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Review Paper

Formulation and Evaluation of Herbal Lotions– An Overview

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ABSTRACT

The herbal cosmetics are those when natural herbs and their products used for their aromatic value in cosmetic preparation among consumers for herbal products triggered the demand for natural products and natural extracts in cosmetics preparations. Lotions are liquid preparations meant for external application without friction. They are applied directly to skin with the help of some absorbent material, such as, cotton wool or gauze soaked in it. Formulation of aloe vera lotion, formulation of menthol lotion and aloe vera lotion with arrow root powder is prepared using different composition. These formulations were evaluated with different evaluation parameters like Homogeneity, Appearance, after feel, Acid Value, pH measurement, Irritancy test, Viscosity, Accelerated stability testing, Subjective Properties, Spreadability, Type of emulsion test, Sensitivity Test, Washability Test, statistical analysis, In vitro permeation studies, Test for thermal stability, Determination of total fatty matter, Determination of water content, Patch test. The objective of this review is to compile the information of different herbal formulations of lotion and its evaluation. Herbal lotion formulations studied by many researchers and this information can be used by many researchers for novel herbal cosmetic formulations with new herbs. The herbal cosmetics are those when natural herbs and their products used for their aromatic value in cosmetic Preparation among consumers for herbal products triggered the demand for natural products and natural Extracts in cosmetics preparations. Lotions are liquid preparations that is for external application without friction. They are applied directly on the skin with the help of some absorbent material, such as, cotton wool or gauze soaked in it. Formulation of aloe Vera lotion, formulation of menthol lotion and with Arrowroot Powder is prepared using different composition. The focus of the present research was to formulate. The herbal Lotion for the occasion of moistening and nourishing the skin.

INTRODUCTION

The word “Cosmetic” derived from a Greek word – “kosmesticos” that means to adorn. From that

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time any Materials used to beautification or promoting appearance is known as cosmetic. The word “cosmetics” Actually stems from its use in Ancient Rome. They were typically produced by female slaves known as “cosmetic” which is where the word “cosmetics” stemmed from. Cosmetics are used to enhance appearance. Makeup has been around for many centuries. The first known people who used cosmetics to enhance their Beauty were the Egyptians. Makeup those days was just simple eye coloring or some material for the body. Now-a-days makeup plays an important role for both men and women. The importance of cosmetics has Increased as many people want to stay young and attractive. Cosmetics are readily available today in the form Of creams, lipstick, perfumes, eyeshadows, nail polishes, hair sprays etc. Other cosmetics like face powder Give glow to the skin after applying the base cream. Then we have lipsticks, which are applied by many women of all ages. They are made from wax and cocoa butter in the desired amount. Cosmetics like creams, gels, and colognes are used on a daily basis by both women and men. Creams act as a Cleanser for the face in many circumstances. More recently anti-ageing creams have been manufactured which Can retain younger looking skin for many years. The best cleansing agents are cleansing cream, soap and Water. Cosmetic creams serve as a skin food for hard, dry and chapped skin. It mainly

