

Review on Herbal Cosmetics in Skin Care

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Abstract: *The concept of beauty and cosmetics is as ancient as mankind and civilization. Women are obsessed with looking beautiful. So, they use various beauty products that have herbs to look charming and young. Indian herbs and its significance are popular worldwide. An herbal cosmetic have growing demand in the world market and is an invaluable gift of nature. Herbal formulations always have attracted considerable attention because of their good activity and comparatively lesser or nil side effects with synthetic drugs. Herbs and spices have been used in maintaining and enhancing human beauty. Indian women have long used herbs such as Sandalwood and Turmeric for skin care, Henna to color the hair, palms and soles; and natural oils to perfume their bodies. Not too long ago, elaborate herbal beauty treatments were carried out in the royal palaces of India to heighten sensual appeal and maintain general hygiene. The herbal cosmetics manufactured and used commonly for daily purpose include herbal face wash, herbal conditioner, herbal soap, herbal shampoo etc. The industry is now focusing on the growing segment with a vast scope of manifold expansion in coming years. Herbal cosmetics are defined as the beauty products which posses desirable physiological activity such as healing, smoothing appearance, enhancing and conditioning properties because of herbal ingredient. Here we reported the introduction, classification, common herbs used in cosmetics.*

Keywords: Herbal cosmetics, Skin care, Aloe vera, Neem, Turmeric, Green tea, Sandle wood

I. INTRODUCTION

Herbal Herbal cosmetics refer to beauty and personal care products that are formulated using natural plant-based ingredients, derived from herbs and botanicals. These products are designed to enhance beauty while being gentle on the skin, providing nutrients, and minimizing the risk of adverse reactions compared to synthetic products. Herbal cosmetics often include extracts, oils, and powders from various plants known for their beneficial properties, such as moisturizing, soothing, and healing effects. Herbal cosmetics have a rich historical background, dating back to ancient civilizations such as Egypt, India, and China, where natural ingredients were commonly used for beauty and skincare. These cultures harnessed the therapeutic properties of herbs and plants, often blending them with oils and minerals to promote skin health and enhance appearance. The evaluation of herbal cosmetics in skincare focuses on their efficacy, safety, and benefits in comparison to synthetic products. Research indicates that many herbal ingredients have antioxidant, anti-inflammatory, and antimicrobial properties, which can effectively address various skin issues. However, the herbal cosmetics industry faces challenges due to a lack of standardized regulations and quality control, leading to inconsistencies in product formulation and effectiveness. In summary, while herbal cosmetics provide a natural alternative to conventional skincare, more research and rigorous evaluation are needed to fully establish their safety and effectiveness. The importance of the cosmetic industry lies in its significant impact on personal grooming, self-esteem, and overall well-being. Cosmetics are not only used for aesthetic enhancement but also for addressing various skin concerns, promoting personal care, and boosting confidence. The industry contributes to the economy through employment and innovation while fostering cultural expressions of beauty.

Currents trends in the cosmetic industry:

1. Clean Beauty: A growing demand for products that are free from harmful chemicals, promoting transparency in ingredient sourcing.
2. Sustainability: Consumers are increasingly favoring brands that prioritize eco-friendly practices, including sustainable packaging and responsible sourcing of ingredients.

3. Inclusivity: There is a broader range of products catering to diverse skin tones and types, ensuring accessibility for all consumers.
 4. Personalization: Advances in technology enable brands to offer personalized products tailored to individual skin types and preferences.
 5. Natural and Herbal Cosmetics: A rise in interest toward herbal and organic ingredients is driving the popularity of natural cosmetics, appealing to health-conscious consumers.
- These trends indicate a shift towards more responsible, inclusive, and individualized approaches within the cosmetic industry, reflecting changing consumer values and priorities.

