

Herbal Cosmetics

Herbal Cosmetics: Basic Concept

- Herbal cosmetics are products formulated using **plant-based ingredients** (herbs, extracts, oils, powders) to enhance appearance and provide therapeutic benefits with minimal side effects.



Why herbal ingredients are used

- Natural and biocompatible
- Lower risk of irritation (generally)
- Provide multiple benefits (antioxidant, antimicrobial, soothing)
- Consumer preference for “green” products

Key advantages of herbal cosmetics

- Natural origin
- Lower risk of side effects
- Multifunctional benefits

Herbal Ingredients Used in Hair Care

- Herbal ingredients in hair care are used for cleansing, conditioning, promoting hair growth, and treating scalp disorders like dandruff.

Objectives in hair care

- Promote hair growth
- Reduce dandruff
- Condition and strengthen hair

- Prevent hair fall

Common herbal ingredients and their functions

1. Amla (*Emblica officinalis*)

- Rich in Vitamin C
- Promotes hair growth
- Prevents premature greying
- Strengthens hair roots

2. Shikakai (*Acacia concinna*)

- Natural cleansing agent
- Mild surfactant action
- Maintains scalp pH
- Adds shine and softness

3. Reetha (*Sapindus mukorossi*)

- Contains natural saponins
- Acts as a natural shampoo
- Produces foam
- Removes dirt and oil

4. Neem (*Azadirachta indica*)

- Strong antimicrobial and antifungal
- Effective against dandruff
- Reduces scalp infections

5. Henna (*Lawsonia inermis*)

- Natural hair conditioner
- Adds color (reddish tint)
- Strengthens hair shaft

6. Bhringraj (*Eclipta alba*)

- Promotes hair growth
- Reduces hair fall
- Improves scalp health

7. Aloe vera

- Soothes scalp

First Hope

- Reduces dryness and irritation
- Acts as natural conditioner

8. Hibiscus

- Promotes hair growth
- Prevents hair fall
- Conditions hair

Applications

- Herbal shampoos
- Hair oils
- Hair masks
- Conditioners

Advantages

- Gentle on scalp
- Less chemical damage
- Provides nutrients directly from plants

Limitations

- Slower results compared to synthetic products
- Stability and shelf-life issues

Herbal Ingredients Used in Skin Care

- Herbal ingredients are used in skincare for moisturizing, anti-aging, anti-acne, soothing, and skin brightening effects.

Objectives in skin care

- Moisturizing
- Anti-aging
- Skin brightening
- Anti-acne
- Soothing and healing

Common herbal ingredients and their functions

1. Aloe vera

- Moisturizing and soothing

- Anti-inflammatory
- Used for burns and irritation

2. Turmeric (Curcuma longa)

- Antiseptic and anti-inflammatory
- Brightens skin
- Helps in acne control

3. Neem

- Antibacterial
- Effective in acne treatment
- Purifies skin

4. Sandalwood (Chandan)

- Cooling effect
- Reduces blemishes and pigmentation
- Soothes skin

5. Rose (Rosa species)

- Hydrating and refreshing
- Acts as toner
- Mild astringent

6. Green tea

- Rich in antioxidants
- Anti-aging effect
- Protects from UV damage

7. Licorice (Glycyrrhiza glabra)

- Skin lightening
- Reduces pigmentation
- Anti-inflammatory

8. Papaya

- Contains enzymes (papain)
- Exfoliates dead skin
- Improves skin texture

Applications

- Face creams
- Face packs
- Serums
- Cleansers and toners

Types of herbal skin care products

- Face washes
- Creams and lotions
- Face packs and masks
- Toners and serums

Benefits

- Lower risk of irritation
- Suitable for sensitive skin
- Multifunctional (moisturizing + healing)

Challenges

- Risk of contamination (natural products spoil easily)
- Variability in plant composition

Herbal Ingredients Used in Oral Care

- Herbal ingredients in oral care help maintain dental hygiene, prevent infections, and strengthen teeth and gums.

Objectives in oral care

- Maintain oral hygiene
- Prevent dental caries
- Strengthen gums
- Reduce mouth odor

Common herbal ingredients and their functions

1. Neem

- Antibacterial
- Prevents plaque formation
- Maintains gum health

2. Clove (*Syzygium aromaticum*)



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