

# Formulation and evaluation of decorative cosmetic lip balm using herbal entities

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**Abstract**—The lip-care products for everyday basis contain harmful heavy metals and preservatives. Other than leaching through the pores on your lips, these heavy metals and other chemicals can also be accidentally ingested. 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. Hence, an attempt has made to study the natural ingredients which are used to formulate the natural lip balm. The starting point, oils, colours, adding agents, and other ingredients may be found natively. Organic moisturiser hydrates, nourishes, and protects lips that have been damaged by dryness. A better option for treating a variety of lips ailments may be healthy lip gloss. It was discovered that beetroot lip balm has Antioxidant properties.

**Index Terms**—Herbal lip balm, anatomy of lips, application, beetroot, beeswax, almond oil, olive oil, vit.e, glycerine, stability, physical appearance.

## I. INTRODUCTION

People have used cosmetics for thousands of years—and even today, this tradition continues, as cosmetics play an increasingly important role in personal hygiene and beauty care across many parts of the world. (1) Cosmeceuticals are the ingredients that have medicinal properties that benefits action and also provide protection against degenerative skin condition (2). In today's fastly growing civilization demand for natural products whose production is safe to the environments has increased the production of natural cosmetics lip balm is a cosmetics products similar to lipstick which is use to prevent lip dryness and protects against hazardous environmental factors (3).

People's concern about using organic sources has grown significantly, especially because many commercially available chemical cosmetics contain harmful synthetic excipient. Lips, which lack oil glands, require extra moisture and protection throughout the day. Unfortunately, many traditional lip balms in Cosmetics play an essential role in modern lifestyles. As people move toward more natural ways of living, nearly every industry including cosmetics is embracing the green movement. For a healthier lifestyle, natural foods, herbal remedies, and organic products are increasingly preferred. Among these, the demand for herbal and organic cosmetic products has surged, particularly in personal care. Herbal cosmetics, especially those for skin and hair care, are growing in popularity due to their perceived safety compared to synthetic products, which often carry negative health effects include potentially harmful ingredients such as synthetic fragrances and dyes, hydrogenated oils, alumina, parabens, and petrolatum-based waxes. Since lip balm is often unintentionally ingested, this raises serious concerns for health regulators. Cosmeceuticals ingredients with medicinal properties are known to enhance topical effectiveness while offering protection against degenerative skin conditions. In the current study, such ingredients were chosen due to their reduced side effects. Unlike decorative lip products, lip balms are specifically formulated to protect the lips."

Cosmeceuticals are products with disease-fighting or healing properties, acting as a bridge between personal care items and pharmaceuticals. Like cosmetics, cosmeceuticals are applied topically, but they contain active ingredients that influence the biological functions of the skin. They enhance appearance by delivering nutrients essential for healthy skin, and often claim to improve skin tone,

texture, and radiance. In fact, cosmeceuticals are currently the fastest-growing segment of the natural personal care industry.

Today, the use of lip balm has increased significantly, with evolving preferences in color shades and formulations. Since lip balm is frequently ingested after application, it becomes essential for health regulators to carefully evaluate and approve these products. Lip balms now serve dual purposes: moisturizing and adding color. Herbal lip balms, in particular, symbolize safety, user satisfaction, and minimal risk. They can be made without compromising on color while offering a more natural and skin-friendly alternative."

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Lip coloring has long been used to enhance beauty and add glamour to facial makeup. Over time, preferences for color tones, textures, and finishes have evolved. Among all cosmetic products, natural lip balms have become especially popular—not only to enhance lip appearance but also to provide a healthy sheen and deep moisturization. Unfortunately, many modern lip products rely on chemical ingredients that may have adverse effects, making it increasingly important to explore natural alternatives.

