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Formulation and Evaluation of Herbal Moisturizer Containing Cucumber, Rosehip Oil and Lavender Oil: A Topical Approach for Skin Wellness

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ABSTRACT:
Herbal moisturizers have garnered considerable scientific and commercial interest owing to their incorporation of naturally derived bioactive ingredients and their associated therapeutic benefits for skin health. The purpose of this study was to create a new moisturizing cream with natural ingredients that are well-known for their positive effects on skin. Cucumber (Cucumis sativus), glycerin, rosehip oil, aloe vera, lavender oil, and a vitamin C capsule were used to make the moisturizer.
Every component was chosen for its calming, moisturizing antioxidant properties.qualities that are necessary to keep skin hydrated.
The aim of this study was to develop a formulation for skin care that was both safe and effective while having remarkable moturizing properties. Numerous tests, including organoleptic evaluation, spreadability, irritancy test, pH measurement, viscosity, washability, and greadability, were conducted to assess the cream's quality and performance.
According to the results, the cream's formulation had favorable properties like the right pH, the ideal viscosity for effortless application, good spreadability, and stability over time.
Overall, this study emphasizes the value of effective moisturizing creams in preserving the health and beauty of skin while showcasing the potential of natural ingredients in skincare formulations.
KEYWORDS: Herbal moturizer, Hydrating, Cucumber (Cucumis sativus), rosehip oil, lavender oil, formulation, evaluation.

I. INTRODUCTION

In the personal care system, the use of herbs in cosmeceutical production has increased significantly in recent years, and demand for herbal cosmetics is high. Cosmetics are substances that are applied to the human body to clean, beautify, increase attractiveness, and change appearance without affecting the structure or functions of the body. Herbal products or products made from herbs in cosmetics are also known as botanical origin products in cosmetics. The following are the main categories into which herbal cosmetics can be divided.
1. To improve the skin's appearance on the face.
2. For hair maintenance and growth.
3. To maintain healthy skin, particularly in teenagers (acne, pimples, sustaining)
4. Shampoos, soaps, powders, and fragrances, among other items.
5. Other items

Moisturizer: Moisturizers are crucial for maintaining the health of the skin because they increase hydration, fortify the skin barrier, and prevent transepidermal water loss (TEWL). The environmental stressors that the human skin is constantly exposed to, such as pollution, extreme weather, and chemical irritants, can cause dryness, irritation, and early aging. Consequently, the therapeutic and cosmetic industries have seen a sharp increase in demand for safe, effective, and skin-compatible moisturizing products.

Advantages:
1.Less greasy than other research By way ofKeeping
your skin moisturized keeps it looking young.
2.Innovation Compared to synthetic cosmetics,
3. They are highly effective when used in small quantities.
4.Moisturizing can make other blemishes less noticeable.

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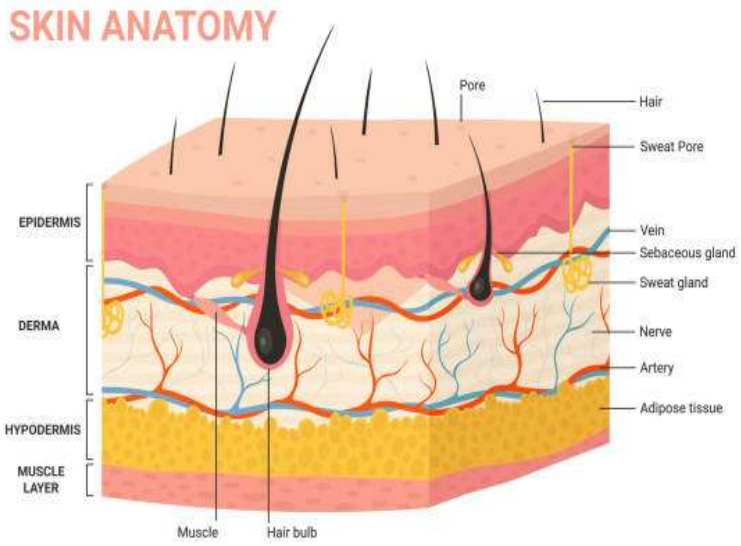
5. Reduce the signs of aging and soothe sensitive skin.
6. Aid in the battle against acne.

