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Research Article

Rosemantra: The Unique Herbal Cold Cream

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ABSTRACT

The cream is designed to moisturize, cleanse, and potentially address anti-aging concerns. It utilizes natural ingredients like almond oil, beeswax, rose water, vitamin E, and honey, chosen for their moisturizing, antioxidant, and anti-inflammatory properties. The formulation process involves heating and mixing oily and aqueous phases, aiming to create a stable water-in-oil emulsion. Evaluations for color, odor, texture, Spreadability, and skin sensitivity were conducted. The results show a successful formulation with a desirable white color, rosy odor, smooth texture, and non-irritating properties. The study details the ingredient quantities, the laboratory equipment used, and the specific steps involved in the formulation, including heating the phases separately and combining them under constant stirring. The cream is categorized into different types (moisturizing, cleansing, anti-aging, soothing, brightening), and discussed in terms of its potential uses for removing makeup, as a shaving cream, and as a body lotion. The study emphasizes the beneficial effects of each natural ingredient and the advantages of herbal creams over synthetic options.

INTRODUCTION

Cold creams semisolid emulsions of the water in oil (w/o) or oil in water (o/w) types that are designed for external application. It makes the skin look more elegant and less oily. It gives the skin emollience because of the oil phase. The purpose of the cold cream is to cool the body, remove waste from the pores, and replenish moisture in dry skin.

It is convenient to wash with water. Applying them to the skin doesn't cause any irritation. [1] The water phase provides additional skin protection. At body temperature, it becomes liquefied. Through the skin's natural pores, it enters the epidermis. More recently, anti-aging creams have been produced that can keep skin looking younger for a long time. Cream is categorized as an emulsion of water and oil. Its primary function is to stay at the application site for an extended amount of time. It is applied to

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the outer or superficial portion of the skin. A skin cream's dual purpose is to protect the skin from various environmental factors and weather conditions while also providing a calming effect.

Physiology of Human Skin

Epidermis:- The thickness of the stratified, keratinized squamous epithelium that constitutes the epidermis, the outermost layer of the skin, varies according to the region of the body. The palms of the hands and the soles of the feet have the thickest layer. This place is blood-free.

Dermis:- This layer is robust and pliable. The structure is composed of a matrix of connective tissue that is interwoven with collagen and elastic fibers. The primary cell types in the dermis are fibroblasts, mast cells, and macrophages. There are various grades of adipose (fat) tissue and areolar tissue beneath the epidermis' outermost layer.

Hypodermis: The hypodermis is the innermost layer of skin. It is located below the dermis. Its composition consists of adipose and connective tissue. It stores energy by acting as an insulator. Another name for hypodermis is subcutaneous tissue.

The following are the functions of the skin.

* The adaptive immune system's Langerhans cells preserve the body's anatomical barrier between the internal and external environments, shielding it from harm and infections.

- Heat regulation: The skin controls body temperature.
- Controlling evaporation: The skin acts as a semipermeable, comparatively dry barrier to stop

fluid loss. This is the reason why burns cause such a significant loss of fluid.

Application: -

Cold creams can be used as makeup removers since they remove makeup without the need for water. The dense Cream oils softly melt away grime and makeup without harming the skin. Cold creams work well as shaving creams and body lotions as well. The hydration that cold creams are intended to give your face is also delivered to your arms, legs, and back when you apply them to your body.

Ingredients of formulation: -

All the natural materials used in the present study. The details of the plant material used for the formulation of cold cream are mentioned below.

1. Almond oil
2. Borax
3. Beeswax
4. Rose water
5. Vitamin. E
6. Honey

1.Almond oil :-

Almond oil obtained from the dried kernels of the seeds of *Prunus amygdalus* from belongs to the family Rosaceae . It mainly contains Omega-3 fatty acids, found in almond oil, are beneficial for preserving healthy cholesterol levels and improving memory. Almond oil is used in cold cream as an anti-inflammatory. It also increases immunity and reduces inflammation. Due to its omega-3 fatty acid content, almond oil may help you keep your cholesterol levels within



normal ranges and enhance your memory. It might lessen your chance of developing conditions like cancer and heart disease.

2. Borax :-

Borax and wax are used in a variety of cosmetic products, including lotions, gels, and creams. It is well known for helping remove oil or grease from hands when added to hand soaps. Because of its alkaline properties, borax is an ideal component for toners and cleansers. Borax is occasionally used as an emulsifier, buffering agent, or preservative in cosmetic products, including lotions, gels, shampoos, moisturizers, bath bombs, scrubs, and bath salts. From creams and body lotions to shampoos, bath gels, and even the trendy bath bombs, borax is an ingredient in almost every skincare product. It is also mixed with glue and water to create "slime," a gooey substance that many children like to play with. Because of its gentle and antiseptic properties, borax is frequently used as an essential ingredient in natural cosmetic products.

