

HERBAL COSMETICS USED IN SKIN AND HAIR CARE

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ABSTRACT

Herbal cosmetics are usually safer for our skin and hair than products. They are also better for the environment because herbal cosmetics are made from plants. Herbal cosmetics work well with all skin and hair types. However, the cosmetic industry still needs to work on some things like making sure all herbal cosmetics are of the quality and making sure they really work. This review is about cosmetics how they are used for skin and hair care, the plants that are commonly used in herbal cosmetics the good things, about herbal cosmetics the limitations of herbal cosmetics and what we can expect in the future from herbal cosmetics.

KEYWORDS: Herbal cosmetics, skin care, hair care, medicinal plants, phytochemicals, natural cosmetics.

INTRODUCTION

Cosmetics have been a part of human life for thousands of years.^[11] People have been using things from nature like plants, minerals and animals to make themselves look good stay clean and protect their skin from the environment.^[1,18] This has been going on since times. We know that people in India, Egypt, Greece and China used herbs to take care of their skin and hair care.^[16] The traditional Indian way of medicine which is called Ayurveda talks about plants that are good for cosmetics and therapy. These plants are still used a lot today. Cosmetics are still a part of our lives, and we use them for the same reasons as people did a long time ago. Cosmetics help us to look good and feel good, about ourselves.^[6,16]

The term **Herbal cosmetics** refers to cosmetic preparations containing one or more plant-derived ingredients intended to cleanse, protect, nourish, and improve the appearance of the skin and hair.^[1,8] Unlike conventional synthetic cosmetics, herbal cosmetics contain biologically active compounds such as flavonoids, alkaloids, tannins, terpenoids, glycosides, vitamins, essential oils, carotenoids, and polyphenols.^[10,19] These phytochemicals exhibit antioxidant, antimicrobial, anti-inflammatory, moisturizing, anti-ageing, wound-healing, and

photoprotective activities that support healthy skin and hair.^[10,17]

Rapid industrialization and the heavy use of chemicals in makeup products have caused worries about skin irritation, allergic reactions, problems with hormones and harmful effects over time.^[7,12] Because of this people have started to choose natural products more. They think natural products are safer break down are better for the environment and work well with different kinds of skin.^[7,11] This rising interest has made the global market, for herbal cosmetics much bigger.^[9,11]

CONCEPT OF HERBAL COSMETICS

Herbal cosmetics are cosmetic formulations containing plant-derived bioactive ingredients that provide cosmetic benefits while simultaneously promoting skin and hair health.^[1,8] These products are designed to cleanse, moisturize, nourish, protect, and improve the overall appearance of the body without producing harmful adverse effects commonly associated with synthetic ingredients.^[1,7]

Medicinal plants contain numerous secondary metabolites responsible for their biological activities. These include flavonoids, phenolic acids, terpenoids, alkaloids, saponins, essential oils, vitamins, carotenoids,

and polysaccharides.^[10,19] Such phytochemicals protect the skin against oxidative stress, ultraviolet radiation, microbial infections, inflammation, premature ageing, and moisture loss.^[17,18]

The main goals of cosmetics are to do things like

- Clean the skin and scalp.^[1]
- Keep the skin hydrated.^[13]
- Protect the skin from things in the environment.^[17]
- Stop the skin from ageing quickly.^[10]
- Make the skin look better.^[1]
- Help the hair grow in a way.^[1]
- Stop dandruff and infections on the scalp.^[1,15]
- Make people look better overall.^[8]

People are using cosmetics increasingly because herbal cosmetics are very safe to use. They do not cause bad reactions. We can always get more of the things we need to make herbal cosmetics. Also making herbal cosmetics is good, for the earth because it is sustainable.^[7,11,20]

CLASSIFICATION OF HERBAL COSMETICS

Herbal cosmetics are grouped based on what they're used for and what they are made of. These products have things in them that come from plants that help the skin and hair be healthy and look good. They also do not have many bad effects as cosmetics that are made from things that are not natural.^[1,8,11]