BENIFITS OF HERBAL COSMETICS:

Herbal cosmetics have gained significant popularity due to their perceived safety and minimal side effects compared to synthetic products. However, their safety and side effects depend on various factors. Here's a detailed overview:

1. Safety of Hebal Cosmetics :- Natural Ingredients: Herbal cosmetics are formulated using plant-based ingredients such as extracts, oils, and powders, which are generally safe for most skin types. Fewer Chemicals: They usually contain fewer synthetic chemicals, preservatives, and artificial fragrances, reducing the risk of skin irritation and allergies. Mild Action: These products are often milder on the skin and are less likely to disrupt the skin's natural barrier or pH balance. Biodegradability: Herbal products are environmentally friendly as they are typically biodegradable and free from harsh chemicals that can harm ecosystems.
2. Minimal Side Effects: Allergic Reactions: While herbal cosmetics are generally safe, some individuals may experience allergic reactions to specific plant-based ingredients (e.g., essential oils, natural fragrances, or herbs like aloe vera or chamomile). Sensitivity: People with sensitive skin may still react to certain herbal ingredients, especially if they are potent or improperly processed. Toxicity Concerns: Certain plants, if not used correctly, can have toxic effects (e.g., high doses of comfrey or certain essential oils).

Herbal cosmetics are widely valued for their therapeutic properties, which go beyond aesthetic benefits to provide healing and wellness effects. These properties arise from the bioactive compounds present in natural ingredients. Below are the key therapeutic properties of herbal cosmetics

1. Antioxidant Properties Action: Many herbal cosmetics contain antioxidants that neutralize free radicals, preventing oxidative stress and premature aging. Common Ingredients: Green tea, aloe vera, turmeric, and vitamin E-rich oils. Benefits: Reduced wrinkles, improved skin elasticity, and protection against UV damage.
2. Anti – inflammatory Effects: Action: Herbal cosmetics often soothe inflamed or irritated skin, reducing redness and discomfort. Common Ingredients: Chamomile, calendula, aloe vera, and neem. Benefits: Relief from acne, rashes, eczema, and other skin conditions.
3. Antimicrobial & Antifungal Properties: Action: Many herbs have natural antimicrobial and antifungal effects, helping to protect the skin from infections. Common Ingredients: Neem, tea tree oil, tulsi (holy basil), and clove. Benefits: Prevention and treatment of acne, dandruff, and fungal infections. The eco-friendliness and sustainability of herbal cosmetics are significant reasons for their growing popularity. By utilizing natural ingredients and promoting environmentally responsible practices, herbal cosmetics align with the principles of sustainable living. Here's an overview of their environmental and sustainable attributes:

KEY INGREDIENTS IN HERBAL COSMETICS:

1. ALOE VERA:

Aloe vera has been known for its anti-oxidant ,anti-bacterial ,and healing properties for centuries Aloe vera is widely used in skin care products but has several additional health advantages. Extracted in gel form from the aloe vera plant directly, it is powerhouse of nutrients, vitamins, minerals.

Aloe vera, the medicinal plant contains more than 75 active ingredients including vitamin C, vitamin E, vitamin B9, and vitamin B12, and minerals like calcium, copper, sodium, magnesium, potassium, selenium, manganese, zinc, etc. It is excellent remedy for skin , hair, and health problems. Aloe vera potent prooerties keep improving health in numerous way, including blood sugar regulation and wound healing.



Fig 1: ALOE VERA

Aloe vera is widely recognized for its soothing and moisturizing properties, making it a key ingredient in skincare products. Here's how it works

Soothing Properties :- Anti-inflammatory: Aloe vera contains compounds like salicylic acid and polysaccharides that reduce redness, irritation, and inflammation. - Cooling Effect: Its gel-like texture provides an immediate cooling sensation, making it ideal for soothing sunburns, rashes, and minor skin injuries. - Healing Agent: Aloe accelerates wound healing by promoting cell regeneration and collagen production.

Moisturizing Properties: - Hydration: Aloe vera has a high water content (about 99%) that deeply hydrates the skin without leaving a greasy residue. - Skin Barrier Support: It helps lock in moisture by forming a protective layer on the skin. - Softening Effect: Its nutrients, such as vitamins E and C, help maintain skin elasticity and softness. These properties make aloe vera suitable for all skin types, especially sensitive or dry skin. It's commonly used in lotions, gels, face masks, and creams for hydration and calming effects.

2. TURMERIC:



Fig 2: TURMERIC

Turmeric is a powerful natural ingredient known for its anti-inflammatory and skin-brightening properties, making it a staple in skincare. Here's how it works:

Anti-inflammatory Properties - Curcumin: The active compound in turmeric, curcumin, is a potent anti-inflammatory agent that soothes redness, swelling, and irritation. - **Calming Effect:** Helps alleviate conditions like acne, eczema, and rosacea by reducing inflammation and oxidative stress. **Healing:** Turmeric supports wound healing and minimizes scars by promoting tissue repair.

