

## A Review of Herbal Lipstick from Beetroot and Carrot Juice.

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Date of Submission: 01-01-2025

Date of Acceptance: 10-01-2025

**ABSTRACT:** Lipstick is the cosmetic used to colour the lips. It enhances the appearance of the lips. Lipstick is used for the purpose to improve appearance, look attractive and protection of lips for many types damaging UV rays etc. Herbal Lipstick is a cosmetic product containing pigments, oils, fragrance, preservatives, colours, texture and protection to the lips. It has become an almost universal constituent of ladies' handbags. Moist lips, dry lips, shiny lips, smooth lips, all are simple matters of cosmetic application. Herbal lipsticks are gaining popularity because natural cosmetics are safe. In market hundreds of shades of colours are available to satisfy the demand by the women's in form like liquid as well as stick on lips. Herbal lipsticks having minimum side effects. Lipstick containing synthetic colorants which are made up of harmful chemicals and it is very harmful for our skin. Continuous use for long time of synthetic colours may cause serious health problems like skin discoloration, lip cancer, skin irritation, etc. Lipstick demonstrates many types of negative effect like- allergy, nausea, dermatitis, and drying of the lips and more serve/used even fatal. So, the demand of the cosmetics containing herbal ingredients increased universally because it is safe. This review paper is about the overview on herbal lipstick which includes advantages, anatomy of lips, ideal characters, formulation defects and evaluation.

**Keywords:** Natural, Herbal, Colours, Ingredients, Lipstick, Formulation, Side Effects, Herbal Lipstick, Evaluation.

### I. INTRODUCTION:

The word "cosmetics," is derived from the Greek word "kosmetikos," which means "the ability, aptitude and capacity of decorating." [1] Cosmetics that start with one or more herbal ingredients are known as herbal cosmetics. [2] The compounds that are found in herbal cosmetics are called phytochemicals. This affects how the skin operates and supplies the nutrients required for hair

or skin that is healthy and radiant. [3] There are many different kinds and colours of lipstick. Today's global market is seeing an increase in demand for herbal cosmetics, which are unavoidable natural gifts. There are many different herbal cosmetic products available to meet women's needs for aesthetic purposes. Herbal cosmetics, as opposed to synthetic ones, are safe for human health. [4] Natural sources including plants, insects and algae are the source of natural colours. [5]

A cosmetic product called lipstick is used to enhance women's appearance. Herbal lipstick is a cosmetic product that has preservatives, colour, texture, oil, smell, and lip protection. The purpose of the lipstick's formulation is to improve lips' attractiveness. Herbal lipstick is growing in popularity since natural cosmetics are safe. It is easy for women to use and manage. The range of colour tones, textures, and glosses available in this product has expanded, as has its size. Herbal



Fig- Shades of Lipstick

lipsticks have very little negative side effects. Herbal lipstick is safe to use and supports healthy lips because it contains natural nutrients or chemicals. Herbal lipsticks are used to give lips protection, a lovely colour and a smooth texture. [6]

Cosmetics are defined by the D&C Act of 1940 and its regulations of 1945 as any substance that is meant to be sprayed, poured, rubbed,

sprinkled, or inserted into the human body or any portion of it in order to ablution, glamorisation, enchantment, or appearance reshaping.<sup>[7]</sup>

### Anatomy of the Lips:

Human lips are a soft, moveable portion of the mouth that facilitates speaking and food intake. The upper and lower lips are known as "Labium superius oris" and "Labium inferius oris," respectively. The vermilion border is where the lips meet the surrounding smooth skin, and the vermilion zone is the reddish area inside the border. The vermilion border of the top lips is known as Cupid's bow. A tubercle is the fleshy projection in the middle of the top lip.<sup>[8]</sup> known by a number of names, such as "labial tubercle," "tuberculum labii superioris," and procheilon (also spelt "prochilon"). The lips are used for speaking, suction, and prehension rich in touch corpuscles and vascular papillae, the dry, crimson mucous membrane that covers the lips' margins is continuous with the skin.

