

HERBAL COSMETICS



Dr. Neeraja Tutakne

Definition – Herbal cosmetic

The term 'Herbal cosmetic' is as the natural cosmetic which is formulated, using different cosmetic ingredients, to form the base in which one or more herbs or their extracts are added to enhance the effect.



Advantages:

- Source of **nutrients, antioxidants, vitamins and minerals.**
- **Free from all the harmful synthetic chemicals.**
- **Safe to use.**
- **Possess desirable physiological activities, such as appearance, skin healing, smoothening, enhancing and conditioning properties.**
- **Suitable for all skin types.**
- **Availability of wide range of products for selection and choice.**
- **Easily available in affordable price range.**



Classification of herbal cosmetics: Classified on the basis of the dosage form and the part of application.

A. Dosage form:

- **Emulsion:** Cold cream, vanishing cream, liquid cream
- **Powders:** Face powder, Talcum powder, Tooth powder
- **Cakes:** Rouge compacts, make-up cake
- **Sticks:** Lipstick, chap stick, kajal stick, deodorant stick
- **Oils :** Hair oils
- **Mucilage :** Hand lotion
- **Jellies :** Hand jelly, wave set jelly, brilliantine jelly
- **Suspension :** Cosmetic stockings



Classification of herbal cosmetics:

B. Parts of the body to be applied for:

- Herbal cosmetics for **Skin care**
- Herbal cosmetics for **Hairs care**
- Herbal cosmetics for **Nail care**
- Herbal cosmetics for **hand and feet care**
- Herbal cosmetics for **eye care**
- Herbal cosmetics for general **body care**





HERBAL COSMETICS FOR SKIN CARE

Dr. Neeraja Tutakne - Herbal Cosmetics -
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SKIN CARE COSMETICS – Powders, creams, lotions, deodorants, bath and cleansing products, make-up preparations & suntan preparation.

- **Cleansing agent:** Coconut oil, sesame oil and palm oil.
- **Toners:** Geranium, sage, lemon and essential oils.
- **Moisturizing agent:** Almond, Jojoba, *Aloe vera*.



FACE MASK:

- Face masks are used to treat and improve the condition of the facial skin.
- A good face mask should calm, soothe, tighten, tone, hydrate, nourish and rejuvenate the facial skin.
- It is a non-toxic non-irritant.
- It helps to remove dirt and impurities from the skin by acting as an exfoliating agent.
- It improves blood circulation & facial complexion.



FACE MASK:

- Combination of many ingredients like clay, black mud, Aloe vera, seaweed, algae, essential oils, massage oils, herbs and vitamins.
- It is applied on the face in the form of paste or solution and is allowed to stay for 10-15 minutes.
- **Types:**
 - **Clay masks** help draw oil and dirt to the skin surface. They contain clay, mud or bentonite for their tightening and sebum-absorbing effects.
 - **Cream or gel masks** are formulated to hydrate and nourish the skin.
 - **Setting masks** are cool and refreshing masks which harden into a rubbery state and need to be peeled off at the end.



FACE MASK:

Commonly used ingredients -

- **Cucumber:** Cooling, soothing, healing agent.
- **Avocado:** Rich in oil and vitamins like A, B₁, B₂, D and E. Good for dry and sensitive skin.
- **Papaya:** Papain source - dead skin removal.
- **Potatoes:** Cleansing & healing agent for oily skin and eyes.
- **Honey:** Hydrating, toning and tightening agent.
- **Eggs:** Egg white to tighten and tone the skin.
- **Yogurt:** Natural lactic acid exfoliate & soften all skin types.



Avocado Cucumber





Face Masks for Normal skin

- **Skin Detox mask:** Activated charcoal, turmeric and curd
- **Bael fruit face mask:** Bael fruit extract or powder, honey.
- **Milk face mask:** Fresh cold raw milk.
- **Apricot face mask:** Apricot pulp, Honey, Lemon juice and Almond oil.



Face Masks for Dry skin

- **Mint face mask:** Multani mitti, fresh curd, mint paste.
- **Egg face mask:** Egg yolk , milk powder, honey.

Face Masks for Oily skin

- **Potato face mask:** Finely grated potato, multani mitti.
- **Cucumber face mask:** Cucumber juice, mint paste.
- **Papaya face mask:** Papaya fruit pulp .



BATH OIL

- It is scented oil added to bath water. Its' fragrance not only relaxes the body but also refreshes the mind.
- Oils like rose, chandan, citrus, myrrh, mint + Oils like almond, jojoba, sesame, castor, coconut, etc.

Properties: It acts as a refreshing agent. It cleanses the body. It imparts pleasant odour. It gives relaxing effect.

Types:

- **Emulsifiable type** – light oil formulation – moisturizing and cleansing effect.
- **Oily type** – Castor oil, alcohol, perfume and colour. Perfume part gets immediately absorbed in the body while the oil floating on the water; form the film on body which gets slowly absorbed in the body while bathing. Castor oil is mainly used as it is easily miscible with alcohol. These oils do not contain detergent or water softening action or cleansing property.