Disadvantages:
1. May result in skin breakouts.
2. Could result in skin allergies.
3. May cause greasy skin.
4. Not suitable for all skin types.

Moisturizer uses include:
1. Psoriasis, ichthyosis vulgaris, dry skin, and atopic dermatitis-related itching are among the skin conditions that moisturizers are used to treat. This usually involves topical or base medications, like Whitfield ointment. They are frequently mixed with humectants like urea and salicylic acid.
2. Moisturizers are also frequently found in skin cleansers, shaving creams, aftershaves, sunscreens, antiperspirants, and treatments for hair dermatitis.
3. Disposable pads with moisturizers help avoid pad dermatitis and dry skin.

Anatomy of skin:
The largest organ in the human body, the skin acts as a barrier to protect the body from the outside world. It is made up of three fundamental layers:



1) The outer layer, or epidermis, is made up of stratified squamous epithelial cells.
Functions:
• Offers the first line of protection against environmental factors.
• Keratin, which it produces, fortifies the skin.
• It has melanocytes, which produce the pigment known as melanin, which gives skin its color.
• Renews itself continuously by shedding dead cells.

From outermost to innermost, the following sublayers make up the epidermis.
1. The stratum corneum
2. Only for people with thick skin, stratum lucidum
3. Granulosum stratum
4. The Spinosum Stratum
5. Stratum basale (containing melanocytes and stem cells)

2) The middle layer, or dermis, is made up of glands, connective tissue, blood vessels, nerves, and hair follicles.
Functions:
• Offers elasticity and strength (through collagen and elastin fibers). supplies the epidermis with nourishment.
• Sweat and sebaceous (oil) glands are present.
• Has touch, pain, and temperature sense receptors.
• Connects the skin to the bones and muscles.
Dermal layers:
1. Sensory neurons and capillaries are found in the papillary layer.
2. The reticular layer has glands and follicles as well as thick connective tissue.

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3) The hypodermis (subcutaneous layer) is made up of connective tissue and adipose tissue, or fat cells.
Functions:
It stores and insulates energy.
• Provides protection and comfort for the internal organs.
• Connects the skin to the bones and muscles.

II. MATERIAL AND METHOD:

•Material:

Sr.no	Ingredients
1	Cucumber
2	Rosehip oil
3	Lavender oil
4	Glycerin
5	Aloe vera gel
6	Coconut oil
7	Vitamin E Capsule
8	Distilled water
9	Emulsifying wax
10	Methyl paraben
11	Propyl paraben

1. Cucumber=

Cucumber's hydrating qualities make it ideal for dehydrated skin, and its astringent qualities make it ideal for oily skin. Additionally, they work well on skin that is irritated or sensitive. You can apply fresh cucumbers directly to your skin to make it tighter. Cucumber extract calms skin and reduces inflammation. Additionally, it might help with puffiness and dark circles under the eyes. It may help firm skin, which can help lessen some of the signs of aging, and is rich in minerals like potassium.
Synonym: cucumber, Khira
Biological source: it is fruit which is obtained from plant cucumissativus.
Family:cucurbitaceae
Chemical constituents: water (95%) and small amounts of protein (0.6%), lipids (0.1%) and carbohydrates (2.2%).
Cucumber uses:
1] Avoid getting acne and pimples on your face.
2] maintains the tone and health of the skin
3] Aids in preventing the symptoms of early aging
4] An excellent source of water
5) Prevents free radical damage
6] Reduces fatigue and bags under the eyes
7] Assists with swollen eyes

2. Rosehip oil =

One of the substances used empirically to improve the appearance of skin scarring is rosehip seed oil, which is extracted from various plant species in the genus Rosa.

About 70 different species of plants in the genus Rosa are covered by the generic name "Rose mosqueta," or "Rosehip," including Rosa rubiginosa, Rosa moschata, and Rosa canina. The seed of the wild plant's fruit is used to extract rosehip seed oil. Prior research has looked at the chemical makeup of this compound, highlighting its high polyunsaturated fatty acid content, which includes oleic acid (16%), linolenic acid (17%), and linoleic acid (54%). Smaller concentrations of other saturated fatty acids and other active ingredients of dermatological interest, such as natural tretinoin or transretinoic acid, have also been found (between 0.01% and 0.1%).