Public concern has grown over the inclusion of harmful synthetic excipients in cosmetics. As a result, there is a rising interest in natural lip balm formulations that offer protection and nourishment. Lip balm is typically used to shield lips from drying due to wind and sun exposure, especially in winter, when cold air causes lips to crack and chap. These balms are available in pots or tubes and are formulated with moisturizers like shea butter, lanolin, and petroleum jelly, along with wax to help the product adhere to the lips.

A standout natural ingredient in lip care is beetroot extract. Derived from the edible taproot of *Beta vulgaris*, beetroot is not only a nutritious vegetable but also a natural source of color and antioxidants. Used in lip balms, beetroot extract helps nourish and moisturize the lips, restoring their softness and promoting overall lip health. Combined with essential oils and vitamin E, these natural components form a protective barrier, locking in moisture and shielding the lips from harsh environmental conditions."

## II. AIM AND OBJECTIVE

### AIM:

To formulate and evaluate a decorative lip balm using herbal ingredients with the objective of providing both cosmetic appeal and therapeutic benefits such as moisturization, healing of chapped lips, and protection against environmental stressors.

### OBJECTIVE:

#### 1. Moisturizing and Hydrating

Herbal lip balms are designed to deeply replenish moisture in the lips, preventing dryness and chapping—especially beneficial during cold weather or in arid conditions.

#### 2. Protection from Environmental Stressors

Acting as a natural barrier, these balms shield the lips from harsh external elements such as wind, sun exposure, and cold temperatures, helping to maintain softness and prevent damage.

#### 3. Enhancing Lip Health and Appearance

Many herbal formulas work not only to soften the lips but also to subtly enhance natural lip color and texture, contributing to healthier, more attractive lips over time.

#### 4. Made with Natural Ingredients

Emphasizing plant-based, chemical-free components, herbal lip balms prioritize the use of soothing, nourishing ingredients like shea butter, coconut oil, and botanical extracts.

#### 5. Minimizing Side Effects

Free from harsh synthetic additives, herbal lip balms are often gentler on the skin, reducing the risk of

irritation or dependency that can sometimes occur with conventional lip care products.

#### 6. Antioxidant Protection

Ingredients such as Vitamin E and beetroot extract offer antioxidant benefits, helping to combat free radicals that contribute to lip aging and dullness.

#### 7. Soothing and Healing Properties

Natural components like aloe vera, calendula, and chamomile provide calming relief and promote healing for cracked, sore, or inflammation.

#### APPLICATION:

1. Natural lip balms are applied to the lips to prevent dryness and offer protection against harsh environmental conditions such as wind, sun, and cold weather.

2. A wide variety of chemically-formulated lip balms are available on the market from major brands like The Body Shop, Nivea, Himalaya, Blistex, and Baby Lips.

3. Natural lip balms are designed to be unisex, making them suitable for use by both men and women.

4. The formulation of lip balms requires a careful balance of key ingredients such as butters, oils, waxes, and other excipients to ensure optimal texture, hydration, and effectiveness.

5. Since lip balm is often unintentionally ingested, it is essential that health regulators closely scrutinize its ingredients to ensure safety for regular use.

#### ANATOMY OF LIPS

The lips are a complex anatomical structure that play a vital role in expression, speech, and sensory perception. Their unique composition also affects how products like lip balm interact with them.

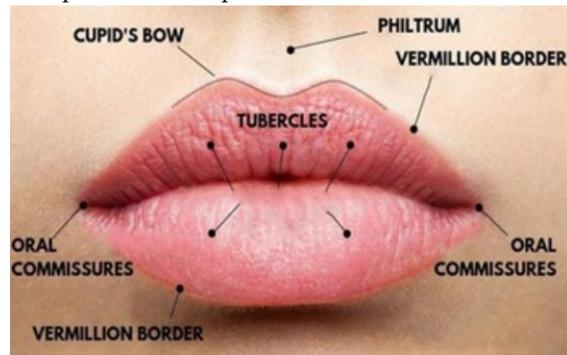


Fig. Anatomy of Lips

- Skin:

The outer layer of the lips is composed of skin, similar to the rest of the body. However, lip skin is much thinner and more delicate, making it more prone to dryness and damage.