It is made up of the epidermis, superficial fascia, orbicular muscle, and the surrounding muscles (mucin and areolar tissue). Lip skin is extremely thin, with only three to five cellular layers, in contrast to the 16 layers that make up normal facial skin. Skin that is lighter in tone has fewer melanocytes, which are cells that create the melanin pigment that gives skin its colour. As a result, the lips' noticeable red colouring results from the blood vessels showing through the skin. This effect is less noticeable in people with darker skin since the lips' skin has more melanin and appears darker. The lip's skin serves as a barrier between the mucous membrane that lines the inside of the mouth and the outer skin of the face.<sup>[9]</sup>



Fig- Anatomy of lips

### Background of Lipstick:

Cosmetics have roots in ancient culture. Specifically, the Sumerians, Syrians, Persians, Egyptians, Babylonians, and Greeks were all heavy users of lip colour. Later, Elizabeth I and the ladies of her court employed red mercuric sulphide to colour their lips. For years, rouge was used to tint the cheeks and lips, relying on the prevailing fashion. In the latter half of the 19th century, western society.

Lipstick and cosmetics in general did not achieve genuine social acceptance until the 20th century. The cost of the cosmetics was lowered by advancements in the construction of applicators and metal tubes. This, together with the general public's newfound acceptance, led to a rise in popularity and widespread use. Push-up tubes became available by 1915, and the first assertions of indelibility were made. Lipstick comes in a wide variety of colours and is designed to appeal to the current fashion trend. Lipstick is composed of pigments and colours in an oil-wax basis for scent.

Lipstick is composed of pigments and colours in an oil-wax basis for scent. Lipstick tubes come in a variety of styles, from simple plastic lip balm dispensers to elaborate metal lipstick tubes. Although sizes vary, lipstick is often offered in tubes that are 3 inches (7.6 cm) long and roughly 50 inches (1.3 cm) in diameter. The tube is composed of a base and a cover. The lipstick is pushed up for application by the twisting or sliding of the two chambers that make up the foundation. Since the tube maker uses entirely different methods, we shall only concentrate on the lipstick manufacturer.<sup>[10-11]</sup>

### Women and Beauty:

Advertising and the media constantly reinforce the association between cosmetics and beauty. The societal commodification of young girls as they aim to resemble the slender, attractive model ideal that is sporadically shown in the media. The transformation of the body into a recognised ideal form was also explored, and it was proposed that women "normalise" their bodies through the consumer ritual of self-care in order to achieve an image that is seen as the traditional standard.

[12-13]

### Definition of Lipstick:

A cosmetic product called lipstick combines pigments, oils, waxes, and emollients to give lips colour and texture. It is the most often

used cosmetic product for women to give their lips a beautiful appearance and colour. Lipstick comes in many varieties. Lipstick's British equivalent is "lippie."<sup>[14]</sup>

#### Mechanism of Lipstick:

The lipstick swiveling mechanism works like this: Inside the lipstick tube, there is a cup that holds the lipstick bullet (the stick of lipstick). This cup has a linked nosepiece, which is the part you can twist to make the lipstick go up or down. The nosepiece has special spiral grooves inside it. There is also a screw inside these grooves that connects to the cup. When you twist the nosepiece, the screw moves along the spiral grooves, causing the cup (and the lipstick) to either go up or down. This allows the lipstick to come out or go back inside the tube smoothly.<sup>[15]</sup>

#### The Perfect Lipstick's Qualities:

1. **Non-irritating:** It shouldn't irritate the skin.
2. **Plasticity:** Must be sufficiently pliable for effortless application.
3. **Nontoxic:** Safe for application to the lips.
4. **Stable:** The physical and chemical properties should not change over time.
5. **Smooth and shiny:** Should appear nice without perspiring.
6. **Durability:** It shouldn't dry out while being stored.
7. **User-friendly:** The container need to be simple to use.
8. **Even colour:** It should be applied uniformly.
9. **Free to grit:** There should be no harsh particles and the texture should be smooth.
10. **Temperature resistant:** It shouldn't solidify or melt at varying temperatures.<sup>[16-17]</sup>