Rosehip oil uses:
1] Restore and regenerate skin damage
2] Lighten dark areas and scars
3] Hydrate without causing pore blockage (non-comedogenic).
4] Its natural retinoid effect slows down the signs of aging.
5] Calm sensitive, irritated, or inflamed skin.

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3. Lavender essential oil =

The Lamiaceae family, which includes lavender oil, is indigenous to the Mediterranean region. Many other countries also grow it. France, China, and Bulgaria are the world's top producers of lavender oil. There are 39 species and more than 100 hybrid species of lavender oil.

Steam distillation is the most widely used technique for extracting lavender oil from dried flowers. Due to its anti-inflammatory, antiseptic, antibacterial, antifungal, antimicrobial, and antidepressant qualities, lavender oil finds extensive use in the home and personal care, cosmetic, food, insecticide, and medicinal industries. It is also utilized in aromatherapy.
Addressing hair loss, fungal infections, and anxiety, wounds, and enhancing sleep quality.

1. Glycerin =

Glycerine draws moisture to the skin because it is a humectant. By attracting water from the atmosphere into the epidermis' outermost layer, it keeps the skin hydrated. Additionally, glycerine keeps the skin supple and soft by forming a protective layer that stops moisture loss.

2. Aloe Vera gel =

Growing to a height of 60 to 100 centimeters, aloe vera is a stemless or very short-stemmed plant. The leaves are grey-green, thick, and meaty. One type of aloe that is well-known for its therapeutic qualities is aloe vera. Aloe species are found practically everywhere in the world and are prevalent on the Eastern European continent.
Synonyms: Aloe, Musabbar, Kumari.
Biological source:Aloes are the dried juice obtained by transversely cut leaves of various species of
Aloe barbedensis Miller,
Aloe perryi Baker,
Aloe spicata Baker and Aloe Africana Miller.
Family: Liliaceae

Chemical constituents: Anthracene glycosides, Barbaloin, Isobarbaloin, aloe-emodin and aloesone. Resins (resinotannol cinnamic acid or coumaric acid). Also contains Aloetic acid, homonataloin etc.
Uses: Purgative, laxative, and used to treat burns and ulcers, aloe has many uses in cosmetics these days, including hair conditioner. Lotion for the hands and body, moisturizer with a base, Face wash and shampoo.

3. Coconut oil =

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Biological Name: Cocos nucifera
Synonyms: Copra Oil, Coconut Butter
Biological Source: Extracted from the dried kernel (copra) or fresh meat of the coconut fruit from the Coconut Palm (Cocos nucifera).
Chemical Constituents:
Fatty Acids: Lauric acid, Myristic acid, Caprylic acid, Capric acid, Palmitic acid
Vitamins: Vitamin E, Vitamin K
Antioxidants: Polyphenols
Sterols: Phytosterols
Geographical Source: Widely grown in tropical and coastal regions, including India, the Philippines, Indonesia, Sri Lanka.

The benefits of coconut for skin health are numerous. The ability of coconut oil to act as a natural hydrator is among its most well-liked uses. Coconut oil is non-comedogenic and suitable for all skin types, including sensitive skin, in contrast to many artificial moisturizers that can irritate and block pores. It can improve the function of the skin barrier and restore moisture by penetrating deeply into the skin.

4. Vitamin E Capsule =

Because vitamin E has antioxidant qualities, applying it to the skin helps shield sensitive skin from harm. It also has a high water content, acting as an "emollient" and "humectant" to help your skin retain and absorb water. In certain cases, it has also been demonstrated to lessen eczema.
1. Make the skin stronger
2. Extremely hydrating
3. Handle excessive pigmentation
4. Offers UV protection
5. Encourages the regeneration and renewal of cells.

5. Distilled water =

The formulation's solvent, distilled water, provides the aqueous phase required for hydration. It guarantees that the formulation is pure and devoid of contaminants that might compromise the stability and effectiveness of the moisturizer.

Water that has been boiled into vapor and then condensed back into liquid in a different container is known as distilled water. The original container still contains the portions of the water that do not boil below the water's boiling point. Distilled water is therefore a form of purified water. Water that has been purified is basically free of chemicals and microorganisms. Reverse osmosis (pushing water through a membrane to remove chemicals, minerals, and microorganisms), ionization (using an ionizer instead of a chemical to disinfect water), and distillation are the methods used to accomplish this. For purified water to be labeled, the EPA mandates that its total dissolved solids content not exceed 10 parts per million.