- Vermilion Border:

This is the visible line that defines the boundary between the reddish portion of the lips and the surrounding facial skin.

- Vermilion Zone:

This is the red or pink area of the lips, appearing more vibrant due to the presence of numerous blood vessels close to the surface.

- Philtrum:

A vertical groove located in the center of the upper lip, extending from the base of the nose to the vermilion border. It contributes to facial aesthetics.

- Cupid's Bow:

The double-curve or "V" shape at the center of the upper lip, named for its resemblance to Cupid's bow, adds to the distinct appearance of human lips.

- Oral Mucosa:

The inner lining of the lips is covered by the oral mucosa a moist, thin layer of tissue separate from the external skin. This layer helps keep the lips hydrated and supports functions like eating and speaking.

- Labial Glands:

These small glands within the lips secrete moisture to keep them soft and lubricated.

- Nerve Endings:

Lips are densely packed with nerve endings, making them highly sensitive to touch, temperature, and pain. The orbicularis oris muscle, which encircles the mouth, controls the movement and expression of the lips, such as smiling or puckering.

#### III. LITERATUREREVIEW

For a while now, people have embraced a natural lifestyle by using cosmetics. Chemicals included in cosmetics are sometimes harmful to the skin. Herbal cosmetics are recommended to combat these negative effects. They have organic ingredients that provide effective skin treatment. The lips are vital to the face because they hold food in the mouth and prevent foreign items from entering. It is impacted by a potentially harmful material, which might cause dryness and irritation. Its lack of oily glands makes it

crucial to keep lips moisturized and protected throughout the day. Lip balm, often known as lip salve, is a topically applied wax-like product that moisturizes and relieves chapped or cold sores, stomatitis, angular cheilitis, or dry lips. Lip balm was formulated with a 23 factorial design and by using several ingredients. Eight formulation batches were done in accordance with the optimal concentration. Among those, the F7 formulation demonstrated acceptable melting point, pH, and stability. The lip balm was made by homogenizing the ingredients by mixing. It turned out that the lip balm had a pH of 6.2 and a melting point of 67°C. No irritation was noticed. The specially designed lip balm creates an occlusive barrier on the lip surface to trap moisture in the lips and shield them from the elements and drying out. Therefore, lip balm made with beetroot offers superior relief for lips and related problems.[5]

Herbs, Phyto-constituents, and extracts have been used since ancient time as traditional medicines for thousands of years all over the world. Cosmetics are chemicals or substances applied to the body to improve appearance. Today, the use of cosmetics has become more widespread worldwide and is constantly evolving, especially facial cosmetics (lip balm) from herbs/ natural sources. The herbal cosmetics like lip balm do not contain other potentially dangerous ingredients (synthetic chemicals preservatives) that are found in synthetic products, such as petrochemicals, artificial fragrances, spices, dyes and preferred over regular lip balms prepared using synthetic material. So, the world is returning to herbal products. Herbal cosmetic products are an irreplaceable gift of nature to humans as a wide range of herbal cosmeceuticals that complete beauty treatment. Lips are particularly sensitive due thin skin and are often the first sign of dryness. Lip balm is the most common cosmetic product that most people (men and women) use to moisturize and protect lips from cracking and drying as it form an occlusive coating on the surface of the lips, lock in moisture and protect the lips from external exposure, such as sunlight, in the winter season, with less humid temperatures, winds also dry the thin skin on the lips that away the moisture from the body.[6]