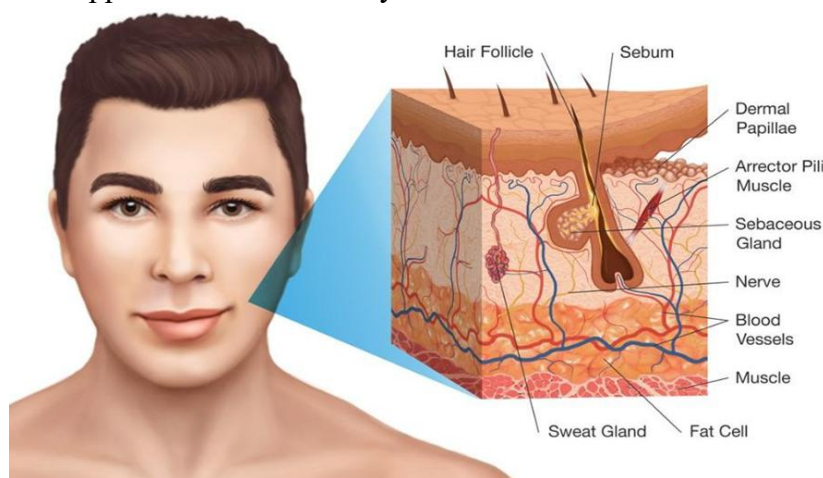
lubricates, softens and removes unwanted dirt from the skin. Some popular fat creams that are used include Vaseline and Lanolin. Dry creams are used in the manufacture of soap and gelatin which is used as a base for the skin. Herbal Cosmetics, here referred as Products, are formulated, using various permissible cosmetic ingredients to form the base in which one or more herbal ingredients are used to provide defined cosmetic advantages only, shall be called as "Herbal Cosmetics". The herbal cosmetics are those when natural herbs and their products used for their aromatic value in cosmetic preparation among consumers for herbal products triggered the demand for natural products and natural extracts in cosmetics preparations.

Human Skin

The skin is the largest organ of the body, with a entire area of about 20 square feet. The skin protects us from germs and the elements, helps regulate body temperature, and permits the sensations of touch, heat, and cold.

Human skin has three primary layers:

1. Epidermis (outermost layer)
2. Dermis (middle layer)
3. Hypodermis / Subcutaneous Layer (deepest layer)








Structure of Human Skin

Ingredients used in Herbal Lotions:

1. Aloe vera
2. Coconut Oil
3. Rose Water
4. Bees Wax
5. Vitamin E

Uses of Ingredients in Herbal Lotions

Sr. No.	Herbal Drug	Uses
1.	<p>Aloe vera:</p> 	<p>Aloe vera is used in herbal lotions mainly for its soothing, moisturizing, and healing properties. It calms irritated or inflamed skin with its natural anti-inflammatory compounds, making it helpful for sunburns and sensitivity. Its highwater content hydrates the skin without clogging pores, leaving it soft and refreshed. Aloe also supports skin repair by boosting collagen production and providing antibacterial protection, which helps wounds heal faster and promotes overall skin health.</p>
2.	<p>Coconut oil:</p> 	<p>Coconut oil is commonly used in skin-care products and herbal lotions because of its rich moisturizing and protective properties. It contains fatty acids, especially lauric acid, that deeply hydrate the skin and help strengthen its natural barrier. Coconut oil also has natural antibacterial and antifungal effects, making it useful for soothing minor irritation and supporting clearer skin. Its antioxidant content helps protect against environmental damage, while its smooth texture leaves the skin soft, nourished, and glowing.</p>
3.	<p>Rose Water:</p> 	<p>Rose water is widely used in skin care and herbal lotions for its soothing, hydrating, and toning effects. It helps calm redness and irritation thanks to its natural anti-inflammatory properties, making it ideal for sensitive or acne-prone skin. Rose water also adds gentle hydration, helping maintain the skin's moisture balance without feeling heavy or oily. Its mild astringent qualities tighten pores and refresh the skin, giving a smoother and more even appearance. Additionally, its natural antioxidant compounds help protect the skin from environmental stress while leaving a pleasant, calming fragrance.</p>
4.	<p>Bees Wax:</p> 	<p>Beeswax is a valuable natural ingredient used in herbal lotions because it acts as both a protective barrier and a nourishing moisturizer. It helps seal moisture into the skin without clogging pores, keeping the skin soft and preventing dryness. Beeswax also contains natural antibacterial and anti-inflammatory properties, which support healing and protect the skin from irritation. Its rich content of vitamin A promotes cell regeneration, helping maintain smooth and healthy skin. Additionally, beeswax gives lotions a thick, creamy texture that spreads well and forms a long-lasting protective layer against wind, cold, and environmental damage.</p>

