IJARSCT
International Journal of Advanced Research in Science, Communication and Technology
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
ISSN: 2581-9429
Volume 6, Issue 6, November 2026
Impact Factor: 8.2

An Overview of Herbal Overnight Lip Mask for Moisturized and hydrated lips.

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Abstract : Lip masks are topical cosmetic preparations intended to provide moisturization, nourishment, and protection to the lips, particularly against dryness and chapping. The increasing interest in herbal cosmetics has encouraged the use of plant-derived ingredients as alternatives to formulations containing a high proportion of synthetic ingredients. The present study focuses on the development of herbal overnight lip mask incorporating butterfly pea flower, pomegranate peel extract, cocoa butter, rose oil, glycerine, amla, aloe vera, beeswax, and almond oil. These ingredients are selected for their reported moisturizing, emollient, antioxidant, soothing, and protective properties.
The formulation is designed to provide prolonged hydration and nourishment to the lips during the night while providing softness and overall appearance. Glycerine, aloe vera, cocoa butter, and almond oil gives moisturization and skin conditioning, beeswax helps form a protective barrier. Butterfly pea flower, pomegranate peel, and amla provides naturally occurring phytochemicals with antioxidant potential, and rose oil contains the sensory and aromatic properties of the formulation. Thus, the proposed herbal overnight lip mask may provide a natural, nourishing, moisturizing, and protective way to lip care.

Keywords: Herbal overnight lip mask, Lip care, Moisturization, Antioxidant, Natural ingredients, Plant extracts, Skin conditioning.

I. INTRODUCTION

Lip mask: A lip mask is a nourishing treatment designed to hydrate, repair, and soften the lips. not like regular lip balms, lip masks gives deeper and longer-lasting moisture through rich, concentrated ingredients. They are especially useful for dry, chapped, or peeling lips and can be used as instant treatment or overnight intensive therapy. A lip mask is a leave-on cosmetic preparation intended to provide long-lasting contact between the formulation and the lip surface. An overnight lip mask is generally applied before sleep and left on the lips for an extended period. This method gives an opportunity for sustained moisturization and conditioning during the night. Recent clinical evidence has also increased interest in herbal lip-care formulations. In a 2025 random study involves 66 participants with dry-lip concerns, a polyherbal lip hydrant used once daily for 28 days a randomized double-blind controlled in lip roughness and dryness, hence the herbal formulation produced a greater reduction in chapped lips than the petroleum-gel control. [7]

The lips are an important and highly visible anatomical structure of the face involved in functions such as talking, facial expression, tactile sensation, and maintenance of the oral seal. Anatomically, the lips consist of three principal regions: the cutaneous lip, vermilion, and labial/oral mucosa. The vermilion forms the transition between the external skin and the oral mucosa and is particularly vulnerable to environmental exposure. Compared with facial skin, the vermilion has a much thinner epithelial layer and lacks hair follicles, sweat glands, and sebaceous glands. These structural characteristics contribute to the susceptibility of the lips to dehydration, dryness, roughness, and chapping. [8,9]

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DOI: 10.48175/IJARSCT-41125

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Key Benefits:

• **Deep Hydration:** Provides long-lasting moisture using ingredients like hyaluronic acid, shea butter, and natural oils.

• **Repair & Soothing:** Helps heal cracked or irritated lips with soothing agents such as aloe, vitamin E, and ceramides.

• **Smoother Texture:** Softens flaky skin and improves lip texture for a plump, smooth appearance.

• **Enhanced Lip Makeup:** Prepares lips for lipstick or gloss, making application smoother and reducing creasing.

Benefits of Lip Mask:

1. Lip mask helps to protect the natural health and Beauty of lips.
2. Lip mask helps to protect lips affected by cold Sores, chapping and dryness.
3. It also works perfectly as overnight lip repair.
4. Cracked and sore lips are repaired by lip mask.
5. Free from irritation.