1. Skin Care Products

Herbal cosmetics for skin care are made to clean the skin give it nutrients keep it moist protect it and make it look young again. These products are things like creams to clean the skin, moisturizers, cold creams, things to block the sun packs to put on your face masks for your face creams to help with acne creams to help with getting lotions for your body and things to put on your lips.^[1,4,11] Herbal cosmetics for skin care use parts of plants that're good for you and have things like antioxidants, vitamins, oils that are good, for you and polyphenols. These things help keep the skin healthy and stop it from getting old fast.^[10,17]

2. Hair Care Products

There are some hair care products that are made from herbs. They are supposed to keep our scalp clean make our hair strong and help our hair grow well. These products are like shampoos, hair oils and conditioners that we use to take care of our hair. They also have things like hair tonics, serums and natural hair colours. Some people even use them to get rid of dandruff.^[1,11] The people who make these products use plants like *Phyllanthus emblica* *Acacia concinna* and *Lawsonia inermis* because they are good for our hair. They help to clean our hair and scalp. They even have properties that help our hair grow.^[1,18,19]

3. Oral Care Products

There are also some care products that are made from herbs like toothpastes, tooth powders and mouthwashes.

These products are made with plants that have properties that help to keep our mouth clean and healthy. They help to kill the germs in our mouth that can cause problems like cavities and gum disease.^[4]

4 Decorative Herbal Cosmetics

Decorative herbal cosmetics incorporate naturally derived pigments obtained from medicinal plants into products such as lipsticks, kajal, compact powders, blushes, and nail preparations. Plant-derived pigments offer improved safety and may provide additional antioxidant and skin-protective benefits compared with certain synthetic colourants.^[1,18]

The incorporation of herbal ingredients into these cosmetic preparations has led to the development of cosmeceuticals, which combine cosmetic functions with biologically active therapeutic effects on the skin and hair.^[8,12]

HERBAL COSMETICS FOR SKIN CARE

The skin is the largest organ of the human body and serves as the primary barrier against physical, chemical, microbial, and environmental insults.^[17] Continuous exposure to ultraviolet radiation, environmental pollutants, microorganisms, and oxidative stress accelerates skin ageing and contributes to disorders such as acne, eczema, pigmentation, wrinkles, dermatitis, and dryness.^[17,18] Herbal cosmetics provide a natural approach for maintaining skin health by supplying bioactive phytochemicals that protect, repair, and nourish skin tissues.^[1,11]

Plant-derived phytochemicals possess antioxidant, anti-inflammatory, antimicrobial, moisturizing, wound-healing, and photoprotective properties that help preserve normal skin physiology and delay the ageing process.^[10,13,17] Compared with many synthetic formulations, herbal products generally demonstrate better compatibility with the skin and produce fewer adverse reactions when appropriately formulated.^[7,11]

COMMON HERBS USED

1. Aloe vera (Aloe vera)

Aloe vera is one of the extensively studied medicinal plants used in herbal cosmetics. The gel contains polysaccharides, amino acids, vitamins, enzymes, minerals and glycoproteins that provide moisturizing, -inflammatory, wound-healing, antimicrobial and antioxidant activities.^[1,13] Aloe vera accelerates epithelial regeneration improves skin hydration stimulates collagen synthesis and reduces erythema following ultraviolet exposure. Consequently, it is incorporated into moisturizers, sunscreens, lotions, facial masks and after sun protection preparations.^[1,13]

2. Neem (Azadirachta indica)

Neem contains limonoids, nimbidin, flavonoids and polyphenols that exhibit potent antibacterial, antifungal, antiviral and anti-inflammatory properties.^[1,15] Neem

extracts effectively manage acne, minor wounds, eczema and fungal infections while protecting the skin against oxidative stress.^[1,15] It is widely used in soaps, facial cleansers, anti-acne creams and herbal lotions.^[1]

