

Comprehensive Review on The Efficacy and Safety of Herbal Vanishing Cream in Skincare Applications.

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Abstract—Herbal vanishing creams represent a rapidly evolving category within natural skincare, combining traditional botanical knowledge with contemporary cosmetic formulation strategies. Traditional herbal medicine and contemporary dermatological research are connected by their lightweight, non-greasy texture and rapid skin absorption. Vanishing creams provide a matte finish while delivering active herbal constituents that support skin health. Their many functions include antibacterial, anti-inflammatory, and moisturizing properties. These creams make use of plant-based ingredients, including *Mentha piperita*, *Azadirachta indica*, *Curcuma longa*, *Calendula officinalis*, and *Aloe vera*, which promote barrier repair, increase moisture, and boost general skin physiology. Occlusive and humectant formulations lower trans epidermal water loss and restore lipid integrity, which aids the skin, the body's biggest organ and main defensive mechanism. This review presents a comprehensive evaluation of the efficacy and safety of herbal vanishing creams, highlighting the functional role of botanicals such as *Aloe vera*, *Azadirachta indica* (neem), *Ocimum sanctum* (tulsi), *Curcuma longa* (turmeric), *Rosa centifolia*, and various essential oils. These ingredients, rich in antioxidants, flavonoids, phenolics, and antimicrobial compounds, contribute to improved skin texture, sebum regulation, and protection from environmental stressors. The review synthesizes findings from *in vitro*, *in vivo*, and available clinical studies to elucidate the mechanisms through which herbal vanishing creams exert their benefits. Key therapeutic actions include reduction of excess oiliness, enhancement of skin barrier function, mitigation of oxidative stress, and support in managing mild acne or irritation. The quick-absorbing emulsion base, typically enriched with herbal extracts, facilitates efficient delivery of bioactive compounds without leaving residue. Safety assessments from dermatological and toxicological studies indicate that well-formulated herbal vanishing creams exhibit high tolerability, low irritation potential, and minimal adverse effects, particularly when standardized botanical extracts are used. The review synthesizes findings from *in vitro*, *in vivo*, and available

clinical studies to elucidate the mechanisms through which herbal vanishing creams exert their benefits. Key therapeutic actions include reduction of excess oiliness, enhancement of skin barrier function, mitigation of oxidative stress, and support in managing mild acne or irritation. The quick-absorbing emulsion base, typically enriched with herbal extracts, facilitates efficient delivery of bioactive compounds without leaving residue. Safety assessments from dermatological and toxicological studies indicate that well-formulated herbal vanishing creams exhibit high tolerability, low irritation potential, and minimal adverse effects, particularly when standardized botanical extracts are used.

Index Terms—Herbal vanishing cream, skincare, botanical extracts, sebum regulation, natural cosmetics, antioxidant activity, dermatological safety, matte finish formulations

I. INTRODUCTION

Skincare formulations have evolved substantially over the past few decades, reflecting advancements in dermatological science, cosmetic chemistry, and consumer expectations. Among the vast array of topical products available, creams occupy a central role due to their versatility, ease of application, and ability to deliver active constituents effectively. Traditional cream formulations—cold creams, moisturizing creams, and vanishing creams—were originally developed to meet fundamental skincare needs such as hydration, cleansing, and protection. Vanishing creams, in particular, gained prominence for their lightweight, non-greasy texture and ability to provide a matte finish, making them especially suitable for individuals with oily or combination skin types. The demand for vanishing creams has expanded beyond cosmetic appeal, with users now seeking multifunctional benefits such as oil control, antimicrobial protection, antioxidant effects, and