Cosmeceuticals are the products of cosmetic that are biologically active ingredients that impersonates to medical or drug like benefits. The design, quality,

formulation of lip balm made from natural ingredients was studied. In this study, lip balm has been made by using various ingredients like beetroot, almond oil, aloe vera, vitamin E and rose essence. Homogenous mixing method was used to produce the lip balm. The formulation of lip balm was tested by applying it on a glass slide. Various parameters such as chemical stability, pH melting point, and spreadability were carried out for the evaluation of lip balm. The pH was found to be 6.0 and the melting point was 63-65 °C. After performing stability studies at room temperature (25.0±3.0°C), refrigerated condition (4.0± 2.0°C) and oven temperature (40.0± 2.0°C), it proved that prepared lip balm was uniform in nature, was perfectly applied, without any deformation at room temperature and refrigeration. Lip balm prepared from above ingredients could be a better option for treatment of various lip issues. [7]

The present research work is based on the formulation and evaluation of herbal lip balm by using natural herbals like rose oil, bees wax, Shea butter, vitamin E, Beet root. Rose oil nourishes and softens lips naturally. The herbal lip balm which possesses anti-inflammatory properties and heals chapped lips was formulated and evaluated. The lip balm was produced by homogenous mixing. The lip balm, was characterized for physical stability, pH, melting point, and spreadability. The pH was found to be 5.5 to 6.5 and the melting point was found to be 63 to 65°C. After carrying out stability tests at room temperature (25.0–3.0°C) and in a refrigerator (4.0–2.0°C), it was demonstrated that the manufactured lip balm was uniform in nature and could be applied flawlessly without any deformation.[8]

The lip-care products for everyday basis contain harmful heavy metals and preservatives Other than leaching through the pores on your lips, these heavy metals and other chemicals can also be accidentally ingested. 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. Hence, an attempt has made to study the natural ingredients which are used to formulate the natural lip balm. The starting point, oils, colours, adding agents, and other

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**PLANT PROFILE:**

**1. Beeswax**

Synonyms: Yellow wax, Cera alba. White wax obtained is known as Cera flava.

Biological source: It is a product made from the honeycomb of the honeybee and other bees.

Chemical constituents: The main chemical constituents are carbon (73.3%), hydrogen (13.2%) and oxygen (7.5%).



Fig. Beeswax

Uses: -

- Preparation of ointments.
- Plasters & polishes, manufacture of candles.
- Moulds & dental, electronic industries.
- Also used in cosmetics for preparation of lipsticks and face creams.
- Pharmaceutically, it is an ingredient of paraffin ointment I.P
- It offers a moisturizer that protects your lips from becoming dry and developing Cracks.
- It is also used in lip-balm, lip-gloss, etc.

**2. Beetroot:**

Synonyms: Chart

Biological source :- Beet root it consists of freshroot of Beta vulgaris belong to FamilyChenopodiaceae.

Chemical constituent - betalains, phenolic compounds, carotenoids, nitrates, vitamins (A, C, B vitamins), folate, and various minerals.



Fig. Beetroot

Uses:

- Anti-oxidant activity to protect lip cells
- Natural pigment for rosy tint.

**3. Glycerin:**

Synonyms: Glycerinum

Biological source: Common sources include triglycerides in vegetable oils like soy, coconut, and palm. These oils are heated under pressure or with a strong alkali, such as lye, which causes the glycerin to separate from the fatty acids.



Fig. Glycerine

Uses:

- It provides a smooth, soothing feel on the lips.
- It helpful for chapped and irritated skin.

- It enhances the consistency and spreadability of the lip balm.

#### 4. Almond oil:

Synonyms: Prunus amygdalu

Biological Source: Almond oil is a stable oil derived from pressing the seeds of Prunus amygdalus (Rosaceae) var. dulcis (sweet almonds) or P. amygdalus var. amara (bitter almonds).

Chemical constituents: Both sweet and bitter almond varieties contain approximately 40-55% fixed oil, 20% proteins, as well as mucilage and emulsin. Bitter almonds also include 2.5-4.0% of the colorless crystalline cyanogenetic glycoside known as amygdalin.