3. Turmeric (*Curcuma longa*)

Turmeric contains curcuminoids, curcumin, which has impressive antioxidant, anti-inflammatory, antimicrobial and wound healing activities.^[1,14] Curcumin has an anti-inflammatory action by inhibiting inflammatory mediators and neutralising reactive oxygen species, thus slowing down premature skin ageing.^[14] Traditionally, turmeric has been used to improve complexion, reduce pigmentation, speed up wound healing and protect the skin from ageing.^[1,14]

4. Sandalwood (*Santalum album*)

The essential oil of sandalwood contains α -santalol and β -santalol, which are compounds thought to be responsible for its cooling, soothing, antimicrobial and anti-inflammatory properties.^[1] Sandalwood paste is used to treat acne, itching, blemishes and sunburn and to improve the texture of the skin.^[1] It is often included in facial packs, luxury creams, lotions and aromatic cosmetics.^[1]

5. Tulsi (*Ocimum sanctum*)

Tulsi has eugenol, acid, rosmarinic acid and flavonoids that have antioxidant and antimicrobial properties.^[1,6] Tulsi extracts help reduce inflammation stop the growth of microorganisms and protect the skin from damage caused by oxidation. Because of these benefits Tulsi is often used in face washes, creams, soaps and antiseptic lotions.^[1]

6. Papaya (*Carica papaya*)

Papaya has papain, chymopapain, carotenoids and vitamins A and C. Papain acts as an exfoliating enzyme that gets rid of dead skin cells leading to smoother and brighter skin.^[1,18] Papaya extracts also help in making collagen and reducing dark spots, which makes them important, in skin-renewing products.^[1]

HERBAL COSMETICS FOR HAIR CARE

Hair is an important part of how a person looks. It influences how someone feels about themselves and how they do in social situations. When hair is healthy it shows that the scalp is healthy and the body is in condition. Things like pollution, sunlight, not eating right, stress, hormone problems and using too many chemicals on hair have made hair problems more common. These problems include things like dandruff losing hair getting hair too early split ends, infections on the scalp and losing hair completely.^[1,9,11] Herbal products offer a safer and more natural way to keep hair and scalp healthy. They use plant extracts that have chemicals that help hair grow.^[1,11] Plants used in medicine have things, like flavonoids, alkaloids, tannins, terpenoids, saponins, vitamins, amino acids, proteins and oils. These things help hair roots make the scalp get blood fight infections

and help hair grow better.^[1,10,19] Because of these herbal ingredients are often found in shampoos, conditioners, oils, tonics, serums and natural hair dyes.^[1,4]

Benefits of Herbal Hair Care Products

Herbal hair care products are good for your hair. They have a lot of benefits such as:

- Helping your hair grow in a way.^[1]
- Stopping your hair from falling out much.^[1]
- Getting rid of dandruff and scalp irritation.^[1,5]
- Keeping your scalp clean with ingredients.^[1]
- Making your hair stronger and better to touch.^[1,4]
- Helping you keep your natural hair colour for longer.^[1]
- Conditioning your hair without using chemicals.^[1,11]
- Protecting your hair from damage caused by the environment damage.^[10,17]

Herbal hair care products are better than products that have ingredients like sulphates and parabens. These synthetic products can irritate your scalp. Cause allergic reactions. Herbal hair care products are generally gentler, on your hair and scalp.^[7,11]

COMMON HERBS USED

1. Amla (*Phyllanthus emblica*)

Amla is good for your hair. It has a lot of vitamin C and other things that help keep your hair healthy.^[1, 6] These things in Amla make your hair strong help it grow and stop it from turning grey soon. Amla also makes your hair feel nice. That is why Amla is used in a lot of hair products like oils, shampoos and conditioners.^[1]

2. Shikakai (*Acacia concinna*)

Shikakai is a way to clean your hair. It has a lot of saponins that clean your hair gently without removing the oils from your scalp.^[1,19] Using Shikakai regularly helps get rid of dandruff stops your hair from breaking and makes it soft and shiny. That is why Shikakai is used in a lot of shampoos.^[1]

3. Reetha (*Sapindus mukorossi Gaertn.*)

Reetha is also known as soapnut. It is good at cleaning your hair because it has a lot of saponins.^[1] Reetha gets rid of dirt and extra oil in your hair without drying out your scalp. It is gentle. It is often used with Amla and Shikakai to make herbal shampoos that are good, for your hair.^[1]