barrier enhancement. Consumer demand for "natural" cosmetics and these purported advantages have fueled the quick development and marketing of herbal vanishings; nevertheless, solid, clinically meaningful proof of their safety and effectiveness is still lacking.^[1] The stratum corneum serves as the main defence against environmental assaults and transepidermal water loss (TEWL); xerosis, dermatitis, and delayed wound healing are caused by a breakdown in this defence. Conventional vanishing formulas provide an occlusive lipid layer that lowers TEWL, while the added watery component momentarily makes corneocytes more hydrated. Herbal extracts that have humectant (like the polysaccharides in aloe), lipid-restorative (like the fatty acids in almond or sesame oil), antioxidant (like polyphenols), or anti-inflammatory (like flavonoids and azadirachtin) qualities can work in concert to improve hydration, lessen erythema, and modulate microinflammation, which can aid in barrier repair. Nevertheless, However, the population under study (such as healthy vs inflammatory skin), concentration, extract quality, and vehicle design all have a significant impact on the extent and clinical significance of these effects.^[2] When effectiveness is examined closely, both laboratory and small clinical investigations yield conflicting but encouraging results. Incorporating specific plant extracts into vanishing bases often results in quantifiable benefits in aspects like hydration, spreadability, and microbial suppression, according to preclinical research and formulation studies. Trials on plant-enriched topical preparations, for instance, have shown statistically significant increases in skin hydration and decreases in erythema or melanin in pooled analyses of botanical topical products. This suggests that, under controlled conditions, plant-based additions to emollient vehicles can provide quantifiable therapeutic and cosmetic benefits. However, the majority of main studies are small, have different controls and goals, and occasionally use surrogate measures (TEWL, instrumental hydration) instead of patient-centred outcomes, which restricts their capacity to be broadly generalized.^[3] The safety aspects of herbal vanishings are a little more complicated but just as significant. At low quantities, many plant compounds have favourable safety profiles and have been used topically for millennia. However, in sensitive people, complex combinations of bioactive chemicals found in plant

extracts might result in irritating dermatitis, phototoxicity, or contact sensitisation. The growing interest in herbal vanishing creams can be attributed to the convergence of consumer preference for natural skincare and the proven pharmacological potential of medicinal plants. Herbal ingredients such as Aloe vera, neem, tulsi, turmeric, and rose extracts contain bioactive compounds that exhibit antioxidant, anti-inflammatory, antimicrobial, and soothing properties. When incorporated into vanishing cream bases, these botanicals enhance product functionality by promoting skin clarity, regulating sebum secretion, reducing oxidative stress, and supporting overall skin health. The fast-absorbing nature of vanishing creams enables efficient delivery of these phytoconstituents, making them appealing for individuals seeking non-greasy yet effective skincare solutions.^[4] Challenges with formulation and regulation also influence the evidence landscape. One advantage of using vanishing cream, a semi-solid topical carrier, is that it may be made to last longer on the skin. However, it can also be a drawback if there are allergies or irritants present. Herbal vanishing creams have gained widespread adoption in tropical and humid climates, where oily skin, acne, and environmental exposure are common concerns. The matte finish offered by these creams helps counteract unwanted shine while maintaining skin comfort. Unlike synthetic formulations that may rely on harsh chemicals or comedogenic agents, herbal variants are perceived as milder and more biocompatible. This aligns with the broader global trend toward clean, sustainable, and plant-derived cosmetic products. Furthermore, the growing body of research in natural product chemistry and green formulation technologies has facilitated the development of stable, standardized herbal emulsions.

Although herbal vanishing creams are widely promoted for their therapeutic and aesthetic benefits, rigorous scientific data supporting their claims is comparatively limited. Many formulations rely on traditional knowledge or anecdotal evidence rather than standardized clinical testing. As consumers increasingly rely on herbal cosmetics for long-term skincare, assessing the efficacy of these formulations becomes critical. Parameters such as oil-control ability, enhancement of skin texture, reduction of acne-causing microbes, antioxidant potential, and improvement of the skin barrier must be examined through in vitro assays, animal studies, and human

clinical trials. Additionally, herbal ingredients vary significantly in composition due to differences in cultivation, extraction methods, and storage conditions, making standardization essential for ensuring product consistency and therapeutic reliability. Safety assessment is equally important, as natural ingredients are not inherently free from adverse effects. Some botanicals may cause irritation, photosensitivity, allergic reactions, or interactions with other cosmetic components if not properly purified or formulated. Toxicological analyses, patch testing, and stability studies help determine the dermatological compatibility of herbal vanishing creams. Addressing these aspects allows formulators to optimize product quality while minimizing risk.