6. Emulsifying wax =

To ensure a stable and uniform mixture, emulsifying wax plays a crucial role in blending

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the cream's water and oil phases. It makes the cream easier to apply and has a smoother texture.

7. Methyl and propyl paraben =

A preservative is a chemical or natural ingredient that is added to a variety of products to help prevent microbial deterioration.

A significant class of preservatives, parabens are widely used in the pharmaceutical and cosmetic industries to make toothpaste, shampoos, shaving gels, personal lubricants, topical and parenteral medications, and spray tanning solutions. These substances are effective antifungal and antibacterial agents, but they are also thought to have hepatotoxic effects.

• Method of preparation: (17)

1. Step 1 Preparation of cucumber extraction:

1. Wash and clean the Cucumber properly.
2. Then slice into smaller pieces.
3. Now Blended the whole Cucumber Pieces.
4.boil cucumber juice for 30-45 min in water(cucumber pieces: water=100 g: 300g).
5.Then juice was extracted using a filter paper.
6. collect the extract.

2. Step 2 Preparation of oil phase:

1. In a clean beaker, weigh coconut oil, rosehip oil, emulsifying wax, and vitamin E.
2. Heat this mixture to 70–75°C using a water bath until the wax completely melts and forms a uniform oil phase.

3. Step 3 Preparation of aqueous phase :

1. In another beaker, mix distilled water, glycerin, aloe vera gel, and cucumber juice.
2. Heat this mixture to 70–75°C (same as oil phase temperature).

4. Step 4 Emulsion Formation :

1. Slowly add the hot oil phase into the hot aqueous phase with continuous stirring.
2. Continue stirring until a homogeneous emulsion forms.
3. Allow it to cool gradually to 40–45°C while stirring.

5. Step 5 Addition of preservative and fragrance:

1. Dissolve methyl paraben and propyl paraben in a small amount of warm distilled water (around 60°C) and add to the emulsion while cooling.
2. Once the mixture reaches below 40°C, add lavender essential oil and mix thoroughly.

Formulation Table:

Sr.no	Ingredients	F1	F2	F3
1	Cucumber Extract	15g	13.73g	14g
2	Rosehip oil	6.75g	6.75g	6.70g
3	Lavender oil	0.09g	0.05g	0.04g
4	Glycerin	1.80g	2.00g	1.90g
5	Aloe vera gel	1.20g	2.00g	2.00g
6	Coconut oil	1.02g	1.12g	1.20g
7	Vitamin E capsule	0.15g	0.21g	0.12g
8	Distilled water	6.75g	6.75g	6.70g
9	Emulsifying wax	1.50g	1.54g	1.60g
10	Methyl paraben	0.075g	0.080g	0.090g
11	Propyl paraben	0.015g	0.020g	0.050g

•Evaluation Parameter: (5,18)

1.Organoleptic Characters:

The moisturizing cream was assessed using physical characteristics such as color,

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consistency,odor and the formulation's current state.
Colour: The colour of the cream was examined visually, and the results are shown in the table.
Odour: The odour of the cream was found to be characteristic.
State: The appearance of the cream was evaluated through visual inspection.
Consistency: The consistency of the formulation was assessed by manually rubbing the cream on the hand. It exhibited a smooth consistency.

2.Washability test:

The washability test was carried out by applying a small amount of cream on the hand and then washing it with help of tap water.

3.Spreadability Test:

The spread ability test show that the formulated cream has good spread ability or not. The less time take for the separation of both the slide better the spread ability.

4.Phase Separation:

Prepared cream is kept in tightly closed container at Room temperature away from sunlight and observed for 24 hours for phase.

5.pH Test:

This is basically the acidity of a substance. The normal pH value ofcream is between 4 and 7. This test was measured.

6.Irritancy Test:

The cream was applied to the surface of the back of the left hand for 1 square cm and observed at equal intervals up to 24 hours for irritation, redness and swelling. Did not cause irritation or redness of the skin.