4. Henna (*Lawsonia inermis*)

Henna is a thing for our hair. People have been using Henna for a long time to colour and take care of their hair. The main thing in Henna that makes it work is lawsone. Lawsone sticks to the hair.^[1,18] Makes it look nice and reddish-brown. Henna does a lot of things for our hair. It makes the hair strong, so it does not break easily. It also makes the scalp feel good and keeps the things away from our hair.^[1]

5. Bhringraj (*Eclipta alba*)

Bhringraj is a deal in Ayurveda. They call it the "King of Hair" because it is so good for our hair. Bhringraj has things like wedelolactone and flavonoids that help our hair grow. It makes the blood flow to the scalp better which is good for our hair. People have been using Bhringraj for a time to make their hair strong and healthy. It helps with hair fall. It makes our hair grow faster. It even helps with grey hair. It makes our hair look thicker.^[1]

6. Coconut (*Cocos nucifera*)

Coconut oil is a popular oil for our hair. It has things like lauric acid that help our hair. Coconut oil goes into our hair. Makes it strong. It stops our hair from getting damaged and dry. It makes the scalp feel good. It stops our hair from splitting. Coconut oil is very good, at making our hair strong and healthy. It protects our hair from things that can hurt it.^[4]

7. Fenugreek (*Trigonella foenum-graecum*)

Fenugreek seeds have proteins, nicotinic acid, amino acids, lecithin and steroidal saponins that help nourish hair follicles and make the scalp healthier.^[1,19] Regular use of fenugreek helps reduce hair falling out makes the scalp more hydrated and helps with dandruff. Fenugreek is used in shampoos, conditioners and hair masks.^[1]

8. Jatamansi (*Nardostachys jatamansi*)

Jatamansi has neuroprotective effects and has been used for a long time to help hair grow in a healthy way.^[6] Herbal products that have jatamansi help make the scalp healthier make hair roots stronger and are often found in hair oils and tonics.^[1]

9. Natural oils in herbal hair cosmetics

Natural oils are great carriers for herbal extracts and feed the hair and scalp.^[1,4]

Natural oil - Main cosmetic role

- Coconut oil - Conditioning and nourishing hair
- Sesame oil - Moisturising and antioxidant activity
- Almond oil - Softens and strengthens hair
- Olive oil - Hair conditioning & scalp protection
- Mustard oil - Improves blood flow to the scalp
- Castor oil - helps to grow and thicken hair

ADVANTAGES OF HERBAL COSMETICS

Herbal cosmetics have become very important in years because they mix beauty with health benefits. They are becoming more popular because they come from nature are safer in cases and people want products without strong man-made chemicals.^[1,7,11] Herbal products have many different plant-based chemicals that not only make skin and hair look better but also protect against bad things in the environment and damage from inside the body.^[1,10]

1. Safety and Biocompatibility

One big benefit of herbal cosmetics is that they work well with human skin and hair. Plants used for medicine have been around for hundreds of years and when they are made the way and kept the same herbal cosmetics usually cause less problems like irritation strong reactions and allergies than many man-made products.^[1,7,11]

2. Rich Source of Bioactive Phytochemicals

Plants used for medicine have many active ingredients, including things like flavonoids, alkaloids, terpenoids, tannins, saponins, carotenoids, vitamins, oils that come from plants and other similar compounds. These plant chemicals have effects like fighting against stuff, in the body stopping germs reducing swelling keeping skin wet helping wounds heal and protecting from the sun. These effects help keep skin and hair healthy.^[1,10,17,19]

3. Antioxidant Activity

Oxidative stress is bad for the skin and scalp. It happens when we are out in the sun or around pollution. Our bodies also make stress when they break down food. This can make our skin and scalp age quickly. Herbal antioxidants are good for us. They stop the guys called reactive oxygen species. They also help keep our skin healthy and strong. They do this by reducing lipid peroxidation and preserving collagen integrity. This means our skin will be protected from damage.^[10,14,17] Herbal antioxidants also protect the parts of our cells from getting hurt by damage. So herbal antioxidants help reduce wrinkles and skin discoloration. They also help our skin stay elastic.^[14,17]