5.	<p style="text-align: center;">Vitamin E:</p> 	<p>Vitamin E is widely used in herbal lotions for its strong antioxidant and skin-protective benefits. It helps neutralize free radicals, which are harmful molecules that contribute to skin aging, dryness, and damage from sunlight or pollution. By protecting skin cells in this way, vitamin E helps maintain a smoother, more youthful appearance. It is also deeply moisturizing, supporting the skin's natural barrier and preventing moisture loss. Additionally, vitamin E aids in skin repair by promoting healing of minor scars, wounds, and rough patches. Its ability to reduce inflammation and strengthen the skin makes it a valuable ingredient in lotions designed for nourishment, protection, and overall skin health.</p>
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Lotion Benefits

1. Re-hydrate dried skin.
2. Replenish extra dry or rough spots on the skin.
3. Smooth calluses.
4. Feel and smell good.
5. Help yourself relax.
6. Soften the roughest parts of your body.
7. Make your skin glow.

Advantages of Herbal Lotions

- Made from natural plant-based ingredients, reducing the risk of harsh chemical reactions.
- Gentle on sensitive skin and suitable for daily use.
- Provide natural hydration without clogging pores.
- Cheap in cost.
- Often contain antibacterial and antifungal properties that support healthy skin.
- Free from synthetic fragrances and additives, making them safer for many skin types.
- Rich in vitamins, antioxidants, and minerals that nourish and protect the skin.
- Easy to manufacture.
- Environmentally friendly as they typically use biodegradable and renewable ingredients.
- Extract form of the plants decreases the bulk properties of the cosmetics and gives appropriate pharmacological effects.
- They have more stability, purity, efficacy, with their herbal constituents.

- The storage and handling of herbal cosmetics is easier and for prolong period.

MATERIALS AND METHODS

1. Aloe Vera:

Aloe vera is a moisturizing agent delivers smoothing property to the skin. Aloe vera gel contains two Hormones: Auxin and gibberellins. These two hormones provide wound healing and anti-inflammatory properties that reduce skin inflammation. Aloe is used to effectively heal Chronic skin problems, such as psoriasis, acne and eczema.

Material for Aloe vera extraction-

- Fresh, healthy Aloe vera leaves
- Clean cutting board
- Sharp knife or sterile blade
- Spoon or gel scraper
- Clean glass beaker or bowl
- Sterile airtight container (for storage)

Steps for Aloe vera extraction-

1. Selection of leaves
2. Washing and Cleaning
3. Draining the yellow latex (Aloin Removal)
4. Trimming the Leaf Edges
5. Filleting the Leaf
6. Gel Extraction
7. Filtration

8. Storage

tighten pores and refresh the skin, giving a smoother and more even appearance.

2. Coconut Oil:

Coconut oil also has natural antibacterial and antifungal effects, making it useful for soothing minor irritation and supporting clearer skin. Its antioxidant content helps protect against environmental damage, while its smooth texture leaves the skin soft, nourished, and glowing.

Material for Coconut oil extraction-

- Mature coconuts (fully brown, hard-shelled)
- Clean knife or coconut breaker
- Grater or mechanical coconut shredder
- Clean bowls or stainless-steel containers
- Filter cloth or muslin cloth
- Strainer
- Airtight glass bottles (for storage)

Steps for Coconut oil extraction-

1. Selection of Coconuts
2. Cleaning and Preparation
3. Breaking and Draining
4. Meat Extraction
5. Grating or Shredding
6. Extraction of Coconut Milk
7. Fermentation Process
8. Collection of Virgin Coconut Oil
9. Filtration
10. Storage

3. Rose Water

Rose water helps calm redness and irritation thanks to its natural anti-inflammatory properties, making it ideal for sensitive or acne-prone skin. Rose water also adds gentle hydration, helping maintain the skin's moisture balance without feeling heavy or oily. Its mild astringent qualities

Material for Rose water extraction-

- Fresh rose petals (preferably red roses)
- Distilled water
- Stainless steel pot with lid
- Heat-resistant bowl or collecting dish
- Ice cubes
- Stove or heating source
- Clean glass bottle for storage
- Strainer for filtering

Steps for Rose water extraction-

1. Collection of fresh rose petals
2. Setup for Distillation
3. Heating
4. Collection
5. Filtration and Storage

4. Bees Wax:

Bees wax helps seal moisture into the skin without clogging pores, keeping the skin soft and preventing dryness. Beeswax also contains natural antibacterial and anti-inflammatory properties, which support healing and protect the skin from irritation. Its rich content of vitamin A promotes cell regeneration, helping maintain smooth and healthy skin.