#### Different Types of Lipstick:

1. Creamy Lipstick
2. Nutritive Lipstick
3. Lipstick for Hygiene and Treatment
4. Frost Lipstick
5. Long-lasting Lipstick
6. Waterproof Lipstick
7. No Colour Lipstick
8. Balm Lipstick
9. Neutral-Coloured Lipstick
10. Matte Lipstick
11. Moisturizing Lipstick.
12. Flavouring Lipstick.<sup>[18]</sup>

#### Difference Between Lips and Regular Skin Structure:

Lip structure differs from regular skin structure in that the lip is more attractive than the regular skin, which typically has 15 to 16 layers in the top corneum layer for protection purposes, while the lip's top corneum layers are only 3 to 4 layers thick and much thinner than the skin of the typical face. The lip skin has very few melanin cells, which makes the blood vessels more visible through the skin, giving the lips their beautiful pinkish colour. The lip skin lacks sweat glands and hair follicles, so it does not have body oil and perspiration to protect the lip from the environment.<sup>[19]</sup>

Lip skin is particularly susceptible to external stimuli because it is prone to drying up and developing tiny cracks,<sup>[20]</sup> which typically occurs when exposed to cold, dry air.<sup>[21]</sup> Therefore, lips need to be given extra attention and protection. Aside from this factor, the attractiveness of lipstick or lips naturally plays a big influence.<sup>[22]</sup>

#### Herbal Cosmetics:

Herbal cosmetics are a useful gift from nature with growing demand in the global market. There is a large selection of herbal cosmetics to suit your aesthetic standards; using herbal ingredients in cosmetics greatly protects the skin. With the development of science and technology, people have used herbs for a variety of purposes, such as food, medicine, and cosmetics. However, the usage of natural products, including plants, has decreased aside from food, as vegetarians now only consume plants.

The use of plants as medications and cosmetics is, nevertheless, on the rise. Natural substances can pass through the protective layer that is the human skin. As a result, buyers constantly look for cosmetics made of natural ingredients to prevent allergic reactions and disorders as well as any other negative effects. Lipstick is a lip-tinting substance that has been used since the beginning of time. These days, this product is more popular than ever, and consumers are pickier about its various hues, textures, and lustres.<sup>[23-24]</sup>

#### Introduction to Herbal Ingredient:

##### 1. BEES WAX:

**Synonym:** Carnauba.

**Biological source:** The honeycomb of bees including honeybees.

**Family:** Apidae.

**Chemical composition:** Beeswax contains mainly oxygen (7.5%), hydrogen (13.2%) And carbon (73.5%).

**Application:** It provides a hydrating agent that keeps your lips from drying out and cracking. It is a thickening agent.<sup>[25]</sup>

## 2. CASTOR OIL:

**Synonym:** Castor Bean Oil.

**Biological Source:** Castor oil is made from the seeds of the castor bean plants, *Ricinus communis*, and is a non-volatile fatty oil.

**Family:** Spurges.

**Chemical composition:** Fatty acids and neutral lipids make up the majority of it.

**Application:** It is mild laxative. It is applied as a hydrating agent. Lipstick and contraceptive cream and jellies both contain ricinoleic acid. It encourages staying hydrated.<sup>[26]</sup>

## 3. OLIVE OIL:

**Synonym:** Swarthy, Cold pressed oil.

**Biological source:** Olive oil is a type of oil made from the fruit of the olive tree, called *Olea europaea*. It is taken from the fleshy part of the ripe olives.

**Family:** Oleaceae.

**Chemical composition:** Triacylglycerols make up the majority of its composition with small amounts of glycerol, phosphatides, free fatty acids, pigments, and sterols.

**Application:** It serves as an excellent source of hydration. It provided natural SPF defence. It maintains the moisture content of your lips It was utilized to revitalize your skin and eliminate dead skin from your lips. It nourishes the lips.<sup>[27]</sup>

## 4. COCONUT OIL:

**Synonym:** Coconut Butter.

**Biological source:** Coconut oil is made from the dried white part inside a coconut, called the endosperm, of the coconut tree (*Cocos nucifera*).