Skin Brightening Properties: - **Antioxidants:** Turmeric is rich in antioxidants that fight free radicals, promoting a natural glow. - **Reduces Hyperpigmentation:** It helps fade dark spots, blemishes, and uneven skin tone by regulating melanin production. - **Improves Radiance:** Regular use can result in brighter, clearer, and more radiant skin.

3. NEEM:



Fig 3: NEEM

Neem is widely celebrated for its antibacterial and antifungal properties, making it a potent ingredient in skincare and haircare.

Antibacterial Properties: - **Fights Acne:** Neem targets acne-causing bacteria, reducing breakouts and preventing future ones. - **Wound Healing:** Its antibacterial action helps prevent infections in minor cuts and wounds. - **Skin Purifier:** Neem clears impurities and toxins, leaving skin healthy and refreshed. **Antifungal Properties:** - **Treats Fungal Infections:** Effective against conditions like athlete's foot, ringworm, and yeast infections. - **Scalp Health:** Helps combat dandruff and scalp infections caused by fungi. - **Soothing Effect:** Relieves itching and irritation associated with fungal infections.

4. GREEN TEA:

Green tea comes from unoxidized leaves of the *Camellia sinensis* bush. It is one of the least processed type of tea, containing the most antioxidants and beneficial polyphenols. Several varieties of green tea exist, which differ substantially based on the variety of *C. Sinensis* used, growing conditions, horticultural methods, production processing, and time of harvest.



Fig 4: GREEN TEA

Green tea is a powerhouse of antioxidants, making it a highly beneficial ingredient for skin, hair, and overall health. The primary antioxidants in green tea are catechins, particularly epigallocatechin gallate (EGCG), which are known for their protective and rejuvenating properties.

Benefits Of Green Tea's Antioxidants

1. Protects Against Free Radicals: Neutralizes free radicals that cause oxidative stress, slowing down skin aging. Prevents damage caused by environmental factors like UV rays and pollution.
2. Anti-Aging : Reduces fine lines and wrinkles by protecting collagen and elastin fibers. Improves skin elasticity and firmness.
3. Anti-Inflammatory: Calms redness, irritation, and swelling due to its soothing properties. Beneficial for acne-prone or sensitive skin.
4. Skin Brightening: Reduces dark spots and promotes an even skin tone by enhancing cell repair. Revives dull, tired skin for a natural glow.
5. Acne Treatment: The antibacterial properties of EGCG help reduce acne-causing bacteria. - Controls sebum production, minimizing clogged pores

5. SANDLE WOOD



Fig 5: SANDLE WOOD

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Sandlewood is a highly revered ingredient in skincare, known for its skin-calming and anti-aging properties. It has been used for centuries in traditional medicine and beauty regimens for its soothing and rejuvenating effects.

Skin-Calming Properties:

1. Anti-Inflammatory: Sandalwood contains compounds like alpha-santalol that reduce redness, swelling, and irritation.
2. Soothing Effect: Provides relief from rashes, sunburns, and skin allergies.
3. Cooling Sensation: Offers a natural cooling effect, making it ideal for sensitive or irritated skin.
4. Healing: Helps in the recovery of minor wounds, cuts, and acne scars.

Anti-Aging Properties:

1. Rich in Antioxidants: Fights free radicals that cause premature aging, reducing fine lines and wrinkles.
2. Skin Firming: Improves elasticity, making the skin appear more toned and youthful.
3. Hydration: Retains moisture, preventing dryness that can accelerate aging.
4. Improves Texture: Promotes smoother and more radiant skin by encouraging cell renewal

MECHANISM OF ACTION:

Herbal ingredients interact with the skin in various ways, often due to their bioactive compounds, which can have different effects on skin health. Here's how they typically work:

1. Anti-inflammatory Effects :Many herbs contain compounds that help reduce inflammation, which can be useful for calming conditions like acne, eczema, or rosacea. For instance, chamomile and aloe vera have soothing properties that can reduce redness and swelling.
2. Antioxidant Action: Herbs like green tea and turmeric are rich in antioxidants, which help combat oxidative stress caused by free radicals. This can delay skin aging, reduce pigmentation, and protect against environmental damage like UV rays or pollution.
3. Antibacterial and Antifungal Properties :Some herbs, such as tea tree oil and neem, have natural antibacterial and antifungal properties. These ingredients can help prevent or treat skin infections, acne, and other microbial issues.
4. Moisturization and Hydration : Ingredients like aloe vera and coconut oil are known for their ability to hydrate and lock moisture into the skin. They help in maintaining skin's moisture balance, which is especially beneficial for dry or sensitive skin. Phytochemicals , the active compounds found in plants, play a significant role in maintaining and repairing skin health due to their various biological activities. These compounds are often responsible for the therapeutic effects of many herbal and plant - based ingredients in skincare. Below are some of the key roles phytochemicals play in skin health and repair

Antioxidant Protection:

Many phytochemicals, such as flavonoids, phenolic acids, and vitamin C, act as potent antioxidants. These compounds neutralize free radicals, which are unstable molecules that can damage skin cells and accelerate aging by promoting oxidative stress. By protecting the skin from oxidative damage, these phytochemicals help prevent premature aging, wrinkles, and fine lines.

Example:

Green tea catechins, resveratrol (from grapes), and vitamin C (from citrus and berries) are powerful antioxidants that help protect the skin from environmental damage, including UV radiation.

Anti-inflammatory Effects:

Chronic inflammation is a key factor in skin conditions like acne, eczema, rosacea, and psoriasis. Phytochemicals with anti-inflammatory properties can help reduce redness, swelling, and irritation. - Example: Curcumin (from turmeric) and beta-glucans (from oats) have strong anti-inflammatory effects, reducing the risk of flare-ups in sensitive or inflamed skin conditions.

Collagen Synthesis & Skin Repair: Some phytochemicals stimulate collagen production, which is essential for skin's strength, elasticity, and healing ability. Collagen is the main structural protein in the skin, and its degradation leads to signs of aging and reduced skin integrity. Phytochemicals that promote collagen synthesis help in skin rejuvenation and repair.

Example:

Vitamin C (found in citrus fruits and berries) is essential for collagen production, while *rosmarinic acid (found in rosemary) has been shown to support collagen synthesis and improve skin elasticity.

APPLICATION IN SKIN CARE:

Herbal cosmetics are increasingly popular due to their natural ingredients and fewer synthetic chemicals. Daily care products in this category typically focus on maintaining healthy skin, hair, and overall well-being. Here's a breakdown of common herbal cosmetic products for daily use

1. Herbal Facial Cleansers - Purpose: To cleanse the skin from dirt, oil, and makeup. - Key Ingredients: Aloe vera, neem, tea tree oil, turmeric, rose water. Benefits: Gently cleanses without stripping moisture, anti-inflammatory properties, helps with acne and irritation.
2. Herbal Moisturizers - Purpose: To hydrate and lock moisture into the skin. - Key Ingredients: Shea butter, coconut oil, jojoba oil, chamomile, aloe vera. - Benefits: Deep hydration, skin softening, calming for sensitive skin.
3. Herbal Toners - Purpose: To tighten pores and restore pH balance. Key Ingredients : Witch hazel, rose water, cucumber extract, green tea. Benefits: Refreshes the skin, tightens pores, and balances oil production. specialized herbal products are designed to address specific skin, hair, or health concerns with a more targeted approach. These products often contain potent herbal ingredients that provide therapeutic benefits, making them suitable for individuals seeking solutions for particular issues, such as acne, aging, pigmentation, or hair loss.

Below are examples of specialized herbal products:

1. Herbal Anti-Aging Creams and Serums - Purpose: To reduce the appearance of fine lines, wrinkles, and other signs of aging. Key Ingredients: Aloe vera, green tea extract, rosehip oil, pomegranate, ginseng, turmeric, and Vitamin C. Benefits: Increases collagen production, brightens dark spots, firms and tightens skin, and fights oxidative stress.
2. Herbal Acne Treatment Products - Purpose: To prevent and treat acne, pimples, and blemishes. Key Ingredients: Neem, tea tree oil, witch hazel, turmeric, calendula, and aloe vera. Benefits: Reduces inflammation, kills acne-causing bacteria, soothes the skin, and promotes healing without harsh chemicals.

