

Herbal Lip Balm Using Natural Ingredients

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ABSTRACT

Cosmetics are incredibly in demand since historical time. These days focus shifted more towards naturally derived cosmetic products. Among all cosmetic products, lip balm formulations are most widely used to enhance the beauty of lips and add glamour touch to the makeup. Lip balms offer a natural way to maintain and promote healthy lips. Current cosmetic lip products are based on use of enormous chemical ingredients with various side effects. Hence in this work, an attempt has made to study different types of lip balm and natural ingredients used to formulate herbal lip balm. This article reviews on the essential ingredients used for herbal lip balm along with their advantages. The herbal lip balm can be made using naturally occurring base, oils, extract, color and flavoring agents which can be evaluated for their resistance to temperature variations, pleasant flavor, and smoothness during application, adherence and easy intentional removal etc.

Key words: Herbal lip balm; herbal cosmetics; natural ingredients

I. INTRODUCTION

Lip balms are essential cosmetic products designed to provide moisture and protection to the lips, which are particularly vulnerable to environmental factors such as wind, cold, and dry air. The trend towards natural and organic products has increased interest in herbal lip balms, which utilize plant-based ingredients to offer a safer and more skin-friendly alternative to synthetic formulations.

Herbal lip balms harness the therapeutic properties of natural oils, waxes, and botanical extracts. Ingredients like beeswax, shea butter, coconut oil, and essential oils not only provide emollient and moisturizing effects but also impart beneficial properties such as antioxidant, anti-inflammatory, and antimicrobial actions. These characteristics make herbal lip balms suitable for

sensitive skin and for those seeking a more natural skincare routine. The formulation of a herbal lip balm involves selecting appropriate ingredients that ensure the product's stability, efficacy, and sensory attributes.

II. THE ANATOMY OF LIPS

Lip anatomy consists of a number of structures that affect both the function and appearance of the lip. Here is a brief summary of the lips structure:

Skin: The outer layer of the lips is skin, just like the rest of the body. Lip skin, on the other hand, is more delicate and thinner. The visible line dividing the vermilion-colored portion of the lips from the surrounding skin is known as the vermilion border.

Vermilion zone: The reddish region of the lips is known as the vermilion zone. It is crimson in color because it has more blood vessels than normal.

Philtrum: A vertical groove or indentation in the middle of the top lip that continues from the base is known as a philtrum.

Cupid's: The cupid's bow is the double curve or V-shaped area in the middle of the top lip.

Oral mucosa: The inner surface of the lips is protected by a thin, moist layer of tissue called the oral mucosa. It is separate from the outer skin and aids in maintaining the moisture of the lips. To keep the lips moisturized and to facilitate speech and eating, lips include small glands called labia.

Nerve ending: One of the many muscles that make up the lips and are in charge of their movement and expression is the orbicularis oris, which surrounds the mouth and facilitates smiling and puckering. Lips are extremely sensitive to touch warmth, and pain due to their high density of nerve endings.

III. LIP RELATED PROBLEMS

1. **Dry lips:** Dry lips are a result of the lips drying out and losing moisture. This can be caused by environmental factors including cold temperatures, dry air, or particularly frequent lip-licking. Dry lips may feel tight, split, or even peel.

2. **Chapped lips:** Lips that are chapped can be painful, uncomfortable, and sometimes bleed. Lips that are chapped are a more severe kind of dryness. Chapped lips can be caused by prolonged dryness, the sun, wind or bad weather.
3. **Cold sores:** Cold sores and fever blisters are both small, painful blisters filled with fluid that appear on or near the lips. They are caused by the herpes simplex virus and are very contagious.
4. **Allergies:** Some individuals may develop allergies to specific ingredients in food, cosmetics, or lip care products. Allergy symptoms include swelling, itching, redness, and even lip blistering.
5. **Lip discoloration:** A variety of things, including sun exposure, smoking, some medications or underlying medical conditions, can alter the color of your lips. Lips may appear darker in this.

IV. LIP BALM

Lip balm is a waxy substance applied to the lips to keep them moist. Lip balm was created to protect the lips from external influences such as the cold of winter and prevent dry, chapped lips. Protecting the lips helps prevent irritation and infection. Occlusive Lip Balm Prevents saliva from wetting the skin repeatedly. It also reduces the pain associated with chapped lips. The ingredients used to prepare the lip balm maintain the moisture of the lips and promote the healing of chapped lips. Unlike lipstick, lip balm is not genderspecific. Most of them have a waxy texture. , mango and many more fruity flavours. This lip balm is made for moisturizing and is also added with special flavours in order to entice the taste buds and smell of the users.

V. TYPES OF LIP BALM

There are 7 kinds of lip balms to choose from

1. Tinted Lip Balm:

A type of lip balm used to hydrate and colorize the lips called tinted. If the user doesn't want to wear a heavy coat of lipstick, tinted lip balms are a perfect alternative. Users use tinted lip balm to moisturize their lips as well as to give them a brilliant wash of color. Just apply the colored lip balm directly to the lips to use it.