**Family:** Palmae.

**Chemical composition:** Fatty acids include palmitic acid, stearic acid, oleic acid and linoleic acid. make up this mixture.

**Application:** It eases discomfort. It is applied as a hydrating agent.<sup>[28]</sup>

## 5. BEETROOT:

**Biological source:** Its biological source is fresh *Beta vulgaris* root.

**Family:** Amaranthaceous.

**Chemical composition:** This mixture is a good source of important minerals like potassium, sodium, phosphorus and zinc. It also contains several active plant chemicals, which are good for health. These include betalains, flavonoids, polyphenols. These compounds have various health benefits.

**Application:** It functions as a binder. It gives your lips a shiny, glossy appearance. It also gives lips an emollient effect. It also gives lips from breaking.<sup>[29]</sup>

## 6. VITAMIN E:

**Synonym:** Tocopherol.

**Biological source:** Collection of substance that can be found in many different foods.

**Chemical composition:** Eight distinct chemicals are referred to by this term:  $\alpha$ -,  $\beta$ -,  $\gamma$ -, and tocopherols, together with the four tocotrienols that go with them.

**Application:** It is used to cure wrinkles and as a preservative. It makes the lips soft and smooth.<sup>[30]</sup>

## 7. ROSE OIL:

**Synonym:** Rose attar.

**Biological source:** Rose oil is made from the flowers of the *Rosa damascena* plant.

**Family:** Rosaceous.

**Chemical constituents:** The main chemical constituents of rose oil include:

1. Citronellol: A sweet, floral fragrance compound.
2. Geraniol: A floral and slightly citrusy compound.
3. Nerol: Similar to geraniol, with a fresh floral scent.
4. Phenyl ethanol: Adds a rose-like fragrance.

These components give rose oil its unique fragrance and therapeutic benefits.

**Application:** It is used to create a more natural scent. To make a lipstick.<sup>[31]</sup>

### Extraction Method:

#### **Beetroot Extraction:**

First, peel the beetroot and cut it into thin, even slices. Lay the slices on butter paper and cover them with a fine mesh. Let them dry in the shade for a day. If there's still moisture left, bake them to dry fully. Next, grind the dried beetroot into a fine powder. Use a fine sieve to strain the

powder and remove any chunky pieces. If needed, sieve it again. Finally, weigh the powder and pack it.

**Carrot Juice Extraction:**

First, use a peeler to peel the fresh carrots and remove the outer layer. Then, grate the carrots evenly. Next, place the grated carrots onto a fine muslin cloth and squeeze out the juice. Once the juice is collected in a beaker, store it for later use.<sup>[32]</sup>

**Method of Preparation: Formulation 1:**

The herbal lipstick was made using the usual method for making lipstick. First, beeswax was melted in a beaker at 70°C using a water bath. In another beaker, castor oil, coconut oil, and olive oil were also melted at 70°C in order of their melting points (from highest to lowest). Beetroot pigment was added to the oils and mixed well until smooth. Then, this mixture was added to the melted beeswax at the same temperature. After cooling the mixture to 40°C, vitamin E and rose oil were added. Finally, the liquid mixture was poured into lipstick molds. Once it solidified, the lipstick was removed from the molds and placed into a lipstick case.

Sr.no	Ingredients	Quantity	Role
1.	Beeswax	10g	1. Lubricating agent 2. Thickening agent
2.	Castor oil	5ml	1. Humectant 2. Moisturizer
3.	Olive oil	2ml	1. Emollients 2. Occlusive agent
4.	Coconut oil	5ml	1. Hydrating agent 2. Moisturizing agent
5.	Beetroot	3grams	1. Colouring agent 2. For nourishment
6.	Vitamin E	Q. S	1. preservative 2. Hydrating agent
7.	Rose oil	Q. S	1. Perfuming agent

**Formulation 2:**

The herbal lipstick was made using the usual method for making lipstick. First, beeswax was melted in a beaker at 70°C using a water bath. In another beaker, coconut oil and almond oil were also melted at 70°C in order of their melting points (from highest to lowest). Carrot juice was added to the oils and mixed well until it became smooth. The mixture was then poured into lipstick molds. Once it cooled and solidified, the lipstick was removed from the molds and placed into a lipstick case.<sup>[33]</sup>