Herbal cosmetics are increasingly offering natural alternatives for sun protection, often incorporating plant-based ingredients with UV-blocking properties. These products are ideal for those who want to avoid chemicalsunscreens and prefer natural, safer options. Here's how herbal cosmetics can provide effective UV protection: Herbal SunscreensHerbal sunscreens often use plant-based ingredients that either naturally absorb UV rays or create a physical barrier to block them. These ingredients are rich in antioxidants, vitamins, and minerals, which help protect and nourish the skin.

Key Herbal Ingredients For UV Protection:

Zinc Oxide: A natural mineral that physically blocks both UVA and UVB rays, commonly used in mineral-based sunscreens. Red Raspberry Seed Oil: Known for its high content of essential fatty acids and antioxidants, it provides natural sun protection. - Carrot Seed Oil: Rich in beta-carotene and antioxidants, it helps repair skin damage caused by UV exposure. - Coconut Oil: Provides some degree of UV protection (though limited), it also moisturizes and soothes the skin. - Green Tea Extract: Packed with polyphenols like catechins, it helps reduce the effects of UV-induced skin aging and inflammation. - Aloe Vera: While not a significant sunscreen by itself, aloe soothes and hydrates the skin after sun exposure and aids in preventing sunburn. - Grape Seed Oil: Rich in antioxidants like vitamin E, this oil protects against sun damage and helps maintain skin elasticity. - Turmeric: Has anti-inflammatory and antioxidant properties that help reduce skin damage caused by UV rays.

COMPARATIVE ANALYSIS OF HERBAL COSMETICS:

Herbal vs Synthetic Cosmetics

Herbal Cosmetics:

1. Ingredients: Made from natural plant-based ingredients, herbs, and essential oils.

2. **Skin Benefits:** Generally considered gentler on the skin. They often contain antioxidants, vitamins, and minerals that can nourish and hydrate the skin.
3. **Suitability:** Good for sensitive skin or individuals who prefer natural products.
4. **Side Effects:** Lower risk of irritation or adverse reactions, though some people may be allergic to specific herbs.
5. **Preservatives:** Often have fewer or no synthetic preservatives, which may reduce their shelf life.
6. **Eco-friendly:** Often marketed as more environmentally friendly, with sustainable sourcing practices.
7. **Cost:** Herbal cosmetics can sometimes be more expensive due to the quality of natural ingredients and ethical production.

Synthetic Cosmetics:

1. **Ingredients:** Made from chemically manufactured ingredients, such as synthetic fragrances, preservatives, and colorants.
2. **Skin Benefits:** Can offer more immediate and targeted results, such as anti-aging or acne treatment, due to advanced chemical formulations.
3. **Suitability:** Suitable for a wide range of skin types, though some people may experience irritation from synthetic chemicals.
4. **Side Effects:** May contain allergens or irritants like parabens, sulfates, or phthalates that can cause reactions in sensitive individuals.
5. **Preservatives:** Typically have longer shelf life because they contain chemical preservatives to prevent bacteria growth.
6. **Eco-friendly:** Less eco-friendly in some cases due to chemical processing and synthetic ingredients.
7. **Cost:** Often more affordable due to mass production and lower costs of raw materials.

CHALLENGES IN HERBAL COSMETICS:

Quality Control & Standardization in Herbal Cosmetics:

The quality control (QC) and standardization of herbal cosmetics are crucial to ensure their safety, efficacy, and consistency. Given that herbal products rely on plant-based ingredients, they present unique challenges compared to synthetic formulations. Here's an overview of how quality control and standardization work in this industry

Raw Material Quality Control - Sourcing: Herbs and plants used in herbal cosmetics must be sourced from reliable, sustainable suppliers to ensure they are free from pesticides, heavy metals, or other contaminants.

Identification and Authentication: Botanicals should be identified correctly through botanical methods, such as microscopy or DNA barcoding, to ensure the correct species is used in formulations.

Purity: Raw plant materials should be checked for purity, ensuring that no foreign matter (such as soil, mold, or insects) is present.

Standardization of Active Ingredients:* For consistent efficacy, the levels of active ingredients (e.g., flavonoids, alkaloids, essential oils) must be quantified and standardized. This ensures each batch of product offers the same benefits.

Labeling & Authenticity Issues in Herbal Cosmetics:

The growing demand for herbal and natural cosmetics has brought both opportunities and challenges. One of the most significant challenges in this market is ensuring the authenticity of herbal products and maintaining accurate labeling. Inaccurate or misleading labeling can lead to consumer confusion, legal issues, and a lack of trust. Below are some key issues related to labeling and authenticity in herbal cosmetics:

Misleading Claims - "Natural" vs. "Herbal": Many herbal cosmetics are labeled as "natural" or "herbal," but these terms are not always regulated or well-defined. Products might only contain a small percentage of herbal ingredients, with the rest being synthetic additives or preservatives.