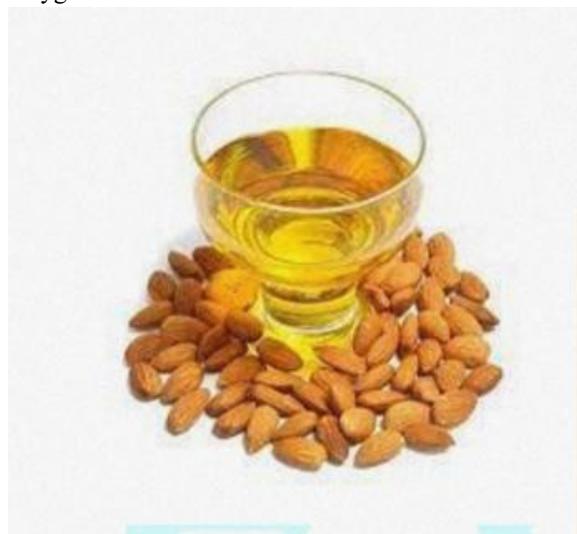


Fig. Almond Oil

Uses:

- It helps to repair damage skin and protect against environmental tracers.
- It provides a silky texture to lip balm.
- It make lips smoother.

#### 5.Olive oil:

Synonyms: Oleum Olivae , Vegetable oil

Biological source: It is a liquid fat obtained from olives (the fruit of Olea europaea), a Traditional tree crop of the Mediterranean basin, produced by pressing whole olives and extracting the oil.

Chemical constituents: It is composed mainly of triacylglycerols and contains small Quantities of free fatty acids, glycerol, phosphatides, pigments, and sterols.



Fig. Olive Oil

Uses: -

- Under eye treatment
- Acts as a sunscreen
- Get rid of wrinkles
- Anti-aging Effects
- Make up remover
- Conditions hair
- Prevents heart diseases
- Sun tan removing agent & Health.

#### 6. Vitamin E:

**Synonyms:**Tocopherol

**Biological source:** Sunflower oil, Olive oil, Soya, Cereals and cereal products, Nuts.

**Chemical constituents:** Alpha-, beta-, gamma-, and delta- tocopherol and alpha-, beta-, gamma-, and delta-tocotrieno.



Fig. Vitamin E

Uses: -

- Cardiovascular diseases
- Inflammatory diseases
- Radiation damage
- Lipid disorders
- Eye diseases
- Neurological diseases
- Bone diseases

IV. METHODOLOGY

Sr. No	Ingredient	Quantity				
		S1	S2	S3	S4	S5
1	Beeswax	40gm	40.4gm	38.8gm	38.3gm	37.8gm
2	Almond Oil	1ml	1.5ml	2ml	2ml	2ml
3	Glycerin	3ml	3.5ml	3.5ml	3.5ml	3.5ml
4	Vitamin E	0.5ml	0.6ml	0.7ml	0.7ml	0.7ml
5	Beetroot	2gm	2.5gm	3gm	3gm	3gm
6	Olive Oil	1ml	1.5ml	2ml	2.5ml	3ml

EXPERIMENTAL METHODOLOGY:

Equipment Used:

- Water bath setup
- Glass beakers
- Weighing scale
- Stirring rod or spatula
- Glass Beaker
- Thermometer
- Pipette

Step-by-Step Procedure:

Step 1: Melting the Base

1. Weigh and combine beeswax, and almond/olive oil in a container.
2. Place the container in a water bath over a medium
3. Stir gently until all solids are fully melted and mixed.

Step 2: Adding Herbal Extract

4. Once it is melted, lower the heat.
5. Add the herbal extract and stir well.

Step 3: Incorporating Additives

6. Remove the mixture from heat (ideally when the temperature is below 60°C to preserve volatile components).
7. Add Vitamin E oil and mix thoroughly.

Step 4: Pouring and Cooling

8. While the mixture is still liquid, pour it into lip balm containers.
9. Allow to cool and solidify at room temperature.

