

# ASSESSMENT OF SPIRULINA PLATENSIS AS AN ACTIVE INGREDIENT IN MATURE SKIN CARE

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Skin aging is a natural and inevitable process that has become an increasingly relevant topic in modern society. Visible signs of facial aging may cause emotional discomfort, as they influence both self-perception and social interactions. As mature skin is more susceptible to oxidative stress and environmental damage, antioxidants play an important role in maintaining skin condition. *Spirulina platensis*, a naturally occurring blue-green algae rich in antioxidants and essential nutrients, has attracted growing interest as an ingredient in anti-aging skincare products. However, scientific data regarding its effectiveness on mature facial skin remain limited. The aim of this study was to evaluate the effect of *Spirulina platensis* on mature facial skin. The research focused on identifying age-related skin changes and assessing the impact of a spirulina-containing serum on facial skin condition. Skin assessments were performed before and after product application to evaluate changes in selected skin parameters. A combination of qualitative and comparative assessment approaches was applied, including participant interviews, visual skin evaluation, and comparison of pre- and post-application observations. The outcomes were analysed to identify changes associated with the use of the spirulina-based cosmetic product. The results suggest that the application of spirulina-containing skincare products may contribute to the reduction of visible signs of skin aging and improvement of overall skin condition in mature individuals. These findings indicate that *Spirulina platensis* may represent a valuable ingredient in anti-aging cosmetics and support further investigation into its dermatological applications.

**Keywords:** spirulina, facial ageing, mature skin