

UNIT-11

Herbal cosmetics

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HERBAL COSMETICS

11.1 INTRODUCTION

Herbal cosmetics are beauty products, formulated using various herbal ingredients to provide defined cosmetic benefits. These products are supposed to be gentle on the skin and less likely to cause allergic reactions compared to products based only on synthetic chemicals.



They can contain a variety of products such as lotions, creams, shampoos, conditioners, soaps, and makeup.

11.2 THE CLASSIFICATION OF HERBAL COSMETICS

- Skin care products.
- Haircare products.
- Cleansers, soaps and Shampoos.
- Fragrances and perfumes.
- Masking and makeups.

11.3 HERBS USED IN COSMETICS

11.3.1 Aloe vera gel

Biological source

Obtained from mucilaginous tissue located in the leaf-parenchyma of Aloe species such as *Aloe vera* (Curacao aloe) and *A. ferox*.

Family: Liliaceae

Chemical constituents:

- It consists of a rich content of water and polysaccharides (55%).
- They also contain **anthraquinone glycosides** such as aloin, aloe-emodin, and barbaloin.
- Vitamins and folic acid are also present and provide antioxidant activity.



Aloe vera gel

Commercial preparation:

- **Juice:** To serve as drink also available in combination like cucumber juice with aloe vera.
- **Powder:** Yoghurt, curd, ice-cream and confectioneries
- **Gel fillet:** Candies, chewing gum.

Marketed preparation:

1. The Body shop aloe vera soothing gel.
2. Nature republic aloe vera 92% soothing gel.
3. Patanjali saundarya aloe vera gel.
4. Benton aloe propolis soothing gel.
5. Fruit of the earth aloe vera gel.



Marketed preparations

Therapeutic uses:

Used externally in the form of ointments, creams to assist healing of wounds, burns, eczema, and also in psoriasis.

Cosmetic uses:

Aloe vera is a natural moisturizer that can help to soothe and heal dry and flaky skin. It can also help to reduce sign of ageing, fight acne and even remove dark circles. Also it can eliminate dead skin cells.

11.3.2 Almond oil

Synonyms: Badam tail

Biological source:

It consists of the **fixed oil** expressed from the seeds of almonds. There are two types of almond oil. The sweet almond oil is obtained from *Prunus communis*, while the bitter almond oil is obtained from *P. amygdalus var. amara*.



Almond oil

Family: Rosaceae

Characteristics:

- The sweet almond is 2-3 cm in length, rounded at one end, and pointed at the other. The bitter almond is 1.5-2 cm in length but of similar breadth to the sweet almond.

- The sweet almonds are used for edible purposes, while the bitter almonds are a major source of almond oil.
- They have cinnamon brown wrinkled papery testa, easily removed after soaking in warm water. Below the testa, it contains two white cotyledons.
- The bitter almonds are bitter in taste, while the sweet variety is sweeter in taste.

Chemical constituents:

- Both varieties of almond contain 20% protein, 40–50% fixed oil, and mucilage. The fixed oil includes linoleic acid and linolenic acid.
- The bitter almonds contain cyanogenetic glycosides.
- Amygdalin, which, on hydrolysis, yields **hydrocyanic acid and benzaldehyde**.

Marketed preparation

- Dabur badam tail.
- Bajaj almond drops hair oil.
- Soul flower almond hair oil.
- Baidyanath lal tail.



Almond oil

Therapeutic uses:

- It has mild laxative action
- Bitter almond used as a sedative due to HCN content
- It makes teeth, bones stronger

Cosmetic uses:

- It acts as antioxidant against.
- It is used as demulcent in skin lotions.
- It is also used in the preparations of hair and skin creams and lotions.

11.3.3 Lavender oil

Synonyms: Common Lavender

Biological source

It is the volatile oil obtained by steam distillation of fresh **flowering tops of *Lavandula officinalis* Chaix.**



Lavender

Family: Labiatae

Chemical constituents

The oil contains about 30–40% esters, calculated as linalyl acetate, as well as pinene, geraniol, linalool, and cineol.

Marketed preparation

- Soul flower lavender essential oil
- Khadi natural lavender essential oil
- Nykaa naturals lavender essential oil

Therapeutic uses

- Lavender oil has a soothing and calming effect on the nerves.
- It is also very beneficial for problems such as bronchitis, asthma, colds, and laryngitis.
- Lavender oil relieves pain when used for rheumatism and arthritis.

Cosmetic uses

- It is used to reduce appearance of fine lines and wrinkles.
- It is also improving acne and soothes skin.
- It is used as an ingredient in bath soaps and washing agents.
- It is used in hair shampoo.

11.3.4 Olive oil

Synonyms: Oleum olival, Salad oil

Biological source

It is the **fixed oil** expressed from the **ripe fruit** of *Olea europaea* Linn.

Family: Oleaceae

Chemical constituents

The olive oil contains triglycerides, mainly in the form of **olein**, linolein, and palmitin.

Marketed preparation

- Bertolli Extra Virgin Olive Oil
- Figaro Olive Oil
- Leonardo Olive Oil
- Disano Extra Virgin Olive Oil

Therapeutic uses

- It is used as a nutrient, a demulcent, and a mild laxative. It is used as a vehicle for oily suspensions for injection.
- It is an emollient and soothing agent for inflamed surfaces.
- It is used to soften the skin and crusts in eczema and psoriasis; it is also used as an ingredient in ear wax.



Cosmetic uses

- It can be used in nail care to soften and moisturize the cuticles.
- It is also used as olive oil to hydrate the skin while eliminating and preventing acne-causing bacteria.

11.3.5 Rosemary oil

Biological source

It is the volatile oil obtained from **fresh flowering tops** of the plant *Rosmarinus officinalis* Linn.

Family: Labiatae

Chemical constituents

The flowers contain about 1.0% volatile oil, ursolic acid, and bitter principle. Volatile oil contains mainly borneol, bornyl acetate, 45% of terpenes, camphor, pinene, cineol, and d-camphene.

Marketed preparation

- Khadi Natural Rosemary essential oil.
- Aroma Magic Rosemary essential oil.
- Nykaa Naturals Rosemary essential oil.
- Nature's Absolutes Pure Rosemary essential oil.

Therapeutic uses

It is used as a carminative, rubefacient, stimulant, and flavoring agent for liniments, hair lotions, inhalers, soaps, and cosmetics.

Cosmetic uses

It helps to reduce inflammation caused by acne due to the antibacterial properties present in it. It also gives glowing skin, soothes the skin, and revives dull skin.



Rosemary oil

11.3.6 Sandalwood oil

Biological source:

It is obtained by steam distillation from the heart-wood of *Santalum album* Linn.



Sandalwood

Family: Santalaceae.

Chemical constituents:

Sandalwood oil contains more than 90% **sesquiterpenic alcohols**, which are tricyclic α -santalol and β -Santalol.

Marketed preparation:

- Khadi Natural Sandalwood essential oil.
- Aroma Magic Sandalwood essential oil.
- Soul flower Sandalwood aroma oil.

Therapeutic uses:

- Sandalwood oil is used for the symptomatic **treatment of dysuria** and tuberculosis of the bladder.
- It is used in aromatherapy due to its fragrance.



Cosmetic uses:

It is used in the cosmetic industry to prepare perfumes, soaps, powders, and facial creams and masks. It is primarily used in Ayurvedic skincare products.