To provide a balanced perspective, this review integrates data from randomised trials, observational studies, formulation optimisation reports, and mechanistic laboratory studies, and highlights methodological gaps that must be addressed in future research particularly standardization of botanical extracts, longer follow-up for delayed hypersensitivity, and head- to-head comparisons with established therapeutic emollients. [6]

The skin is referred to as the largest part of the body, and it contains 15% of the total adult weight. Skin has a surface area of about 2m². Normally, the skin is very smooth. However, due to ageing and exposure to heat and cold, sunrays, pressure, and abrasion, dust and microbial infection, etc., the smoothness may be lost and the skin becomes rougher and thicker. Skin is one of the most readily accessible organs of the human body. There are two kinds of human skin: one that is hairless, such as the soles of the feet and palms of hands, and the other kind, which bears hair and sebaceous glands, such as arms and face. It includes the gland, hair, and nails, and they perform many vital functions, including protection against physical, chemical, and biological assailants, prevention of excess loss of water and thermoregulation. The skin consists of three layers: epidermis, dermis and subcutaneous tissue. The epidermis consists of a constellation of cells known as keratinocytes. Its function is to synthesise keratin, which has a protective role. The middle layer dermis, is made up of structural proteins called collagen, and the dermis lies on the subcutaneous tissue or panniculus. It contains small lobes of fat cells. [7]

II. STRUCTURE OF SKIN: [6-10]

- The skin consists of the following layers.
 - a) Epidermis
 - b) Dermal epidermal junction
 - c) Epidermal appendages
 - d) Dermis

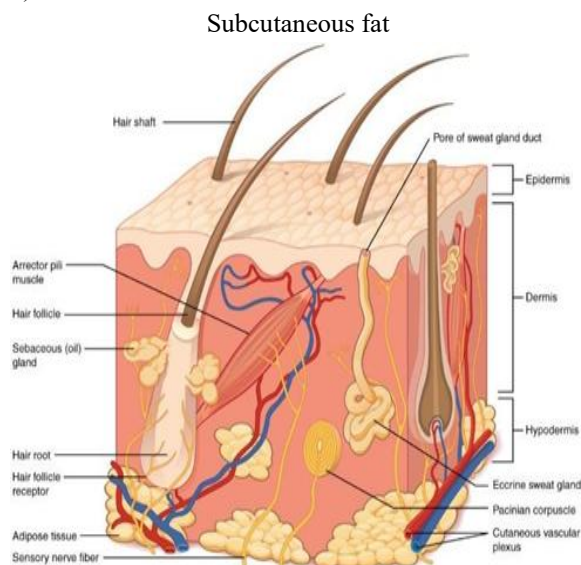


Fig. no.01 Layers of the Skin

A] Epidermis:

The epidermis is a stratified, squamous epithelium layer, and it contains two types of cells, keratinocytes and dendritic cells. The main cell of the epidermis is the keratinocytes, which make up 95% of the total cells present in the epidermis. The thickness of the epidermis varies from 0.05 mm to 0.8-1.5 mm. The epidermis is further divided into four distinct layers according to keratinocytes, morphology and position. [1]

B] Dermal epidermal junction:

The dermal epidermal junction represents the acellular zone present between the dermis and epidermis. It supports the epidermis, establishes cell polarity, direction of growth and directs the organisation of the cytoskeleton in the basal cells, and it provides developmental signals and functions as a semipermeable barrier between layers.

C] Epidermal appendages:

The skin adnexa are a group of ectodermally derived appendages, including eccrine, apocrine glands, ducts and pilosebaceous units that originate as downgrowths

from the epidermis during development. After injury, the adnexal structure is capable of re-epithelialization.

- a) Eccrine sweat gland: Eccrine glands are distributed on the surface of the body. The principal function is heating control. Apocrine Gland. They are 10 times larger than an acrine gland, which secretes a milky substance.
- b) Sebaceous Gland: It secretes sebum, which constitutes most of the fatty layer

D] Hair: Hair has valuable biological functions like protection from the elements and the distribution of sweat gland products.

E] Dermis: It is a system of fibrous filamentous, amorphous connective tissue. The dermis provides pliability, elasticity, and tensile strength to skin. It protects the body from mechanical injury, binds water, and provides thermoregulation and sensory stimulation.

F] Subcutaneous fat: Subcutaneous is an elastic layer that includes a large amount of fat cells that work as a shock absorber for blood vessels and nerve endings. The thickness of this layer is 4 to 9 mm on average.

