

Commonly Used Herbal Cosmetics

- Commonly used herbal cosmetics are cosmetic products prepared using herbal ingredients for daily personal care and beautification.
- These products help maintain healthy skin, hair, lips, teeth, and overall body hygiene.
- Herbal cosmetics are preferred because they provide cosmetic benefits along with the natural properties of herbs.



Aloe Vera Gel



Herbal Face Mist



Herbal Shampoo

Herbal Serum



Herbal Scrub



Facial Oil



Herbal Conditioner



Herbal Cream



Herbal Lip balm

Types of Commonly Used Herbal Cosmetics

A. Herbal Skin Care Products

- Herbal skin care products are used to cleanse, nourish, moisturize, and protect the skin.
- These products help improve skin texture and appearance.
- Examples include herbal face wash, face cream, moisturizer, sunscreen, and face pack.



Skin Care

face wash, cream



Hair Care

shampoo, oil



Oral Care

toothpaste, mouthwash



Lip Care

lip balm



Eye Care

kajal



Bath & Body

soap, lotion

B. Herbal Hair Care Products

- Herbal hair care products help maintain healthy hair and scalp.
- These products reduce dandruff, strengthen hair roots, and improve hair growth.
- Examples include herbal shampoo, hair oil, conditioner, hair tonic, and herbal hair dye.

C. Herbal Oral Care Products

- Herbal oral care products help maintain oral hygiene and dental health.
- These products help clean teeth and freshen breath.
- Examples include herbal toothpaste, tooth powder, and mouthwash.

D. Herbal Lip Care Products

- Herbal lip care products help protect lips from dryness and cracking.
- These products keep lips soft and moisturized.
- Examples include herbal lip balm and lip cream.

E. Herbal Eye Care Products

- Herbal eye care products are used for eye beautification and comfort.
- These products are prepared using safe herbal ingredients.
- Examples include herbal kajal and eye lotions.

F. Herbal Bath and Body Care Products

- Herbal bath and body care products help maintain cleanliness and freshness.
- These products nourish and protect the skin.
- Examples include herbal soaps, body wash, deodorants, and body lotions.

Advantages

- Herbal cosmetics contain naturally derived ingredients.
- They are generally gentle on the skin and hair.
- They provide nourishment and protection.
- They are widely accepted by consumers seeking natural products.
- They support environmentally friendly practices.

Raw Materials

Definition

- Raw materials are substances used to manufacture herbal cosmetic products.
- They may be obtained from plants, minerals, animals, or synthetic sources.

Importance

- Raw materials determine product quality and performance.
- They influence texture, color, fragrance, and stability.
- Good quality raw materials ensure product safety.

Examples

- Aloe vera gel
- Neem extract
- Turmeric powder
- Rose water
- Coconut oil
- Beeswax

Preservatives

Definition

- Preservatives are substances added to prevent the growth of microorganisms such as bacteria, fungi, and molds.

Importance in Herbal Cosmetics

- Herbal products often contain water and plant extracts, which can support microbial growth.
- Preservatives increase product shelf life.
- They maintain product safety during storage and use.

Characteristics of an Ideal Preservative

- It should be effective against microorganisms.
- It should be safe for skin application.
- It should not affect product color, odor, or texture.

Examples

A. Natural Preservatives

- Rosemary extract
- Grapefruit seed extract
- Vitamin E

B. Commonly Used Cosmetic Preservatives

- Potassium sorbate
- Sodium benzoate
- Phenoxyethanol

Surfactants

Definition

- Surfactants are substances that help remove dirt, oil, and impurities from skin and hair.

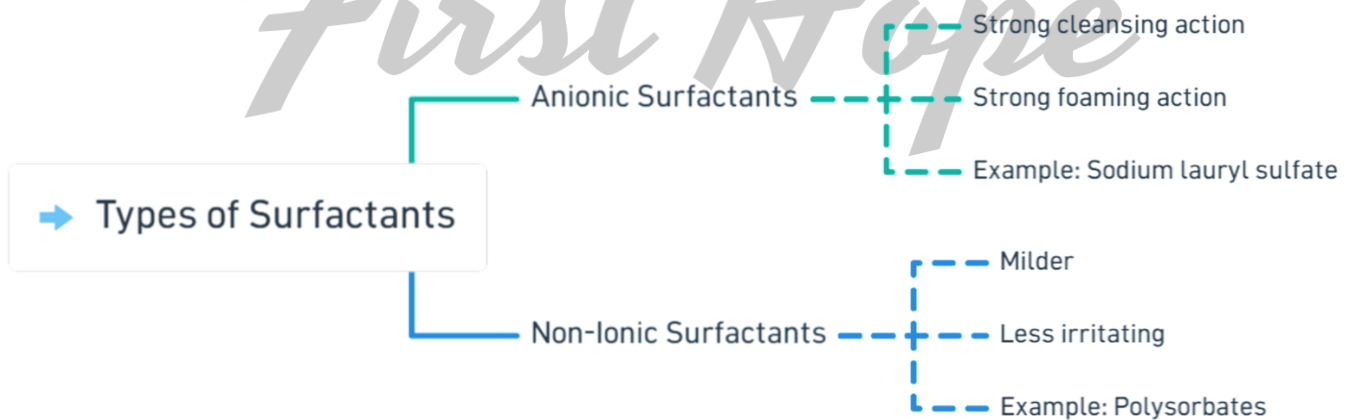
Functions

- They produce cleansing action.
- They help form foam.
- They improve spreading and wetting properties.

Importance in Herbal Cosmetics

- Surfactants are essential ingredients in shampoos, face washes, and body cleansers.
- They help mix oil and water phases.

Types of Surfactants



A. Anionic Surfactants

- These provide strong cleansing and foaming action.
- Example: Sodium lauryl sulfate.

B. Non-Ionic Surfactants

- These are milder and less irritating.
- Example: Polysorbates.

Natural Surfactants

- These are obtained from plant sources.
- Example: Reetha (soapnut).

Herbal Examples

- Reetha extract
- Shikakai extract

Humectants

Definition

- Humectants are substances that attract water from the environment and help retain moisture in the skin.

Functions

- They prevent skin dryness.
- They improve skin softness and smoothness.
- They help maintain product moisture content.

Importance in Herbal Cosmetics

- Humectants are commonly used in creams, lotions, gels, and face masks.
- They improve skin hydration and comfort.

Examples



A. Natural Humectants

- Honey
- Aloe vera gel
- Glycerin from vegetable sources

B. Synthetic Humectants

- Propylene glycol
- Sorbitol

Oils



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