III. RESULT :

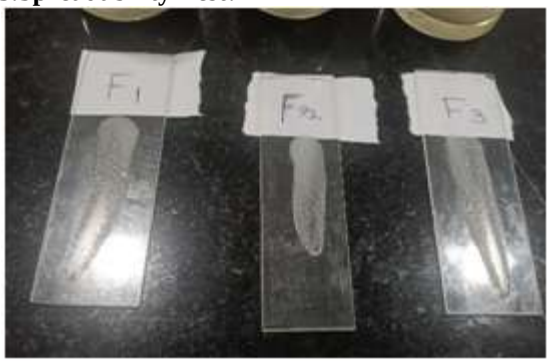
1.Organoleptic characters :

Sr. No	Parameters	F1	F2	F3
1	Colour	Off white	White	White
2	Odour	Pleasant lavender	Pleasant lavender	Pleasant lavender
3	State	Semi solid	Semi solid	Semi solid
4	Consistency	Smooth	Smooth	Smooth

2.Washability Test:

Sr. No	Parameter	F1	F2	F3
1	Washability Test	Easily washable	Good washability	Good washability

3.Spreadability Test:



Sr. No	Parameter	F1	F2	F3
1	Spreadability Test	Spreads easily	Spreads easily	Spreads well

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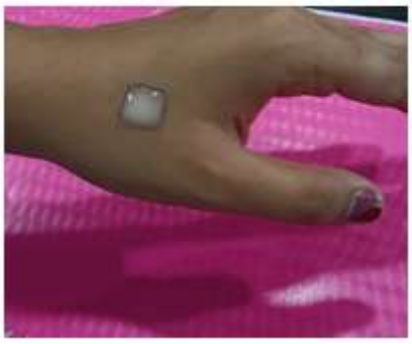
4.Phase Separation:

Sr.No	Parameter	F1	F2	F3
1	Phase Separation	None	None	None

5.pH Test:

Sr.No	Parameter	F1	F2	F3
1	pH	6.1	6.2	6.4

6.Irritancy Test:



Sr.No	Parameter	F1	F2	F3
1	Irritancy Test	Mild	Nil	Nil

IV. DISCUSSION

Natural skin care ingredients used in this study include vitamin C, coconut oil, aloe vera gel, cucumber extract, rosehip oil, and lavender oil.

Cucumber is a natural hydrator and calming agent for the skin. reduces irritation and puffiness by cooling the skin. gives the skin a feeling of freshness and aids in maintaining the moisture balance.

Vitamin C and essential fatty acids found in rosehip oil aid in skin regeneration. It aids in the reduction of wrinkles, pigmentation, and scars. enhances the tone and elasticity of the skin. Lavender oil has calming and antimicrobial qualities. aids in skin relaxation and offers a pleasing scent. lessens mild skin irritations and inflammation. As a result, different moisturizing cream formulations with cucumber and rosehip oil moisturizer were prepared and characterized using standard techniques in this research project.

We can conclude from the aforementioned tests that F1 moisturizing cream was mildly irritating and easily washable, but it also passed other evaluation tests and displayed no symptoms of phase separation.The values displayed by F2 and F3 were within the typical range. They apply smoothly, don't irritate skin, don't separate phases, and are easy to wash, but they leave a slight greasy residue because they don't contain emulsion.There are no indications of separation in these formulations at 10, 25, and 30°C.

V. CONCLUTION

According to the current study, rosehip oil and cucumber extract were used as the main ingredients in a moisturizing cream made with basic ingredients and techniques. Three formulations were created using different excipient types and amounts that work well with the main ingredients.

The F1 formulation was easily washable and only slightly irritating. Formulations F2 and F3 exhibited stability. showing no color change at any temperature and no indications of phase separation.

Formulations F2 and F3 are stable and have produced the expected results. Every evaluation test that was administered to them was successful.

Based on the aforementioned observations, we can say that the moisturizing cream's formulation is safe to use and may offer advantages from rosehip oil and cucumber extract. This study effectively used the antioxidant and

skin-beneficial qualities of rosehip oil to create a moisturizing cream that contains vitamin C.

Even though this formulation shows promise for using natural sources of Vitamin C in a topical cream, more research is advised to improve stability, optimize the extraction process, and assess the cream's effectiveness through in-vitro and in-vivo studies. The basis for creating a safe and efficient vitamin C skincare product is provided by this initial research.

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