III. FUNCTIONS OF SKIN:^[8]

- Protection
- Thermoregulation
- Heat Production
- Heat Loss
- Control of body temperature
- Activity of sweat glands
- Regulation of blood flow through the skin
- Formation of vitamin D
- Cutaneous sensation
- Absorption

Excretion CREAMS:

Creams are the topical preparations that can be applied to the skin. Creams are defined as viscous liquid or semi-solid emulsions of either the oil-in-water or water-in-oil type dosage forms whose consistency varies with the oil and water. Creams are used in cosmetics for further purposes like cleansing, beautifying, improving appearances, protective or for therapeutic functions. These topical formulations are

used for the localised effect for the delivery of the drug into the underlying layer of the skin or the mucous membrane.^[10]

“Herbal vanishing creams are water-in-oil emulsion-based topical formulations enriched with herbal extracts and natural oils, intended to provide moisturizing, soothing, and protective effects on the skin, while utilizing the pharmacological properties of the incorporated botanicals.”^[11]

IV. CLASSIFICATION OF CREAMS: ^[5-11]

All the skin creams can be classified on different bases:

1. According to function, e. g. cleansing, foundation, massage, etc.
2. According to characteristic properties, e. g. vanishing creams, etc.
3. According to the nature or type of emulsion, based on function e.g. . Make-up cream (o/w emulsion).

[1] Cleansing creams: These creams are used for body cleaning purposes, and it is used for personal hygiene and beautification, which is important for cosmetics. Cleansing creams or lotions can be used for the removal of make-up, surface grime, and oil, mainly from the face and neck

[2] Foundation creams: These creams serve as a foundation for makeup. It acts as an adherent base for the application of make-up powders. They provide emollient action and a protective action against the environment to the skin, which is neither too greasy nor too dry. It is multi-coloured make-up applied on the face to create an even, uniform colour similar to the complexion, to cover flaws and to change the skin tones.

[3] Cold Creams: It is known as a moisturiser or moisturising cream. Vanishing must have an emollient action. It should produce a cooling sensation in use, and the oil film on the skin should be non-occlusive. Vanishing creams: They are called vanishing creams because they seem to disappear when rubbed onto the skin. These formulations are based on stearic acid. After application, the cream leaves a dry but tacky residual film, which also has a drying effect on the skin. Because of these are used

particularly in hot climates, which cause perspiration on the skin.

- [4] Make-up cream: These are mainly an o/w type of emulsion. It is a cream-based product that leaves a smooth, hydrated finish (either stain-matte or luminous) on the skin. It nourishes skin and is basically sweat-resistant, and creates a dewy sheen.

Components of Herbal Vanishing Cream:

1. Herbal Actives:

Aloe vera gel extract – hydrates, soothes irritation, promotes healing.

Neem (*Azadirachta indica*) extract – strong antimicrobial and anti-acne properties.

Turmeric (*Curcuma longa*) extract – antioxidant and anti-inflammatory activity.

Tulsi (*Ocimum sanctum*) extract – antimicrobial, detoxifying, and skin-purifying.

Rose (*Rosa centifolia*) extract – toning, refreshing, and anti-irritant properties.

Green tea extract – rich in polyphenols, protects against oxidative damage.

These extracts are usually added in aqueous or hydroalcoholic form to enhance solubility and bioavailability.

2. Astringents and Oil-Control Agents:

Vanishing creams are designed to reduce shine and control excess sebum.

Common ingredients:

- Stearic acid – provides a matte film, helps emulsify oils, contributes to the “vanishing” effect.
- Zinc oxide (in mild concentrations) – offers oil-absorption and antimicrobial benefits.
- Clays (Kaolin or Bentonite) – absorb oil, purify pores, enhance matte finish.

Stearic acid is particularly important as it gives the characteristic dry, powdery feel.

3. Emollients:

Emollients soften and smooth the skin without making the formulation greasy.

Common emollients include:

- Cetyl alcohol – provides glide, stability, and mild thickening.
- Glyceryl monostearate – lubricates skin and

improves texture.

- Light liquid paraffin, isopropyl myristate, or vegetable oils (almond oil, jojoba oil) in very small amounts to prevent greasiness.

These help maintain skin suppleness while supporting the cream’s structural integrity.

4. Humectants:

Humectants attract and retain moisture, preventing dryness despite the matte finish.