BATH OIL – Preparation



- 50% castor oil, 10% alcohol, 7% solubilizer, 30-40% water, 3% perfume & colour.
- Water is used as diluent.
- Solubilizer is used to get the clear final product.
- Addition of perfume and colour enhances the fragrance & appearance of the final product.
- In it, the sulphated oil and the detergent are kept in a tank.
- Then the perfume and solubilizing agent are added.
- Stirring vigorously & colour is added at the end to get final clear colourful product.



HERBAL COSMETICS FOR HAIR CARE



HERBAL COSMETICS FOR HAIR CARE

Shampoos, tonics, hair dressing, hair waving preparations, beard softeners, shaving media and depilatories (hair removers).

Properties:

- Cleanses hair and scalp
- Replaces the lost proteins, moisture and nutrients to the hair.
- Increases the strength and elasticity of hair.
- Protects the hair cuticle.
- Prevents drying of hair and the moisture loss.
- Conditions the hair.
- Gives brilliant thickness, softness, shine and lustre to the hair.



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Herbal Care

HERBAL SHAMPOO

- Cleans the hair and scalp.
- Removal of oils, dandruff, dirt, environmental pollutions.
- Lubricate, condition and medicate the hair and scalp.
- Stimulate hair growth and help to maintain the hair colour.
- Shikakai, Reetha, Hibiscus, Aloe, Henna, Nagarmotha, Lemon, Amla.
- **Mix herb shampoo:** Reetha, Shikakai and Amala
- **Protein shampoo:** Egg-white & Aloe gel
- **Hair health shampoo:** Reetha, Shikakai, Nagarmotha, Mehendi, Amala.
- **Anti-hair-fall shampoo:** Sesame seeds & cow milk.
- **Hibiscus leaf shampoo:** Hibiscus leaves & Hot water



HAIR DYE

- Hair dye is a temporary colouring preparation used to colour the hair.
- With the use of herbal hair darkeners, one can produce the desirable colour without having side effects.
- They are available in the form of powders, crayons, lacquer, etc. There are different types of hair dyes such as bleaching agents, temporary colouring agents, synthetic organic dyes, inorganic dyes and natural organic dyes.
- **Natural organic dye:** It is herbal in origin and is obtained from wood, twigs, leaves, flowers, fruits, seeds from plants in the form of powders, infusions, decoctions, packs, etc.
- The most commonly exploited plant for natural organic dye preparation is *Lawsonia inermis* (Henna). Henna leaves contain an active principle 'Lowsonone' which acts as a dyeing agent.



HAIR DYE – Preparation

- Henna extract acidified with mild organic acid like citric acid.
- Henna extract = Henna leaves paste with 2% Sodium Lauryl sulphate
- To modify the reddish shade of Henna towards dark brown to blackish side, the dried leaf powder of *Indigofera* is added to it.
- Hematoxylin obtained from the heart wood of some trees also gives black colour after oxidation to Henna dye. Decoctions of woody barks or nuts also forms good hair dyes.
- Wood extract of *Acacia catechu* (Kaath) produces brownish to black coloured hair dye due to presence of active principle 'Catechol'.
- Leaves of walnut tree (*Juglans cinerea*) are used as a source of brown coloured dye.
- Nutgalls are also used in production of natural hair dye. Nutgalls are the pathological excretion of leaves and twigs of white oak tree (*Quercus infectoria*) caused by bacteria, insects or worms. These nutgalls are rich in tannins and gallic acids which act as a source of 'Pyrogallol' which acts as hair dye.

HAIR OIL

Hair oil is a rich nutritive agent which is used to massage the hair and scalp.

- **Properties:** It prevents headache, baldness, hair-fall and greying of hair. It improves the tone of the heads. Oil massage to head makes the hair strong, long, silky, shiny and black. It makes the hair roots very firm. It helps to keep body and mind cool and imparts radiance and glow to the face. Oil massage also rejuvenates the brain and other vital organs of the body.
- **Plants and their role:** Herbs such as Bhringraj/Maka, Methi, Amala, Brahmi, Hibiscus, Citrus, Nagarmotha, Shikakai, Reetha, etc. are used in herbal hair oil preparations. Coconut, Castor, Sesame, Almond, Jojoba, Olive oil, etc. are used as base oil for herbal hair oil production.



HAIR OIL – Preparations

- **Hair tonic oil**

- **Ingredients:** 100g Bhringraj/Maka powder (*Eclipta alba*), 10g Methi powder, 10g Amala (powder / grated), 100ml castor oil, 500ml Coconut/Til oil.