Sr. No	Ingredient	Quantity
i.	Bees Wax	6 gm
ii.	Castor Oil	11 gm
iii.	Almond Oil	3 gm
iv.	Carrot Juice	0.9 gm
v.	Rose Oil	Q. S

The fundamental steps involved in making Lipstick:

The basic production processes used in the formulation of herbal lipstick include-



### 1. Pre-milling of Pigment:

This is the first step in making herbal lipstick. The pigment powder is ground down to break apart any clumps. This ensures that the lipstick will have a smooth and even colour.

### 2. Mixing and Melting:

In this step, waxes are melted together with oils since they are solid at room temperature. Once melted, pigments and other ingredients are added and mixed well to make a smooth, uniform mixture.

### 3. Molding:

After the mixture is ready, it is poured into a mold while still hot. The mold helps the lipstick take shape, and once it cools down, it is carefully removed from the mold.

### 4. Flaming:

The next stage is flaming, which involves passing the lipstick through the flame. Usually, it is kept and twisted there for a brief moment before being taken out to prevent. It is then put in the containers after melting and losing shape to provide a glossy surface.<sup>[34-36]</sup>

### Defects in lipsticks:

#### Formulation related problems:

- **Sweating:** Sweating is the most prevalent issue with lipstick formulation because of either a high oil content or poor oil binding.
- **Bleeding:** Any climate or temperature range may see its emergence. When colourful liquids separate from the waxy base, this is referred to as bleeding.
- **Streaking** is the appearance of a thin band or line on the final product that is different in colour or composition.

#### Moulding related problems:

- **Laddering:** After the lipstick is made, instead of looking smooth, it has a layered or stripy appearance, like a ladder.
- **Deformation:** The shape of the lipstick gets bent or out of shape. You can see it clearly on both sides of the lipstick.
- **Cratering:** This happens when there are small dents or holes on the surface of the lipstick, making it look uneven.
- **Mushy Failure:** The middle part of the lipstick is soft and breaks easily, making it weak and unstable.<sup>[37-38]</sup>

### Advantages of Herbal Lipstick over Synthetic Lipsticks:

1. **Natural Ingredients:** Herbal lipsticks contain all-natural ingredients, ensuring safety.
2. **Nutrient-Rich:** They include natural nutrients that promote lip health.
3. **Fewer Side Effects:** Herbal lipsticks typically have fewer or no adverse effects.
4. **Various Benefits:** They possess properties like being lipophilic antioxidants, antimicrobial, and anti-inflammatory, suitable for conditions like leucoderma.
5. **Wide Colour Range:** Offer a broad spectrum of colours derived from natural sources like beetroot, berries, etc.
6. **Colour Customization:** Different combinations and shades can be achieved by blending various natural colorants.
7. **Adjustable Colours:** Colours can be altered by adding organic and inorganic acids or bases, providing versatility.

### Disadvantage of Herbal Lipstick over synthetic Lipsticks:

1. **Habit Formation:** It is true that psychological changes occur when a person's cosmetic process becomes a regular part of their day. Eliminating cosmetics can be embarrassing and reflect a decline in confidence.
2. **Time Consumption:** It takes an hour to finish a complete makeup process.
3. **Removal Challenges:** As eyeliners and foundations are harder to remove, getting rid of makeup has become a constant struggle.
4. **Expensive Errors:** Makeup application errors can be minor or big, necessitating a full makeover or running the danger of seeming too dramatic.
5. **Skin Vulnerability:** Cosmetics, which are frequently not subject to FDA regulation, may include dangerous substances that can hurt the skin, and incorrect removal can make conditions like acne worse.
6. **Complex Shopping:** Choosing cosmetics involves navigating numerous considerations, from product suitability for one's skin type to colour accuracy and quality assessment.<sup>[39]</sup>

### Evaluation Parameters:

- **Melting point:** The capillary tube method is used to measure it. Open the glass capillary tubes on both ends. Put enough lipstick into each of the five capillary tubes, about 10 mm high. Then, let the tubes stand for the required

period of time. The temperature in the capillary tube is determined to be the melting point. Utilizing the remaining four capillary tubes, repeat the procedure three times, then compute the outcome.