Typical humectants:

- Glycerin – common and effective moisture-retainer.
- Propylene glycol or sorbitol – enhances hydration and penetration of herbal actives.
- Aloe vera gel also contributes to humectancy.

Humectants balance the formulation, ensuring the cream does not over-dry the skin.

5. Emulsifiers:

These are required to stabilize the O/W emulsion and maintain consistency.

Common emulsifiers:

- Stearic acid (also acts as an oil-control agent).
- Triethanolamine (TEA) or potassium hydroxide – neutralizes stearic acid to form a stable soap-based emulsifying system.
- Cetareth-20, Polysorbate 60, or glyceryl mono/di-stearate – non-ionic emulsifiers increasing formulation stability.

Together, these ensure uniform distribution of herbal extracts and oils.

6. Thickeners and Stabilizers:

Used to achieve desired viscosity and prevent phase separation.

Examples:

- Carbopol (carbomer) – forms stable gels and enhances texture.
- Xanthan gum – natural thickener, stabilizes emulsions and suspends herbs.
- Cetyl alcohol – also serves as a stabilizer and consistency enhancer.

These agents ensure the cream remains smooth and resistant to temperature changes.

7. Antioxidants:

These protect both the skin and the formulation from oxidative degradation.

Common antioxidants:

- Vitamin E (tocopherol) – prevents rancidity of oils and provides skin protection.
- Vitamin C derivatives – brighten skin and neutralize free radicals.
- Rosemary extract – natural antioxidant used in herbal cosmetics.

8. Fragrances and Essential Oils:

These enhance sensory appeal and may offer therapeutic effects.

Examples:

- Lavender oil – calming and antimicrobial.
- Rose oil – soothing and aromatic.
- Lemon or orange oil – refreshing, mild astringent.

Use must be cautious due to potential allergenicity. LIST OF PLANTS USED FOR THE FORMULATION OF VANISHING CREAM: ^[12-17]

Table 01: List of plants used for the formulation of vanishing cream

Sr. No.	Botanical / Chemical Name	Common Name	Major Active Constituents
1	Aloe vera (L.) Burm.f.	Aloe	Aloin, aloesin, polysaccharides, vitamins
2	Azadirachta indica	Neem	Fatty acids (oleic, palmitic), nimbidin, azadirachtin
3	Borax (Sodium tetraborate decahydrate)	Borax	Sodium, boron, oxygen compounds
4	Stearic Acid	Stearic Acid	Long-chain fatty acid
5	Liquid Paraffin	Mineral Oil	Saturated hydrocarbons, alkanes
6	Glycerin	Glycerol	Polyhydric alcohol
7	Rose Water (Rosa centifolia hydrosol)	Rose Water	Phenylethanol, citronellol, geraniol
8	Methyl-p-hydroxybenzoate	Methyl Paraben	Methyl ester of p-hydroxybenzoic acid
9	Triethanolamine (TEA)	TEA	Organic amine compounds
10	Distilled Water	Purified Water	H ₂ O



Fig 02. Borax



Fig.4. Alovera.



fig.3. liquid paraffin



Fig.5. Methyl P- Hydroxy Benzoate.



Fig.6. Rose water.



Fig.7. Distilled water



Fig no 8 A] oil phase b] Aqueous phase



Fig.9 Vansihing Cream

Aloe vera is a hertial plant species belonginto family Liliaceae. Itisaningredientin many cosmetics Because it heals, moisturizes, and softens skin. We just have to cut one of the aloes vera leaves to extract the Soothing gel. Aloe vera contains amino acids like leucine, soleucine, saponin glycosides that provide cleansing action, vitamins A, C, E, B, cholina, B12 and folic acidand provide antioxidant Activity. Aloe vera Has great moisturizing properties because it is rich in polysaccharides, which also give it a gul-like appearance. On the other hand, its structure formed a protective film for the scion, which helps in its healing properties. Sometimes the gel also serves as analgesic and anti-inflammatory properties that benefits on skin wounds, burns. And promotion of radiation damage repair. The leaf exudate contains several components that cause skin irritation and erythema (redness). So, it is recommended to be used only in formulations and avoid leaf exudate.