EVALUATION PARAMETER:

Organoleptic Character: Colour and Appearance

The formulation was studied for physical Appearance and colour. These Characteristics were evaluated by physical Observation. The colour was observed by taking a small quantity of sample on hand and spread it. The presence of coarse particles and

Consistency were used to evaluate the texture and homogeneity of the formulations. Skin feel (including stiffness, greasiness and grittiness) was also evaluated.



Fig. Colour and Appearance

**Melting Point:** For melting point, the sample of lip balm was taken in a glass capillary whose one end was sealed by flame. The capillary containing drug was dipped in liquid paraffin inside the melting point apparatus which was equipped with magnetic stirring facility. Melting was determined visually and melting point was reported.

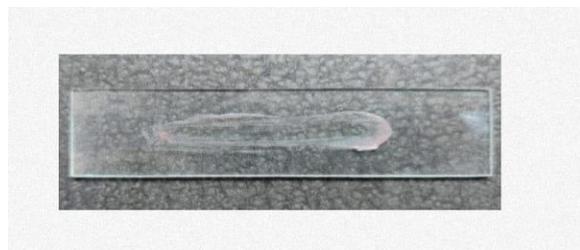
**PH:** One gram of the preparation is dispersed in 25 ml of distilled water. The pH of the preparation was determined using a pH meter (Mettler Toledo) pre-calibrated with standard buffer solutions (pH 4, 7 and 10). The measurement was performed three times.

**Spreadability:** Spreadability is determined using a slide. The formulation is sandwiched between two blades and a load is applied; the recipe has been spread on the slides. Visual observations were made

regarding the uniformity of the layer formation. For this test, the following criteria have been established:

G – Good

M– Moderate



Stability: Prepared lip balm was placed for accelerated stability studies at room temperature ( $25.0 \pm 3.0$  °C), refrigeration ( $4 \pm 2.0$  °C) and oven temperature ( $40.0 \pm 2.0$  °C) for 30 days. After 30 days, it was again characterized for organoleptic properties, melting point, spreadability and pH.

Skin Irritation: It was carried out by applying the product in the form of a patch on the skin for 30 min and observe the reactions-

N -No reaction

R-Redness of the skin

I-Itching, swelling, inflammation

## V. RESULT

Parameter	S1	S2	S3	S4	S5
Colour	Golden Yellow	Peach Colour	White and Brown	Light Pink	Orange Red
Apperance	Hard	Smooth	Smooth	Smooth	Smooth
Melting Point	70-72 <sup>0</sup> C	50-70 <sup>0</sup> C	60-65 <sup>0</sup> C	62-63 <sup>0</sup> C	63-65 <sup>0</sup> C
PH	6	6.2	6.4	6.3	6.5
Spreadability	Moderate	Moderate	Moderate	Moderate	Good
Stability	Good	Good	Good	Good	Good
Skin Irritation	No	No	No	No	No

## VI. DISCUSSION

The evaluation of the lip balm's organoleptic attributes, including color, appearance, pH, stability and melting point ensures that the product will be aesthetically and sensually appealing to consumers. A satisfying user experience is facilitated by positive organoleptic characteristics. The melting point of the lip balm formulation was shown to be within the allowable range, indicating that it can withstand typical storage conditions without melting or changing its texture. This is required to maintain the lip balm's stability throughout storage and transportation. The spreadability test gauges how smoothly and consistently the lip balm may be applied. The high spreadability of the lip balm suggests that it may be applied quickly and easily to the lips, creating a protective barrier that is free from distortion or fragmentation.

### CONCLUSION:

Herbal lipbalm offers a natural and effective way to moisturize, soothe and protect lips, potentially even

promoting lip health. Their formulations often incorporate natural oils, waxes, and extracts with moisturizing and healing properties. These ingredients can work together to lock in moisture, preventing dryness and chapping, while also providing a protective barrier against environmental elements. Additionally, herbal lip balms may offer antioxidants, vitamins, and soothing compounds that can further benefit overall lip health.

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