3. Rose water :-

Rose water is obtained from the fresh petals of the rosa species of rosa damascene, rosa centifolia belongs to family rosaceae

Rose water is particularly hydrating when mixed with other moisturizing substances like glycerin or ceramides. These aid in preventing additional water loss from the skin, protecting the skin barrier, and moisturizing the skin. It should come as no surprise that rose water can lighten red skin and improve complexion because it has been used as a beauty product for thousands of years. Because of its antibacterial qualities, acne might be lessened. Redness and puffiness of the skin can be lessened by the anti-inflammatory

qualities. The natural pH balance of the skin is preserved by rose water. This characteristic aids rose water in bringing the pH of the skin back to normal.

4. Bees wax :-

Bees wax is obtained from the natural secretion of the worker honey bees *Apis mellifera* belonging to the family Apidae.

Extreme weather and environmental irritants can be avoided by using it. Encouragement of Hair Growth:

Beeswax not only calms and hydrates hair, but it also prevents moisture from escaping. The skin can develop a protective layer thanks to beeswax. Additionally, it is a humectant, meaning that water is drawn to it. Stretch marks, eczema, dry skin, and acne can all be combated with its help. You can make your own custom-formulated skin care lotions and moisturizers with our raw beeswax.

5. Vitamin E: -

Vitamin E is an effective antioxidant that helps shield the skin from environmental factors that can cause damage from free radicals. This lessens the chance of skin damage and early aging. It keeps the skin hydrated, avoiding dryness and leaving it feeling smooth and soft. Vitamin E helps the skin regenerate and heal, which lessens the visibility of minor wounds, stretch marks, and scars. Collagen, which keeps the skin elastic and firm and gradually minimizes wrinkles and fine lines, is produced with the help of vitamin E.





Fig.no:1

6.Honey :-

Honey is a natural sugar secretion obtained from enzymatic activity of the family *Apis dorsata* belongs to family *Apidae*

Bees naturally produce honey, a sweet substance, from flower nectar. In addition to water, enzymes, and trace amounts of vitamins, minerals, and antioxidants, its primary constituents are sugars, such as glucose and fructose. Honey has a long history of use in human culture and is prized for its therapeutic qualities in addition to its culinary value. It works well as a natural cough remedy and for wound healing because of its antibacterial and anti-

fungal properties. Because honey contains antioxidants, it can help fight oxidative stress and lower the risk of developing chronic illnesses. Honey is also a versatile ingredient that can be used in baking, cooking, and skincare because of its distinct flavor and moisturizing qualities. Because of its antibacterial, calming, and moisturizing qualities, honey can be a useful ingredient in cold cream formulations. Honey protects against microbial infections, lowers inflammation, and hydrates the skin when added to a cold cream. Additionally, it can give the cream a natural color and scent.



Fig.no:2

Formulation table:

Sr.no	Ingredients	Quantity	Uses
1	Almond oil	2.7ml	Protective layer Skin
2	Borax	0.01gm	Stability maintains.
3	Bees wax	1gm	Emulsifying agents
4	Rose water	3ml	Antioxidant agent, Toner
5	Vitamin.E	1.1ml	Anti-aging agent
6	Honey	1.4ml	Anti-bacterial, soother and healer
7	Methyl paraben	0.01gm	Preservative
8	Glycerin	1ml	Humectant

Evaluation Parameters: -

Sr.no	Parameter	Observation
1.	Color	White
2.	Odour	Rosy
3.	Texture	Smooth
4.	Spreading ability	Spreadable
5.	Sensitivity	No reaction observed
6.	PH	6.2

Method:

1. Preparing the Oily Phase:

- **Gather Ingredients:** Beeswax, borax, almond oil, rose water, vitamin E, honey, petroleum jelly, glycerine, and methyl paraben.

- **Heat in a Double Boiler:** Place beeswax, vitamin E, petroleum jelly, and almond oil in a heat-safe container (like a porcelain dish) and heat over a water bath (double boiler) until melted and combined.
- **Maintain Temperature:** Keep the mixture at around 60°C (140°F).



Fig.no:3

2. Preparing the Aqueous Phase:

- **Gather Ingredients:** Borax, methyl paraben (as a preservative), honey, glycerine, and rose water.
- **Dissolve and Heat:** In a separate beaker or container, dissolve borax and methyl paraben in rose water. Heat the mixture in a water bath to 65°C (149°F).

3. Combining the Phases:

Slowly Add Aqueous Phase:

Slowly add the heated aqueous phase (borax solution) to the melted oily phase (beeswax and liquid paraffin) while stirring continuously.

Maintain Stirring:

Continue stirring until the mixture starts to thicken and form a creamy emulsion.

4. Final Steps:

- **Cool and Blend:** Allow the cream to cool and continue stirring to ensure a smooth and consistent texture.
- **Slab Technique (Optional):** Some prefer to pour the cream onto a chilled slab and then use a spatula to work the cream into a smooth and uniform consistency.
- **Store:** Transfer the cream to a clean, airtight container.

CONCLUSION:

The herbal formulation was prepared and evaluated and was found to be fit to be used.

RESULT:

The herbal formulation is ready to be tested for long term stability.

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