V. METHOD OF THE FORMULATION

Sr. No.	Ingredients	Formula
1.	Stearic Acid	20 gm
2.	Borax	0.8 gm
3.	Liquid Paraffin	50 gm
4.	Aloe vera Gel	2 gm
5.	Rose Water	q.s.
6.	Methyl-p-hydroxy Benzoate	0.2 gm
7.	Distilled Water	q.s.

Table 02: Formulation of Vanishing Cream
Procedure for the formulation of Aloe vera Vanishing Cream:

1. Preparation of the Oil Phase:

Weigh Stearic acid (20 g), Liquid paraffin (50 g), and Beeswax (if used in place of stearic acid) accurately. Transfer these ingredients into a clean beaker. Heat the mixture on a water bath at 70–75°C until all components melt completely and form a uniform, clear oily phase. Stir gently to avoid air entrapment.

2. Preparation of the Aqueous Phase:

Weigh Borax (0.8 g) and dissolve it in a portion of distilled water (q.s). Add Methyl-p-hydroxy benzoate (0.2 g) to the same aqueous phase and heat gently to ensure complete dissolution.

Maintain the temperature of the aqueous phase at 70–75°C, the same as the oil phase, to ensure proper emulsification.

Separately, take Rose water (q.s) and Aloe vera gel (2 g) and keep them ready for addition after emulsification.

3. Emulsification Step:

Once both phases reach the same temperature, slowly add the hot aqueous phase into the hot oil phase with continuous stirring.

Use a mechanical stirrer or a glass stirrer to maintain steady mixing.

Continue stirring until the mixture thickens and a smooth, uniform emulsion starts forming.

This step forms the characteristic vanishing cream base through the reaction of borax and stearic acid (forming a soft soap emulsifier).

4. Cooling and Addition of Heat-Sensitive Ingredients:

Remove the beaker from the heat and continue stirring while the emulsion cools down to 40–45°C.

Add Aloe vera gel and Rose water at this stage and mix thoroughly.

Stir continuously to avoid lump formation and ensure uniform distribution of herbal components.

5. Final Mixing and Packaging-

Continue stirring until the cream reaches room temperature, becoming thick, smooth, and stable.

Check for uniformity, color, and absence of phase separation.

Transfer the finished vanishing cream into airtight, sterile containers using a spatula or filling machine.

Label properly with formulation details, batch number, and storage instructions.

VI. CONCLUSION

Herbal vanishing creams represent an evolving intersection between traditional plant-based remedies and modern cosmetic formulation science. This review highlights that these formulations offer a unique blend of therapeutic and aesthetic benefits, making them highly suitable for daily skincare, particularly for individuals with oily or combination skin types. The incorporation of herbal ingredients such as Aloe vera, neem, tulsi, turmeric, and rose extracts provides

natural moisturizing, antimicrobial, anti-inflammatory, antioxidant, and soothing effects, thereby enhancing both skin health and user experience. These botanicals not only improve the functional properties of vanishing creams but also align with increasing global demand for safe, natural, and environmentally conscious skincare alternatives. From a formulation perspective, the characteristic matte finish of vanishing creams is primarily achieved through the reaction between stearic acid and an alkaline agent like borax, forming a soft soap emulsifying system that contributes to rapid absorption and a non-greasy feel. When combined with herbal actives, humectants, emollients, and stabilizers, the resulting product becomes multifunctional—capable of controlling excess sebum, reducing shine, hydrating the skin, and protecting against environmental irritants. Although these advantages are well-documented, the review also identifies several challenges, including variability in herbal extract quality, stability issues, potential allergenicity, and the need for standardized quality control during production.

Despite these challenges, herbal vanishing creams possess significant potential for innovation and further research. Advancements in green extraction technologies, nanoencapsulation, and phytochemical standardization may substantially improve their therapeutic profiles and formulation stability. Additionally, more comprehensive clinical studies are required to validate traditional claims, assess long-term safety, and compare herbal-based vanishing creams with conventional synthetic formulations. In conclusion, herbal vanishing creams emerge as promising cosmetic preparations that combine desirable sensory properties with the functional benefits of medicinal plants. Their growing acceptance reflects a shift toward natural, sustainable, and safer skincare solutions. By addressing current formulation and standardization gaps, future research can further enhance their efficacy, stability, and global applicability, ultimately strengthening their position within the modern skincare industry.

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