

Hello all. Today we're going

to look at Course code CHS.

102 Course title, the chemistry

of cosmetics and perfumes.

Well, in this module we are dealing

with herbal cosmetics with respect

to skin care products such as:

Face packs, face powders,

Lipsticks and herbal soaps.

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So in this module you will be

understanding the difference between

the herbal cosmetics and the ones

which are synthetically prepared and

at the end of this module students

you will be able to explain the

composition of herbal face packs,

Lipsticks, face powders and soaps,

as well as give methods of preparation.

of certain above products and also state  
certain evaluation parameters for the same.

So herbal products is not  
something that is new to us.

It was used right from time in immemorial,  
especially by the Egyptian civilization.

Usually herbal cosmetics are also  
referred to as natural cosmetics.

The reason being that they are  
formulated using different  
ingredients that are plant based.

These ingredients,  
which are plant based,  
are either used in the extract form  
or as a crude raw product itself.

Now coming to what is a herbal face  
pack in either way the the herbal

Face Pack is referred to as Mukhalepa,

Mukh meaning face and lep,  
meaning paste,

so this herbal face pack is used

especially for facial therapy to cure acne,  
pimples, scars, marks and pigments.

The face packs available are  
broadly classified into three.

Firstly,

you have the plastic masks  
which are wax or latex based.

Then you have the hydrocolloid masks  
that are gel based and ready to use.

And finally you have the argillaceous  
masks which are clay or Earth  
based which are again ready to use.

Now the herbal face packs  
essentially belong to the last  
category of argillaceous masks.

So these face pack preparations  
are essentially in the form of  
powders which you apply to the  
face after making a paste of it  
using water or lemon juice.

It is left to dry on the skin naturally

for 10 to 20 minutes and after this what we notice is that the face pack contracts, it hardens, and it can be easily washed off, leaving the face with effects like pore tightening, strengthening and cleansing of the skin.

The colloidal solution also helps to remove dirt, grease and other skin debris and thus rejuvenates the face.

Moving on to the method of preparation of the face pack.

These are the following ingredients

which are used as you notice

Multani mitti is used in the

highest quantity around 25 grams,

followed by sandalwood and then

of course you have turmeric,

orange peel, rose petal

powder and aloe Vera powder which

are used in a smaller quantity.

If you add up the quantities you

will notice that this preparation

is 400 grams of face back.

So the method or the steps of

preparation include weighing the

accurate quantity of the above ingredients,

and then you need to grind the same

in a fine powder using motor and

pestle and then of course you need

to pass it through a sieve #120

in order to obtain a fine powder.

Then you need to mix all these

ingredients uniformly by the serial

dilution method and of course for

preservation you need to pack the

face pack that is prepared in self

sealable zippers or containers and

then you move in for evaluation.

For evaluation we actually test the

efficacy of the face back here.

As you can see on the screen,  
it is a face pack,  
a herbal face pack that is prepared  
by the students of my college  
using the following ingredients.

This is the color and the  
texture that we obtained.

So what are the methods of evaluation? The  
first one is the organoleptic evaluation,  
which means the evaluation  
using your sense organs.

It includes parameters  
such as the nature, the color, odour  
and the consistency of the face pack.

You also have physical evaluation  
wherein you need to find out the  
particle size of the face pack.

This is done also by using a method known  
as angle of repose.

Again, you can find out  
the bulk density and the tap

density by the tapping method.

Then you have the physical, chemical

evaluation wherein the ash content

can be found out using an incinerator,

and then of course the pH can be

determined with the help of a pH meter.

Then you have the irritancy test,

where you can use a patch spot and you

can apply the face pack on the back

of your palm and leave it there for

10 to 20 minutes and then check for any rash,

skin irritation or eczema.

If observed, this can be done over a

time duration of at least 24 hours.

Moving on to herbal lipsticks which

are used to augment or

enhance the beauty of the lips.

