International Journal of Biology Sciences

**ISSN Print:** 2664-9926
**ISSN Online:** 2664-9934
NAAS Rating: 4.82
IJBS 2025; 7(6): 99-101
www.biologyjournal.net
Received: 07-03-2025
Accepted: 10-04-2025

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# Algae Unveiled: Comprehensive Insights into Their Use in Cosmetics

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**DOI:** https://www.doi.org/10.33545/26649926.2025.v7.i6b.361

**Abstract**
Cosmetics industry has registered algae as a crucial element since they deliver multiple advantages through their diverse biochemical elements such as vitamins and minerals alongside antioxidants and fatty acids. The evaluation studies different marine microorganisms which are utilized for cosmetic development such as *spirulina* with *chlorella* and red algae with brown algae and blue-green algae. The evaluation focuses on individual characteristics of various algae species while examining their different roles in hydigration and anti-aging and skin revitalization effects. Recent scientific research demonstrates in detail that algal extracts exhibit antioxidant properties and anti-inflammatory capabilities together with their skin-brightening properties. The review discusses how nanoencapsulation as well as sustainable harvesting practices contribute to improve both the effectiveness and environmental friendliness of algal-based products. The use of algae in cosmetic products looks favorable even though regulatory barriers alongside allergies remain as ongoing obstacles. Future studies about algae must continue to develop their full potential as sustainable skincare ingredients. Researchers and industry professionals can use this review as a base for their exploration of algae cosmetic applications and their beneficial properties.

**Keywords:** Algae, cosmatics, antioxidants, formulation, anti-inflammatory, skin-brightening

## Introduction

Algae serve as photosynthetic organisms spread across different aquatic areas which experts now identify as valuable for cosmetic production (Nagai *et al.*, 2021) [15]. The biochemical make-up of algae contains vital nutrients such as vitamins along with minerals and antioxidants together with fatty acids which deliver multiple advantages for both skin health and beauty benefits (Sami *et al.*, 2019) [14]. A comprehensive study evaluates algae used in cosmetics along with their scientific support and foreseeable advancement in this creative industry.

## Types of Algae Used in Cosmetics

**Table 1:** Types of Algae Used in Cosmetics

| Type of Algae | Key Properties | Common Uses | Reference |
|---|---|---|---|
| Spirulina | High in protein, antioxidants | Masks, creams | Sami *et al.*, 2019 [14] |
| Chlorella | Detoxifying, rich in chlorophyll | Cleansers, serums | Nagai *et al.*, 2021 [15] |
| Red Algae (Irish Moss) | Moisturizing, thickening agent | Hydrating lotions, gels | Terry *et al.*, 2020 [16] |
| Brown Algae | Anti-inflammatory, antioxidant | Anti-aging creams, serums | Wang *et al.*, 2018 [7] |
| Blue-Green Algae | Hydrating, rich in fatty acids | Moisturizers, serums | Khan *et al.*, 2020 [1] |

### Spirulina (*Arthrospira platensis*)

**Properties and Benefits**: The blue-green microalga Spirulina attracts praise because it provides abundant protein alongside dense nutrients. The microbial produce contains essential fatty acids together with vitamins B12 and protective antioxidants.

The skin benefits of *Spirulina* manifest through its presence in facial masks and creams because it can lower aging signs while smoothing skin surfaces (Sami *et al*., 2019) [14].

**Chlorella (*Chlorella vulgaris*)**

**Properties and Benefits:** *Chlorella* stands out as a green microalga that contains chlorophyll because it serves as a detoxifier. The skin benefits from *Chlorella* through its cleansing ability along with its impurity removal capabilities and collagen enhancement properties which provides anti-aging effectiveness to formulations (Nagai *et al*., 2021) [15].

**Red Algae (*Chondrus crispus*)**

**Properties and Benefits:** Irish moss receives its common name from red algae which people employ for hydrating purposes. Carrageenan as a natural butter thickener in creams and lotions helps to improve texture and deeply hydrates the skin (Terry *et al*., 2020) [16].

**Brown Algae (*Fucus vesiculosus*)**

**Properties and Benefits:** Brown algae contain significant amounts of antioxidant components together with inflammatory compounds which make them popular in scientific studies. Skin elasticity together with firmness improves notably when using products which contain these substances thus they have become widespread in products designed to fight aging effects. The skin structure benefits from enhanced collagen synthesis due to the presence of phlorotannins in brown algae (Wang *et al*., 2018) [7].

**Blue-Green Algae (*Aphanizomenon flos-aquae*)**

**Properties and Benefits:** The essential fatty acids together with amino acids found in these algae serve to maintain skin moisture and enhance its flexibility. Products meant for dry or aging skin contain these algae as one of their primary components (Khan *et al*., 2020) [1].

