

Chapter 10

A Review on: Preparation of Face Cream from Natural Sources

E. Kesavan¹, P. Sakthiselvan^{2*}, P Prakash³

¹Student, Department of Bio-Engineering, Vels Institute of Science, Technology & Advanced Studies, Chennai 600 117, Tamil Nadu, India

²Assistant Professor, School of Engineering, Vels Institute of Science, Technology & Advanced Studies, Chennai - 600 117, Tamil Nadu.

³Assistant Professor, School of Engineering, Vels Institute of Science, Technology & Advanced Studies, Chennai - 600 117, Tamil Nadu, India, prakash1033@gmail.com

*Corresponding author mail id: sakthiselvan85@gmail.com

Abstract

Herbal face cream was often referred to as "natural" face cream. A lot of herbs and different plants were used, as well as the scientific study of using natural sources to make face cream, to make efficient natural cosmetics. Natural face creams not only improve the appearance of the skin but also shield it from numerous skin conditions like hives, shingle, hyperpigmentation, and acne (*Acne vulgaris*). An unusually high degree of sebum production from the sebaceous glands characterizes acne, a chronic inflammatory disorder of the pilosebaceous unit. The objective of the current study was to produce a face cream using herbal extracts such as neem, cucumber peel, aloe vera, rose petals, and curry leaves which has antibacterial, anti-inflammatory, and antioxidant properties. In addition to facial oil care should taken for proper skin maintenance, Face cream is required as a result. The objective of the current experiment was to make a face cream utilizing various natural ingredients seed extract and attributes that fight germs and free radicals. Numerous studies have shown the usefulness of herbal-based face cream

solutions that also remove excess oil. The prepared gel was evaluated for a number of quality control measures, such as spread ability, pH, consistency, and grittiness. The results of the quality control parameters were declared adequate.

Keywords: *Face cream, Natural sources, Acne vulgaris, Skin diseases.*

1. Introduction

Herbal cosmetics, often known as "Products," are made using a range of acceptable cosmetic materials. Components to serve as the framework for using one or more botanical ingredients to make specific cosmetic products. Only these advantages shall be referred to as "herbal cosmetics." The market for herbal cosmetics has been growing for a while. Very depressing times in Western and European countries about 600 years ago [1]. The face is then bleached using pastes and mixes, a practice that has been used for more than 400 years. Face creams aid in hydrating the face and leave little to no residue. As they are quickly absorbed by the skin, they give the face a matte aspect. Unlike cream, they don't leave a greasy or oily behind or creams made of oil. Face creams can moisturize your skin while also making it look energized, clean, and bright. This softens the skin[2]. Face creams have a relaxing and calming effect on the skin since they contain substances that condition the skin. They give the face a more refreshed appearance. Face creams are necessary products that ought to be used in our skin care regimens, especially for people looking for a way to improve skin moisture. Vitamins A, C, E, and B12 are widely distributed in the gel that the plant's leaves create. Because it possesses anti-inflammatory properties that can minimise the discomfort, swelling, and soreness related to cuts and injuries, aloe vera is useful for use on the face.

2. Major benefits of face cream

2.1 Lightweight

These gels might make our skin appear lighter and more supple when compared to heavy gels. They are a great substitute for folks who don't like the way a thicker cream feels on their skin. The lightweight, water-based gel moisturizers were developed especially to hydrate and care for your skin. These were in use for a very long time, but due to their overall benefits, their usefulness didn't become clear until one and a half years later. They are very beneficial for oily and mixed skin types because they contain less oil and emollients.

2.2 Quickly Absorbed

These face creams seep into the skin, which makes them a great foundation. A lot of patients find that applying makeup after a gel is easier than applying oil-based treatments [3].

2.3 Non-Greasy

Because they don't include as much of the heavier oils like creams and ointments do, face creams don't leave behind that revolting greasy residue. It works in a slick manner. In facial gels, humectants—a gelling ingredient—abound. They permeate the skin right away, leaving it moisturised and giving it a matte, non-greasy look [4]. Humectants extract moisture from the air to retain the product's general qualities in addition to softening the skin.

2.4 Hydrating

In facial gels, humectants-a moisturizing component-abound. They permeate the skin right away, leaving it moisturized and giving it a matte, non-greasy look. Humectants extract moisture from the air to retain the product's general qualities in addition to softening the skin. For skin

types that produce more oil and have a propensity to shine, they hydrate and moisturize the face without leaving a film or residue, which is essential [5].

3. Properties of herbal facegel

3.1 Antimicrobial & anti-inflammatory

The broadest definition of an antibiotic is a chemical that stops bacterial growth and reproduction. Both antibiotics and antimicrobials attack bacteria, but through time, these words have come to mean two different things. Antimicrobials are the term used most frequently today to describe substances used to clean surfaces and get rid of potentially dangerous microorganisms. Anti-inflammatory It is a characteristic of a drug or treatment that lessens swelling or inflammation. About half of analgesics are anti-inflammatory medications, which treat pain by lowering inflammation as opposed to opioids, which act on the central nervous system to block pain signaling to the brain [6].