- **Breaking Point:** The weight that breaks is known as the breaking point. The purpose of the breaking point test is to ascertain the lipstick's strength. Apply lipstick horizontally in a socket one inch from the support's edge. The breaking point is defined as a specified increase in weight.<sup>[40]</sup>
- **Force of Application:** This test determines the force that should be used in an application. Maintain a piece of coarse brown paper on a shadow graph balance, then apply lipstick at a 45° angle to completely cover an area of 1 square inch. The pressure leading serves as a gauge for application force.
- **Penetrometer test:** The lipstick's surface was probed at multiple spots, and the average of these findings was reported in micrometers. The penetrometer needle was set up to just rest on the molded lipstick rod's surface. After releasing the needle attachment, the penetration reading was noted.
- **Microbial testing:** Microbial development may result from materials, molds, storage kettles, or lipstick containers contaminating the area. A known mass of the sample is plated on two carefully chosen culture media that are especially suited for the growth of bacteria and fungi, and they are incubated for a certain amount of time to allow for the formation of visible colonies that can be counted. A maximum of 100 µo/gm is the limit.
- **Rancidity:** The breakdown of fats, oils, and other lipids by oxidation or hydrolysis is known as rancidification. It results in a sticky product, an unpleasant taste, an unpleasant odour, and occasionally a change in colour. Finding the peroxide number can be used to test for rancidity.<sup>[41]</sup>
- **Surface anomalies:** This test looks for surface flaws such the absence of crystal formation or mold, fungal, or other contamination.
- **Aging stability:** Keep the product at 40°C for an hour while monitoring a number of factors, including oil bleeds, surface wax crystallization, and application properties.<sup>[42]</sup>
- **Test for solubility:** Dissolve the lipstick in various solvents and note how soluble it is in each one.

- **Ph parameters:** Using a Ph meter, find the lipstick's Ph.
- **Test for skin irritation:** Put lipstick on the skin for ten minutes and watch.
- **Scent stability:** Another way to evaluate scent stability is to store lipstick at 40°C in an oven and periodically compare it to new lipstick.<sup>[43]</sup>
- **Thixotrophy character:** Using a penetrometer, it indicates thixotropic quality. At 25°C and a 50g weight, a conventional needle with a specified diameter was permitted to pierce for 5 seconds. The lipstick's thixotropic structure was measured by the depth of penetration.

#### Storage Instructions:

- For external use only.
- Store in a cool and dry place.

#### Lipstick Side Effects:

- **Allergic reaction:** Symptoms include swelling, redness, itching, or a rash on lips. In severe cases, you may experience anaphylaxis
- **Dry and chapped lips:** Lipstick that isn't, removed before bed can cause dry, chapped lips.
- **Lead Poisoning:** They can contain lead, which can cause poisoning symptoms like fatigue and irritability.
- **Skin changes:** Lipstick can cause hyperpigmentation, lips cracks, dryness, burning.
- **Toxicity**
- **Chemicals in lipstick harm the body**
- **Irritation**
- **Lipstick increases toxin ingestion**
- **Cancer**

## II. CONCLUSION:

Several natural components are used to make herbal lipstick. Therefore, using natural colours is a step toward healthier cosmetics that women can use broadly and enjoyably. In conclusion, herbal lipsticks are an excellent alternative to traditional lipsticks made with synthetic ingredients. They are created using only natural ingredients, such as plants and herbs, which have several benefits for the condition of the lips and skin. Because herbal lipsticks don't include harmful chemicals, artificial colours, or fragrances, they're a great option for people with sensitive skin. They are also environmentally sustainable and cruelty-free. Further more, many herbal lipsticks

contain ingredients that have healing, soothing, and moisturizing properties, which makes them an excellent option for people with dry or damaged lips.

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