the Shea Butter extract cream both produced comparable results with similar efficacy and acceptability.

Shea Butter is a great natural emollient that works to moisturize the skin and is known as a beneficial ingredient to treat skin conditions such as atopic dermatitis (eczema). Shea Butter is rich in fatty acids, which help support the skin's natural lipid barrier. This powerful moisturizing ingredient can be found in Three Ships products such as the Radiance Day Cream and Buttercream Lip Mask.