Exaggerated Claims: Some products claim to have miraculous effects, such as reversing aging or curing skin conditions, which may not be scientifically substantiated. These can mislead consumers into thinking the product is more effective than it actually is.

FUTURE PROSPECTS:

The herbal cosmetics industry is evolving rapidly, driven by consumer demand for natural, effective, and sustainable beauty products. Innovations in herbal cosmetics formulation are expanding the possibilities for creating safe, effective,

and environmentally friendly skincare and beauty products. Here's a look at the latest trends and innovations in the formulation of herbal cosmetics:

1. Advanced Extraction Technologies:

Cold Press Extraction: Cold pressing techniques are being improved to extract essential oils and herbal extracts without exposing them to heat, preserving the potency of active ingredients. This method is increasingly used in essential oils, botanical extracts, and oils for facial serums and moisturizers. **Supercritical CO₂ Extraction:** This is a cutting-edge technique for extracting high-quality, concentrated botanical oils and extracts without using harsh solvents or chemicals. It's especially beneficial for delicate compounds like antioxidants and essential fatty acids that may degrade in traditional extraction processes. **Nanotechnology:** Nanoencapsulation of herbal ingredients allows active compounds (e.g., antioxidants, peptides, and vitamins) to penetrate deeper into the skin layers. Nano -sized herbal particles improve the bioavailability and effectiveness of active ingredients , enhancing the overall skin benefits.

2. Herbal Complexes & Synergistic Formulas:

Herbal Synergy : Formulations are moving beyond single herbal ingredients to combine multiple plant-based ingredients that work synergistically. For example , blending herbs with complementary properties—like anti-inflammatory , antioxidant, and anti-aging—can boost the efficacy of the product. **Herbal Hybrids:** The combination of different herbal extracts or hybrid formulations that use both traditional and modern herbal science is gaining popularity. For example, the combination of Ayurvedic herbs with modern botanical extracts or Chinese herbs with Western plant-based ingredients provides holistic benefits for skincare. **Adaptogens and Stress-Relief Ingredients:** Herbs like ashwagandha, holy basil, and ginseng are increasingly used in cosmetic formulations for their adaptogenic properties. These herbs help the skin adapt to environmental stressors, regulate inflammation, and improve skin vitality

3. Biotechnology in Herbal Cosmetics:

Fermentation: The process of fermenting herbal ingredients is being explored to enhance the bioavailability of nutrients and active compounds. Fermentation helps break down complex molecules into simpler, more absorbable forms, improving skin penetration and efficacy. Fermented herbal ingredients are increasingly used in facial masks, serums, and toners.

II. CONCLUSION

A review of herbal cosmetics typically focuses on the benefits and drawbacks of using plant-based ingredients in skincare and beauty products. These cosmetics are often marketed as safer and more environmentally friendly alternatives to synthetic products, claiming to be free from harsh chemicals, parabens, and artificial fragrances. Herbal cosmetics primarily use plant-based ingredients such as aloe vera, green tea, chamomile, and neem, which are praised for their soothing, anti-inflammatory, and antioxidant properties. **Skin Benefits:** Many users report that herbal cosmetics are gentler on the skin, particularly for sensitive or acne-prone skin. They can help with hydration, brightening, and promoting healthy skin without causing irritation. These products are often considered more sustainable due to their natural sourcing and biodegradable ingredients, making them appealing to environmentally conscious consumers. While many herbal products deliver positive results, some reviews highlight that they may take longer to show visible effects compared to synthetic products. The effectiveness can vary depending on individual skin types and concerns. Despite the natural benefits , some herbal cosmetics may still cause allergic reactions or sensitivity in certain individuals. Additionally, the quality and potency of herbal ingredients can differ significantly between brands, leading to inconsistent results. Herbal cosmetics are sometimes priced higher than conventional beauty products, reflecting the perceived purity and quality of the ingredients. Overall, herbal cosmetics are widely appreciated for their natural, gentle approach to skincare, though results can vary, and consumers are advised to choose products that suit their specific needs and skin types.

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