Material for Bees Wax extraction-

- Raw honeycomb (capped or brood-free preferred)
- Large stainless-steel pot
- Heat source (stove or hot plate)
- Clean water
- Fine mesh strainer or cheesecloth
- Large bowl or container
- Knife or scraper
- Molds or containers for storing the wax

Steps for Bees Wax extraction-

1. Preparation
2. Melting
3. Filtering

4. Cooling
5. Cleaning wax
6. Final Processing and Storage

Formula

Sr. No	Ingredient	Formulation A	Formulation B	Formulation C
1	Aloe Vera	0.59 gm	0.60 gm	0.61 gm
2	Coconut Oil	3 gm	4 gm	5 gm
3	Rose water	3 gm	4 gm	4 gm
4	Bees Wax	2 gm	3 gm	4 gm
5	Vitamin E	3 Capsule	3 Capsule	3 Capsule

- Dissolve Vitamin E in rose water at 70°C on a water bath.
- Melt the wax with coconut oil in another beaker on water bath.
- keep the temperature at about 70°C Pour borax solution into molten wax at the same temperature with constant stirring.
- Stir the mass constantly when the temperature drops to about 45°C.
- Pour the formulation in wide mouth container and label it.

Evaluation of Herbal Lotion

Organoleptic character Homogeneity

pH determination

Determination of spreadability Irritancy test Washability

1. Organoleptic Character

Colour – White Odour -Pleasant Texture –Smooth State – Semi-solid

2. Homogeneity

The formulation were tested for homogeneity by visual appearance and by touch.

3. pH determination

0.5 g cream was taken and dispersed in 50 ml distilled water and then PH was measured by using digital PH meter.

4. Determination of Spreadability

Sample was applied between two glass slides and was compressed to uniform thickness by placing 100gm weight for 5 minutes. Weight was added to the pan. The time required to separate the two slides, i.e. the time in which the upper glass slide moved over the lower slide was taken as measure of spreadability. It was Calculated using the formula:

$$\text{Spreadability} = m * I / t$$

m :- Weight tide to upper slide

l :- Length moved on the glass slide t :- time taken.

RESULT

1. pH determination

Sr. No	Formulation	pH
1	A	6.5
2	B	6.7
3	C	7.2



2. Determination of Spreadability

Sr. No	Formulation	Time	Spreadability (gm*cm/sec)
1	A	11	22.9
2	B	14	15
3	C	8	32.7

All the three formulations A, B, and C Showed good appearance, PH, Determination of Spreadability. They were easily washable.

Direction of Use

- For external use only Add a dollop (around a 10p coin size) to your hand (more if your skin is particularly dry or on rougher areas such as elbows and knees)
- Rub your palms together to warm up the lotion.
- Use your hands to massage the lotion into your body in small circular motions.

CONCLUSION

The present work focus on the potential of herbal extracts from cosmetic purposes. The uses of cosmetic have been increased in many folds in personal care system. The Use of bioactive ingredient in cosmetic influence biological functions of skins and Provide nutrients necessary for the healthy skin. There are numerous herbs available naturally having different uses in cosmetic preparations for skincare as antioxidants. The present study revealed that herbal cosmetic are very safe and does not produce any toxic and adverse reactions compare to marketed cosmetics products. Herbal Lotion we will avoid skin problems. By using Aloe Vera gel, Coconut oil and Rose water the cream showed a multipurpose effect and all these herbal ingredients showed significant different activities. Based on results and discussion, the formulations A, B and C were stable at room temperature and can be safely used on the skin.

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