2. Medicated Lip Balm:

Medicated lip balms are most likely to be the least soothing and irritating lip balms amongst

the others. This lip balm is usually prescribed by dermatologists in medication for chapped lips and other conditions regarding the lips.

3. Flavoured Lip Balm:

The flavoured lip balm is a kind of lip balm which has flavourings. Flavoured lip balms are lip balms that are added with flavour such as vanilla, mint

4. Organic Lip Balm:

The organic lip balm is a kind of lip balm which have organic or natural ingredients. While there are other lip balms which has chemical ingredients that may harm the lips and skin, the organic lip balm is usually made from organic ingredients such as avocado oils, jojoba oils, beeswax, vitamin E, hemp, and cocoa butter. The organic lip balm still functions like any other lip balms, which provides moisture and protection from dry and chapped lips.

5. SPF Lip Balm:

The SPF lip balm are a kind of lip balm which contains ingredients that protect the lips from the harmful effects of the Sun rays. The SPF lip balm functions like a sunscreen to protect the lips from sun damage, burning, and even skin cancer.

6. Plumping Lip Balm:

The plumping lip balm is a kind of lip balm that doesn't just moisturize the lips, but also makes the lips look more rounder. Plumping lip balms is made to give protection to the lips, but at the same time it has special ingredients to make the lips look fuller. The plumping lip balm is essential to users who want to achieve a plumper lip without doing any surgical procedures.

7. CBD or Hemp Oil Lip Balm:

Cannabidiol (CBD) or hemp oil lip balm are a kind of lip balm that contains CBD oil or hemp oil. Hemp oil is from the hemp plant which is an excellent moisturizer for the lips, while the CBD oil is an active compound of cannabinoids which has anti-inflammatory benefits. The lip balm will act as an anti-oxidant to the lips to help soothe dry and heal chapped lip circumstances.

VI. APPLICATIONS OF HERBAL LIP BALM

1. **Moisturization:** Herbal lip balms often contain ingredients like shea butter, coconut

oil, and beeswax, which provide deep hydration and prevent dryness.

2. **Protection:** Ingredients such as natural oils (e.g., jojoba oil, olive oil) form a barrier against environmental factors like wind and sun.
3. **Healing:** Herbal lip balms with calendula, chamomile, or vitamin E promote healing of chapped or cracked lips.
4. **Anti-inflammatory Properties:** Ingredients like aloe vera and green tea extract help reduce inflammation and soothe irritated lips.
5. **Antioxidant Effects:** Herbal lip balms often include botanical extracts rich in antioxidants, which protect the lips from oxidative stress.
6. **Natural Fragrance and Flavour:** Essential oils like peppermint or lavender are often added for their pleasant aroma and experience.
7. **Skin Repair:** Herbal formulations may support skin regeneration, helping to restore the natural barrier of the lips.

VII. LITERATURE REVIEW

1. Vaishnavi Kangne*et.al (2024) :-

Due to tremendous demands of beauty enhancing products cosmetics industry is flourishing. The research concluded that the natural Remedies are more safe and minimum side effect than synthetic formulation. The above formulated herbal lip balm was used to Protect the lips and makes them glossy. The herbal lip balm was used to protect the chapped lips and also protect from sun damage.

2. Dr. Suruchi Vishvasrao*et.al (2014) :-

Due to tremendous demands of beauty enhancing products cosmetics industry is flourishing. This work has reviewed the current status of natural lip balm products. This also studied all aspects of natural lip balm including natural ingredients, formulation methods, evaluation and applications. Hence it can be concluded that the extensive literature study has been performed on the natural lip balm products .

3. Gaikwad Vishal*et.al (2022) :-

Our product has the following advantages. It is an exclusively patented product. Contains a combination of a humectant, an emollient and an occlusive humectant to lock lips in moisture. Can

be used by both men and women. It has additional functions such as nutrition, scar healing and sun protection. Our product concept is a long-lasting moisturizing herbal lip balm with honey, hyaluronic acid and SPF. Our product has a positive impact on consumers' lips because it is made from 100% botanical ingredients that contain a combination of emollients, humectants and occlusive agents to prolong the duration of our lip balm's moisturizing benefits.

4. Sakshi Patil*et.al (2024) :-

Cosmeceuticals are cosmetic products with biologically active ingredients purporting to have medical or drug-like benefits. Cosmeceuticals are used for nourishing as well as improving the appearance of the skin, and are also documented as effective agents for treating various dermatologic conditions. Lip balm formulations are most widely used to enhance the beauty of lips and add glamour touch to the make-up. Lip balms offer a natural way to maintain and promote healthy lips. Current cosmetic lip products are based on use of enormous chemical ingredients which has a various side effect

5. Prof. Latif Bhagwan*et.al (2024) :-

Herbal lip balms represent a significant shift in consumer preferences toward natural and effective skincare solutions. With a composition rich in nourishing oils, natural waxes, and beneficial herbal extracts, these products provide effective moisturization, protection, and healing for the lips. Research highlights the efficacy of ingredients such as shea butter, aloe vera, and honey, which offer both therapeutic benefits and enhance user experience.

