Herbal cosmetics

Aloe Vera Gel

General Introduction

- Aloe vera gel is a mucilaginous extract obtained from the inner parenchymal tissues of the leaves of *Aloe vera*.
- Widely used in cosmetics, pharmaceuticals, and traditional medicine for its soothing, moisturizing, and anti-inflammatory properties.

Sources

- **Botanical Name:** *Aloe barbadensis* or *Aloe vera*
- **Family:** Liliaceae (or Asphodelaceae)
- **Part Used:** Leaf pulp (gel portion)



Chemical Constituents

- **Polysaccharides:** Acemannan, glucomannan (main bioactive components)
- **Anthraquinones:** Aloin, emodin (present in latex, not in gel)
- **Enzymes:** Amylase, catalase, lipase
- **Vitamins:** A, C, E, B12, folic acid
- **Minerals:** Calcium, magnesium, zinc, selenium

Commercial Preparations

- Aloe vera gel tubes (pure gel)
- Aloe creams, lotions, and sunscreens

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- Aloe-based health drinks and capsules

Therapeutic Uses

- Soothing agent for burns, sunburn, wounds, and skin irritation
- Anti-inflammatory and healing action on cuts and ulcers
- Used internally for constipation (latex form) and digestive support

Cosmetic Uses

- Used in moisturizers, shampoos, and anti-aging products
- Helps in hydration, acne treatment, and reducing wrinkles
- Promotes skin repair and collagen production

Almond Oil

General Introduction

- Almond oil is a fixed oil extracted from the kernels of sweet almonds.
- Rich in essential fatty acids and used for skin softening, hair nourishment, and massage.

Sources

- **Botanical Name:** *Prunus amygdalus var. dulcis*
- **Family:** Rosaceae
- **Part Used:** Dried seeds (kernels)



Chemical Constituents

- **Fatty Acids:** Oleic acid, linoleic acid, palmitic acid

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- **Vitamins:** Vitamin E (α-tocopherol), B-complex
- **Phytosterols:** β-sitosterol
- Proteins and minerals

Commercial Preparations

- Cold-pressed almond oil bottles
- Almond oil creams, serums, and massage oils
- Almond oil-enriched shampoos and baby oils

Therapeutic Uses

- Anti-inflammatory and emollient; treats dry and inflamed skin
- Used for constipation (mild laxative) and pain relief (in traditional medicine)
- Promotes heart health when used orally

Cosmetic Uses

- Widely used in skin and hair care for its nourishing and softening effects
- Helps in reducing dark circles, stretch marks, and fine lines
- Used as a carrier oil in aromatherapy

Lavender Oil

General Introduction

- Lavender oil is a volatile essential oil obtained by steam distillation of the lavender flowers.
- Known for its calming fragrance and is used extensively in aromatherapy and skincare.



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Sources

- **Botanical Name:** *Lavandula angustifolia* (syn. *L. officinalis*)
- **Family:** Lamiaceae
- **Part Used:** Fresh flowering tops

Chemical Constituents

- **Main Components:** Linalool, linalyl acetate
- **Other Constituents:** Cineole, camphor, borneol, geraniol

Commercial Preparations

- Essential oil vials
- Lavender-scented lotions, soaps, sprays
- Aromatherapy blends and candles

Therapeutic Uses

- Sedative, anxiolytic, and antispasmodic properties
- Used for headaches, insomnia, nervous tension
- Antimicrobial action on minor wounds and burns

Cosmetic Uses

- Used in perfumes, creams, shampoos, and bath products
- Soothes irritated skin and scalp
- Promotes relaxation and sleep when used topically or in diffusers

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Olive Oil

General Introduction

- Olive oil is a fixed oil extracted from the fruit of the olive tree.
- Revered for its nutritional and medicinal value and used widely in cooking, skin care, and hair care.

Sources

- **Botanical Name:** *Olea europaea*

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