3.2 Moisturizing and Anti-Aging Effect

By directly supplying water from the skin's water phase and enhancing occlusion to lower trans-epidermal water loss, moisturizers enhance skin hydration and increase stratum corneum water content. They also cover minor skin fissures, offer a calming protective coating, and shield skin from friction. Humectants, a moisturizing ingredient, are abundant in face creams. They immediately penetrate the skin, leaving it hydrated and giving it a matte, non-greasy appearance. In addition to softening the skin, humectants maintain the product's general characteristics by drawing moisture [7].

4. Additives used in face cream

4.1 Antioxidants

Antioxidants are chemicals, either man-made or natural, that may stop or postpone certain types of cell damage [8]. Fruits and vegetables, among other foods, contain antioxidants. Additionally, they are offered as dietary supplements. Examples; Lycopene, Vitamin A, Vitamin C, Vitamin E.

4.2 Gelling Agent

Gelling agents are substances that can transform an oil or water phase into a thicker yet flexible gel. Emulsions that have been thickened using gelling agents will be less rigid and more mobile. Some of these gels exhibit thixotropy, which causes them to thin when force is applied and return to viscosity when the force is removed [9]. These gels enable the production of thick products that can be shaken or agitated vigorously for simpler bottling or spraying. Examples; carbopol 940 and 934.

4.3 Preservative

Preservatives are primarily used to make food safer by reducing the impact of biological elements. The biggest risk to customers is food spoilage or becoming hazardous due to the presence of microorganisms [10]. Some of these creatures have the ability to release poisons, which are harmful to human health and even death. Examples; propyl and methyl parabens.

4.4 Humectants

The humectants are a hygroscopic substance used to keep things moist; it is the opposite of a desiccant. It is often a molecule with several hydrophilic groups, most often hydroxyl groups; however, amines and carboxyl groups, sometimes esterified, can be encountered as well (its affinity to form hydrogen bonds with molecules of water is the crucial

trait). They are used in many products, including food, cosmetics, medicines and pesticides [11]. Examples; Propylene glycol, hexylene glycol, and butylene glycol.

5. Advantages of herbal cosmetics than synthetic cosmetics

Herbal cosmetics are the newest trend in fashion and beauty. Most women select natural products over chemicals for their personal care to enhance their attractiveness since they give the body nutrition, boost health, and give happiness because they are free from synthetic chemicals and have comparably fewer adverse effects than synthetic cosmetics. Natural cosmetics have the following advantages over synthetic ones, making them preferable: Drugs administered topically have the advantage of being directly supplied to the site of action and lasting a longer time [12]. The skin, which also acts as the main channel for topical pharmaceutical distribution, is the most often used and readily accessible organ in the human body for topical administration.

5.1 Compatible with All Skin Types

Natural cosmetics are suitable for all skin types. No matter your skin tone, whether you are light or dark, you may find natural cosmetics like foundation, eye shadow, and lipstick that work for you. If a woman has sensitive or oily skin, she can utilize them as well. and never have to worry about endangering the health of their skin. Coal tar-derived colors are used. The main issue with human carcinogens is individual coal tar hue, which is frequently utilized in cosmetics (depending on where it came from) they might cause cancer (whether made of coal tar or artificially) [13].

5.2 Wide Selection to Choose

Despite being a relatively new area in the cosmetics industry, natural cosmetics now provide a large selection of cosmetics for all make-up fans

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to choose from. Foundation, eye shadow, lipstick, blush, mascara, concealer, and many other types of naturally manufactured cosmetics are readily available. Additionally, natural cosmetics made locally or by well-known worldwide designers are available [14].

5.3 Fits Your Budget

Natural cosmetics are inexpensive. These products are occasionally less expensive than synthetic ones. They are offered at a discount and sold for a low price during sales. Just do enough research to look for fantastic deals. 80% of the world's population, according to a WHO estimate, relies on natural products for their healthcare because of the unfavorable side effects and escalating expense of contemporary drugs. Traditional herbal medicines are promoted and advised by the World Health Organization in natural health care programmes due to their availability, cost, and relative safety [15].

6. Conclusion

The most recent fashion and beauty trend is herbal cosmetics. Since natural products provide the body with nutrients, improve health, and provide satisfaction because they are free from synthetic chemicals and have comparatively fewer side effects than synthetic cosmetics, most women choose natural products over chemicals for their personal care to enhance their beauty. The following are additional benefits of choosing natural cosmetics over synthetic ones: Using carbopol 940 as a gelling agent, a herbal face wash gel with polyherbal sources was successfully created. Consistency, the formulation of the face wash will have its color and visually examined.

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