

Herbal cosmetics



Introduction



- Indian herbs and its significance are popular worldwide.
- An herbal cosmetic have growing demand in the world market and is an invaluable gift of nature.
- Herbal formulations always have attracted considerable attention because of their **good activity and comparatively lesser or nil side effects** with synthetic drugs.
- The **science of Ayurveda** had utilized many herbs and floras to make cosmetics for beautification and protection from external affects
- Herbs and spices have been used in maintaining and enhancing human beauty.
- Indian women have long used herbs such as Sandalwood and Turmeric for skin care, Henna to color the hair, palms and soles; and natural oils to perfume their bodies.

Herbal cosmetics: Definition

- Herbal cosmetics are defined as the beauty products which possess desirable physiological activity such as healing, smoothing appearance, enhancing and conditioning properties because of herbal ingredients.
- Herbal Cosmetics are referred to as Products that are formulated, using various permissible cosmetic ingredients to form the base in which one or more herbal ingredients are used to provide defined cosmetic benefits only, shall be called as “Herbal Cosmetics”



What is the role of herbs in cosmetics?

- Herbal extracts are primarily added to the cosmetic formulations due to several associated properties such as **antioxidant, anti inflammatory, antiseptic and antimicrobial properties.**
- Even today, people in rural and urban areas depend upon herbs for traditional cosmetics
- There is common belief that chemical based cosmetics are harmful to the skin and an increased awareness among consumers for herbal products triggered the demand for natural products and natural extracts in cosmetics preparations

Herbal cosmetics

- The herbal cosmetics are the **preparations containing phytochemical from a variety of botanical sources**, which influences the functions of skin and provide nutrients necessary for the healthy skin or hair
- These are the **cosmetics which are prepared using plant products having cosmetic actions**.
- Recently the use of botanicals in cosmetics have increased mainly due to the mild action and non-toxic nature.
- In cosmetics, both natural and phyto-ingredients are used

- The Drug and Cosmetics Act specify that herbs and essential oils used in cosmetics must not claim to penetrate beyond the surface layers of the skin nor should have any therapeutic effect
- The legal requirement and the regulatory procedures for herbal cosmetics are same as that for other chemical ingredients used in cosmetic formulations
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The requirements for the basic skin care:

- **Toners:** The toners help to tighten the skin and keep it from being exposed to many of the toxins that are floating in the air or other environmental pollutants. Some of the herbs used as toners are **witch hazel, geranium, sage, lemon, ivy burdock and essential oils**
- **Moisturizing:** The moisturizing helps the skin to become soft and supple. Moisturizing shows a healthy glow and are less prone to aging. Some of the herbal moisturizers include vegetable **glycerin, sorbitol, rose water, jojoba oil, aloe vera and iris**
- **Cleansing agent:** which remove the dust, dead cells and dirt that chokes the pores on the skin. Some of the common cleansers include **vegetable oils like coconut, sesame and palm oil**

- Plant based active ingredient such as alpha-hydroxyl acid, retinoic acid, ascorbic acid and coenzyme Q10 .
- These active ingredients serves many purposes viz.
 - increase in skin elasticity,
 - delay in skin aging by reducing the wrinkles,
 - protection against UV radiation by antioxidant property and
 - to check degradation of collagen respectively



Table 1: Skin Types and their Care

Skin Type	Features	Suitable Skin Care	
		Herbal	Essential oils
Normal	Has even tone, soft, smooth texture, no visible pores or blemishes and no greasy patches or flaky areas.	Pomegranate leaves juice, Herbal Face Pack, Gingili Oil	Chamomile, Fennel, Geranium, Lavender, Lemon, Rose, Sandal Wood, Patchouli.
Dry	Low level of sebum and prone to sensitivity. Has a parched look, feels "tight. Chapping and cracking are signs of extremely dry, dehydrated skin.	Aloe Vera, Olive Oil, Calendula Comfrey	Chamomile, Fennel, Geranium, Lavender, Lemon, Rose, Sandal Wood Patchouli, Almond, Avocado
Oily	Shiny, thick and dull coloured Chronically oily skin has coarse pores and pimples and other embarrassing blemishes. Prone to black heads	Aloe Vera, Burdock Root chamomile Horsetail, Oat Straw, Thyme, Lavender, Lemon Grass, Liquorice, Rose Buds, Witch Hazel	Bergamot, Cypress Frankincense Geranium, juniper, Lavender, Lemon, Sage Evening Primrose
Combination	Some parts of your face are dry or flaky, while the center part of your face, nose, chin, and forehead (called the T- zone) is oily.	Witch Hazel, Menthol, Aloe Vera, Turmeric, Wheat Germ, Sweet Flag	Citrus Oils, Jasmine Oil, Sandal Wood Oil

Herbal cosmetics

- Cosmetics for enhancing the appearance of facial skin
- Cosmetics for hair growth and care
- Cosmetics for skin care, especially in teenager²² (acne, pimples and sustaining)
- Shampoos, soaps, powders and perfumery, etc.
- Miscellaneous products