**Benefits of Algae in Cosmetics**

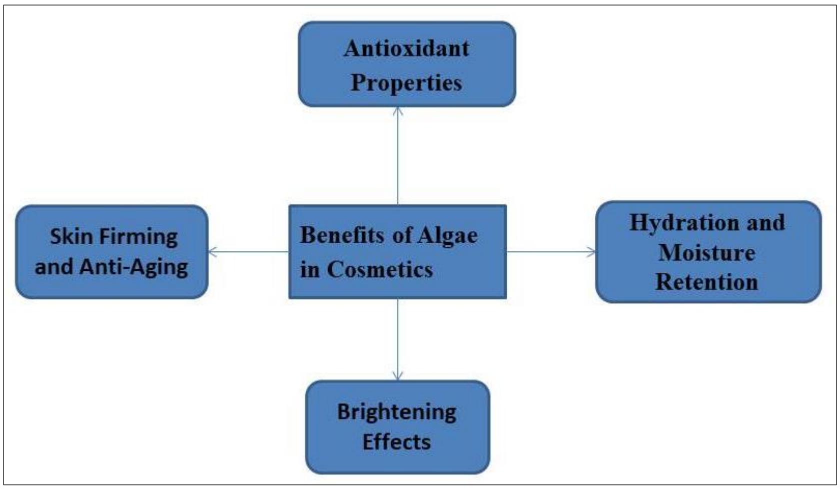


**Fig: 1** Benefit of Algae in Cosmetics

**Antioxidant Properties**

Algae contain rich amounts of antioxidants that help fight free radicals while minimizing skin stress through oxidation. Research shows algal extracts lower skin cell oxidative damage effectively so they protect against premature aging according to Ghaffar *et al*. (2021) [2].

**Hydration and Moisture Retention**

The skin surface develops a protective barrier through algal extract application which successfully blocks water loss through the epidermis. Using this quality in serums and creams provides excellent skin hydration benefits that create better texture and visual appearance (Figueira *et al*., 2019) [3].

**Anti-Inflammatory Effects**

Strong inflammatory properties of particular algae make them suitable for sensitive skin and skin irritations. These algae possess natural properties which help minimize eczema symptoms and psoriasis conditions while delivering comfort and restoring skin health (López *et al*., 2021) [5].

**Skin Firming and Anti-Aging**

Skin firmness receives improvement through algae use while the signs of aging decrease due to their application. Studies have proven that phlorotannins activate collagen production to sustain the skin structure along with elasticity according to Hwang *et al*. (2020) [23].

**Brightening Effects**

The application of proper algal extracts functions to lighten skin tone and minimize appearance of hyperpigmentation. The compounds prevent melanin formation to offer a mucosal alternative to chemical lightening agents according to Park *et al* (2019) [9].

**Table 2:** Benefits of Algae in Cosmetics

| Benefit | Description | Scientific Evidence | Reference |
|---|---|---|---|
| Antioxidant Properties | Neutralizes free radicals, reduces oxidative stress | Khan *et al*., 2020 [1] | Ghaffar *et al*., 2021 [2] |
| Hydration | Retains moisture, prevents water loss | Figueira *et al*., 2019 [3] | Moorthy *et al*., 2020 [4] |
| Anti-Inflammatory Effects | Soothes irritated skin, reduces redness | López *et al*., 2021 [5] | Shukla *et al*., 2022 [6] |
| Skin Firming | Enhances elasticity, stimulates collagen production | Wang *et al*., 2018 [7] | Hwang *et al*., 2020 [23] |
| Brightening Effects | Reduces hyperpigmentation, evens skin tone | Park *et al*., 2019 [9] | Lee *et al*., 2021 [10] |

## Research and Innovations

Recent studies highlight the innovative uses of algae in cosmetics. Key advancements include:

- **Nanoencapsulation:** The technique increases both extract stability and its bioavailability which results in higher cosmetic formulation effectivity (Kumar *et al*., 2023) [11].
- **Sustainability:** The need for environmentally-friendly sourcing methods in algae harvesting interests multiple companies because of rising environmental worries (Bai *et al*., 2022) [12].
- **Biotechnology:** Scientists use genetic engineering to develop algae variants which could improve their useful properties for cosmetic production. Scientists work to produce algae variants which will specifically benefit skin care uses according to Zhao *et al*. (2023) [13].

## Conclusion

Cosmetics industry innovation goes forward with great promise through the integration of algae technology. (Khan *et al*., 2020) [1].The future of the cosmetic industry will greatly depend on algae because they deliver numerous benefits which research is now beginning to validate. Future research into algae applications combined with innovation will probably produce (Nagai *et al*., 2021) [15]. additional effective sustainable cosmetic products for consumers as the market demand for natural ingredients grows.

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