1. Sanjay Bais*et.al (2020) :-

The present study aimed to create a lip balm with as many natural elements as feasible. The main colouring and flavouring ingredients were beetroot extract, rose water, vitamin E capsules, and almond oil. Almond oil served as the moisturising agent. Researchers looked examined how these components affected the formulation's physical features, including spread ability, uniformity, and organoleptic characteristics. It may be said that using these natural components helped create a great lip balm composition.

VIII. INGREDIENTS

1. TABLE FOR INGREDIENTS USED

INGREDIENTS	PROPERTIES
Bees Wax	Thickener, provides structure
Coconut Oil	Moisturizing, anti-inflammatory
Almond Oil	Soothing, healing properties
Glycerine	Humectant, draws moisture to the lips
Honey	Moisturizing, antioxidant
Vitamin E	Antioxidant, extends shelf life
Beet root powder	Natural colorant
Vaseline	Emollient, Moisturizer

2. Beet Root:

Antioxidants included in beet root give lips supple, smooth skin. The human lip is a component of the body. Despite having three to four layers of skin, the lips are much thinner than the skin of the face. Lips are extremely sensitive, and conditions like edema and inflammation can transpire swiftly. As a result, lip balm or any other lip product moisturizes lips. Lip balms are applied to the lips to shield them from the sun's rays and stop them from drying out. Lip balms are products that are meant to keep lips safe rather than to adorn them. They create a thin, pliable, oily layer that is resistant to moisture.

3. Almond Oil:

The adipose acids in almond oil penetrate deeply into the skin tissue, providing moisturization to the lips. Almond oil's anti-inflammatory properties lessen the discomfort of chapped and sunburned lips. Aloe vera treats inflammation by acting as an anti-inflammatory. Antioxidants that combat wrinkles and other skin damage are infused into the lips.

4. Beeswax:

In addition to being hydrating, beeswax has a gentle scent and can shield lips from the sun's harmful UV rays. One natural emulsifier is beeswax. Additionally, studies have shown that a tiny amount of wax has inherent antibacterial properties. The need to strike a balance between the concentration of the primary components used to create lip balms, such as the base, oils, coloring, and flavoring. Lips become softer naturally thanks to natural lip balms. Those with really dry and cracked lips will find this to be especially beneficial. These antimicrobial substances can lessen excruciating inflammation. That an illness brings with it.

5. Vitamin E:

Vitamin E functions as an organic moisturizer. By lessening the appearance of aging, vitamin E contributes to the preservation of the lips' rough, velvety texture. Dry, chapped lips can be soothed with vitamin E oil. Applying vitamin E to dry lips encourages the growth and rejuvenation of new cells because it does just that. The another aid for irritation is the thickness of vitamin E oil. A product's hues might also give clues about its quality and freshness.

6. Glycerin:-

Glycerin is humectant, which means it attracts water from the environment and helps retain moisture in the skin. This is particularly useful for keeping the lips hydrated and preventing dryness and chapping. It aids in the healing process of cracked or damaged lips by keeping the area moist, which promotes faster recovery

7. Coconut oil :-

The moisturizing effects of coconut oil have increased general interest in this ingredient as a natural skin care solution. While the oil is sometimes used as an all-over dry skin remedy, it may also be used for the lips. Whether your lips are dry, chapped, or just need some extra TLC, there are several coconut oil remedies that you can try out at home.

8. Honey :-

Honey is a natural humectant, which means it attracts and retains moisture, keeping your lips hydrated throughout the day. Honey also has anti-inflammatory properties to help soothe chapped lips. Honey's antibacterial properties also help to prevent infection if the lips become cracked.

9. Vaseline:-

Vaseline, also known as petroleum jelly, is a common ingredient in many lip balms due to its occlusive properties, which means it helps seal in moisture and protect the lips from drying out.

VII. CONCLUSION

Herbal lip balms represent a promising alternative to conventional formulations due to their natural origin, reduced risk of side effects, and potential therapeutic benefits. The incorporation of plant-based ingredients such as essential oils, waxes, and herbal extracts not only provides effective moisturization and protection but also contributes to healing properties through anti-inflammatory, antimicrobial, and antioxidant actions. Despite their growing popularity, further research is needed to standardize formulations, ensure safety, and validate efficacy through clinical trials. With increasing consumer demand for natural skincare products, herbal lip balms are well-positioned to play a significant role in both cosmetic and therapeutic applications.

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