Lipsticks generally contain pigments,

oils, waxes,

and emollients that apply color,

texture and protection to the lips.

This is an image of a herbal lipstick

obtained from green tea extract.

What are the advantages of herbal lipsticks

over the synthetically prepared ones? Well

of course they're naturally safe to

use because they consist of non toxic

ingredients that are highly lipophilic.

It also contains antioxidants,

Antimicrobial, anti-inflammatory ingredients,

which is especially used in the

case of leukoderma of the lips,

which means the color pigments

present in the lips.

Now by adding organic as well

as inorganic acids and bases,

the colors can be modified and you can

get medium to dark or bright colors.

This is a table depicting the various

sources from which one can obtain the color.

For lipsticks,

take for example the purple blue color,

which can be obtained from grapes, plums.

Such plant sources,

essentially from the chromophore, that is,

from the anthocyanin part of the plant.

Similar case goes for the color red,

which can be obtained from beetroot

from the chromophore, lycopene.

Moving on to herbal face powders now,

even today in the rural areas and

the hilly regions,

people use natural

extracts from plants like neem,

Aloe vera, Tulsi,

orange peel which are used in the

form of powders mixed together

and used for cosmetic purposes,

essentially, as herbal face powders.

Here you have the composition of

a typical herbal face powder.

You can use Gram flour instead of that.

You can also use sandalwood powder

The benefits

include softening of the skin,

removal of dryness as it is rich and

hydrating agent such as milk powder.

It also helps to brighten the skin.

This is done essentially by the

presence of Chandan, turmeric

and saffron. Now the amount of turmeric

that you add in the face powder might

decrease because turmeric can add

sort of a yellow tinge to your face.

It also helps to clean the face.

Due to the presence of gram flour,

which clears the skin by removing the dirt

Particles. To add to it further on,

herbal face powder clarifies

the skin by fighting the problems of

acne and blemishes by the removal of

excess oil from the face due to the

presence of Multani mitti and finally,

skin exfoliation is done by removing the

dead cells which also prevents early aging

due to the presence of green tea powder.

Finally, we have herbal soaps:

Now mostly commercial soaps

contain chemical additives,

petroleum distillates and dyes

which are harmful to the skin.

However,

the herbal soaps are more gentle and

supple on the skin due to the non toxic

ingredients used in the form

of natural fragrant oils like lavender,

rose oil, sandalwood oil etc.

This also helps in the overall

goodness of the skin texture.

Now, moving to the preparation you can

take and weigh about 75 grams of soap base,

which is essentially glistening.

You can transfer it in a beaker and then

melt this on a low flame in a water bath.

Remember not to boil the melt.

Next, after turning off the flame,  
you can add herbal ingredients such as  
fragrance oil of your choice and then  
you need to stir the melt while adding  
two to three drops off the color of the dye.  
After this you transfer the melt into a mould.  
If there is formation of lumps in soap mold,  
you can remove the air bubbles  
if formed by spraying a little  
amount of isopropyl alcohol.  
You need to leave this undisturbed  
in the mold for 30 to 40 minutes  
and after which you will see that  
the soap will take its shape.  
The same is preserved by using a cling wrap.  
This is again an image of some herbal  
soaps that we had prepared in our lab.  
So yes,  
at the end of this we can see  
so many advantages of herbal  
cosmetics over the synthetic ones.

Of course,

herbal cosmetics are now gaining

popularity and women usually are now

preferring to use herbal cosmetics

as their personal skin care products.

Herbal cosmetics are also hypoallergenic,

meaning they remove the rashes or

they prevent rashes that are caused.

It also is tested by dermatologists

to be used safely anytime, anywhere.

These products supply the body with

nutrients and enhance health and

are free from synthetic chemicals

having relatively lesser side effects

compared to the synthetic cosmetics.

These are my references.

The first one is an online source

and the 2nd is an offline source.

Thank you.