- **Brahmi, Amalaki Hair oil**

- **Ingredients:** 50g Bhringraj/Maka powder (*Eclipta alba*), 100g Neer-Brahmi powder (*Baccopa monneiri*), 100g Amala (powder / grated), 10ml cow milk, 500ml Coconut oil.

- **Brahmi, Maka, Jaswand Hair oil**

- **Ingredients:** 100g Bhringraj/Maka powder (*Eclipta alba*), 100g Neer-Brahmi powder (*Baccopa monneiri*), 100g Jaswand flowers (*Hibiscus rosa-sinensis*), 100g Amala (powder / grated), 50ml castor oil, 500ml Coconut oil



HAIR CREAM

- It is a nutritive cream which nourishes the hair.
- It is a hair mask which controls hair fall and hair damage.
- Some hair creams act as a tonic and also help to style the hair in different ways.
- Hair creams are the water based oil emulsions which very often contain Almond oil and Lime water.
- These are widely accepted famous compositions because of it's creamy texture and ability to provide excellent shine and grooming property.
- The film that is formed on hair is water resistant and hence can be used in wet climate also.



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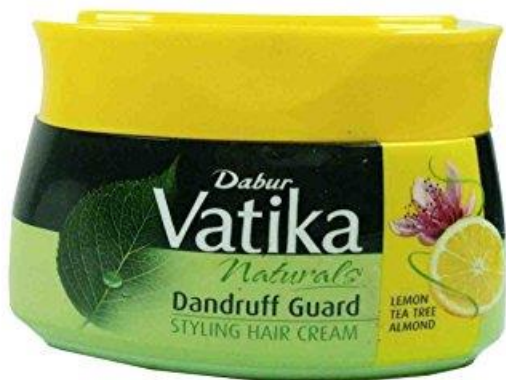
HAIR CREAM – Preparation

Type 1 Hair cream Ingredients	Type 2 Hair cream Ingredients	Type 3 Hair cream Ingredients
<ul style="list-style-type: none"> • Mineral oil: 8.5% • Lanolin: 3.5% • Bee wax: 1.5% • Glycerol: 4.5% • Cholesterol ester: 9% • Perfume • Preservatives 	<ul style="list-style-type: none"> • Mineral oil: 36% • Castor oil: 16% • Almond oil: 16% • Water: 50% • Diglycol disteariate: 6% • Perfume • Preservatives 	<ul style="list-style-type: none"> • Mineral oil: 32% • Isopropylamine: 0.3% • Diglycol disteariate: 6% • Stearic acid: 0.6% • Alcohol: 2.6% • Absorptive base: 2.6% • Water: 58% • Perfume, Preservative



HAIR CREAM – Preparation

- In the hair cream preparation, the water forms emulsion with the oil to give it a creamy texture.
- To prevent breaking of this emulsion during application, emulsifiers like Isopropylamine and Diglycol disteariate are added.
- The emulsifiers remove the watery feel of the cream during application and act as emollient (moisturizer).
- The Bee wax adds the shine, gloss, smoothening and stability to the cream.
- Use of perfume and preservations increase the fragrance and shelf life of the product respectively.



HAIR GEL

- Hair styling.
- Holds the hair form or pattern for long time.
- Gums - hair holding property.
- Gum Karaya, Tagacanth, Seed mucilage, pectin, gum Arabic, gelatine, *Sterculia urens* mucilage, flax seeds mucilage and water-soluble shellac are commonly used
- Gum tragacanth – Most widely used but it does not mix easily with water hence it is first mixed with alcohol or glycerol.
- Karaya gum – More mucilaginous than gum tragacanth. It has a characteristic smell of acetic acid which is removed by borax.
- The gels prepared are allowed to dry out for condensation.
- Drying process may be fasten up by adding 10% alcohol.
- Polyvinyl Pyrolidone (PVP) is an alcohol best suitable for preparation of hair gel containing lanoline and glycerol derivatives.
- Lanoline provides excellent plasticity and emollient (moisturizing) effect.

HAIR GEL – Ingredients

Type 1 Hair Gel Ingredients	Type 2 Hair Gel Ingredients
<ul style="list-style-type: none">▪ Karaya gum: 2%▪ Ethyl alcohol: 5%▪ Water: 93%▪ Perfume▪ Colour▪ Preservatives	<ul style="list-style-type: none">▪ Tragacanth gum: 1%▪ Ethyl alcohol: 6%▪ Glycerol: 1%▪ Castor oil: 2%▪ Water: 90%▪ Perfume, Colour, Preservatives

Method:

- Melt the gum with alcohol and stir slowly to expel out the air bubbles formed.
- Add glycerol, castor oil perfume, preservative and lastly water to it by constant stirring.
- Addition of castor oil helps in platinizing the gum film and preventing it from dullness.
- Continue stirring till the gum gets uniformly dispersed in the solution and homogenous product is prepared.
- Filter the product and allow it to dry for 2 to 4 hours to attain maximum viscosity.