4. Eco-friendly and Sustainable

Herbal cosmetics are made from plants that can grow again. The ingredients are also safe for the earth. Can break down easily. Compared to some chemicals, herbal cosmetics are better for the earth. This is because they come from plants that can be grown again. If we grow these plants in a way, it is good for the earth.^[6, 20]

5. Consumer Acceptance

More people want to use natural health products. This means that herbal cosmetics are in demand. People like to buy products that say they are natural or made from plants. They think these products are safer and better for the earth. They also think they will be gentle, on their skin.^[7,9,11]

LIMITATIONS FOR HERBAL COSMETICS

Many benefits are available but some hurdles for herbal cosmetics must be crossed before they can meet international quality standards on a consistent basis.^[1,5]

1. No Standardisation

The concentration of bioactive constituents is variable depending on plant species, geographical origin, harvesting season, cultivation methods, storage conditions and extraction techniques. This variation

frequently causes inconsistent product quality and therapeutic efficacy.^[5,20]

2. Stability Problems

Natural phytochemicals are usually more likely to be degraded by heat, moisture, oxygen and ultraviolet light. Active constituents may be lost from herbal cosmetic formulations during storage making them less efficient.^[4,5]

3. Microbial contamination

Herbal extracts are obtained from natural sources; thus, they may contain microbial contaminants if appropriate processing and preservation methods are not followed. So appropriate procedures were needed to manufacture.^[5,20]

4. Scientific Validation

Despite the extensive traditional use of many medicinal plant species, there is little scientific evidence to support the cosmetic efficacy of some species. Evidence based need to be made after further pharmacological, toxicological and clinical studies.^[5,20]

5. Regulatory Issues

Regulatory requirements for herbal cosmetics vary from country to country. Harmonized international guidelines are needed to ensure product quality, efficacy, labelling accuracy, and consumer safety.^[5,20]

CONCLUSION

Herbal cosmetics have become an integral part of modern cosmetic industry due to their ability to merge cosmetic enhancement with therapeutic benefits.^[1,11] Herbal formulations contain naturally occurring phytochemicals which not only enhance physical appearance but also protect, nourish and restore normal physiological functions of skin and hair unlike synthetic cosmetics.^[1,10] Plants such as Aloe vera, Curcuma longa, Azadirachta indica, Ocimum sanctum, Phyllanthus emblica, Lawsonia inermis, Acacia concinna, Sapindus mukorossi and Eclipta alba have shown promising antioxidant, antimicrobial, anti-inflammatory, moisturising, wound healing and hair growth promoting activities. These properties make them valuable ingredients in a wide variety of herbal cosmetic formulations including creams, lotions, shampoos, conditioners, hair oils, facial masks, cleansers and sunscreens.^[1,13,18]

Increasing awareness among consumers regarding the harmful effects of synthetic ingredients in cosmetics has resulted in a high demand for herbal products across the globe.^[7,11] Besides the safety profile, herbal cosmetics provide environmental sustainability, biodegradability and better compatibility with different skin and hair types.^[6,20] Nevertheless, challenges such as variability in phytochemical composition, lack of standardization, stability issues, microbial contamination, and insufficient

clinical evidence remain major obstacles to their universal acceptance.^[5,7]

Future advances in phytochemistry, nanotechnology, biotechnology and pharmaceutical formulation will result in improved quality, stability, efficacy and global acceptance of herbal cosmetics.^[5,9] Scientific substantiation from well-designed pre-clinical and clinical studies, coupled with rigorous quality control and adherence to Good Manufacturing Practices (GMP), will be crucial to ensure product safety and efficacy.^[5,2] The integration of traditional medicinal knowledge and modern cosmetic science provides great opportunities for the development of new herbal cosmetic products that can meet the growing demand for natural and sustainable personal care products.^[6,11]

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