Formula:

Sr No.	Ingredients	Uses
1.	Butterfly Pea Flower	Provides antioxidant properties and helps protect the lips from oxidative damage.
2.	Pomeogranate Peel	Rich in antioxidants and polyphenols that help protect and nourish the lips.
3.	Amla	Provides vitamin C and antioxidant properties that help protect and condition the lips.
4.	Aloe Vera	Soothes, hydrates, and helps relieve dry and chapped lips.
5.	Rose Oil	Provides a pleasant fragrance and helps soften and condition the lips.
6.	Beeswax	Forms a protective barrier that locks in moisture and prevents water loss.
7.	Cocoa Butter	Deeply moisturizes, softens, and nourishes dry lips.
8.	Almond Oil	Acts as an emollient to smooth, soften, and moisturize the lips.
9.	Glycerine	Acts as a humectant that attracts and retains moisture, keeping lips hydrated.

II. DRUG PROFILE

Butterfly pea flower

Biological source: Butterfly pea consists of the dried flowers of Clitoria ternatea L. [10]

Family: Fabaceae. [10]

Common names: Butterfly pea, blue pea and bluebellvin. [11]

Part used: Flowers/petals.

Chemical constituents: The flowers are particularly rich in anthocyanins, especially polyacylated anthocyanins known as ternatins. Other reported constituents include flavonol glycosides and various phenolic compounds. [10,11]

Pharmacological/cosmetic properties: Clitoria ternatea flower extracts have demonstrated antioxidant activity. The anthocyanins present in the flowers are considered important contributors to their antioxidant potential. [12]

Role in herbal overnight lip mask: Butterfly pea flower extract can be incorporated as a botanical antioxidant ingredient and contributes to the herbal character of the formulation. Its antioxidant constituents may provide additional protective benefits in a topical lip-care formulation. [11,12]

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Fig1: Butterfly pea flower

Pomegranate Peel

Biological source: Pomegranate peel is obtained from the fruit of Punica granatum L. [13]

Family: Lythraceae. [13]

Common name: Pomegranate. [13]

Part used: Fruit peel. [13]

Chemical constituents: Pomegranate peel contains abundant phenolic compounds, including ellagic acid, gallic acid, flavonoids, tannins, punicalagin and other ellagitannins. [13,14]

Pharmacological/cosmetic properties: Pomegranate peel is recognized as a rich source of phenolic compounds and has demonstrated antioxidant potential. [13,14]

Role in herbal overnight lip mask: Pomegranate peel extract is included as a botanical source of phenolic antioxidants and may contribute to the protective properties of the formulation. [13,14]



Fig2: Pomegranate Peel

Aloe vera

Biological source: Aloe vera consists of the fresh or dried leaf juice/gel obtained from the leaves of Aloe vera (L.) Burm.f. [15]

Family: Asphodelaceae [15]

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Common names: Aloe vera, Indian aloe, Barbados aloe [15]

Part used: Leaves, particularly the inner leaf gel. [15]

Chemical constituents: Aloe vera gel contains polysaccharides, particularly acemannan, along with vitamins, amino acids, minerals, enzymes, organic acids and other bioactive compounds. The leaf latex contains anthraquinone derivatives such as aloin. [15,16]

Pharmacological/cosmetic properties: Aloe vera gel is widely recognized for its moisturizing, soothing, hydrating and antioxidant properties. Its polysaccharides and other bioactive constituents contribute to its potential usefulness in topical cosmetic formulations. [15,16]

Role in herbal overnight lip mask: Aloe vera gel can be incorporated as a natural moisturizing and soothing ingredient. It may help maintain hydration and improve the moisturizing properties of an overnight lip-mask formulation. [15,16]



Fig3: Aloe vera

Amla

Synonym: (Phyllanthus emblica L.)

Biological source: Amla consists of the fruit of Phyllanthus emblica L., also known as Emblica officinalis. [17]

Family: Phyllanthaceae. [17]

Common name: Amla, Indian gooseberry. [17]

Part used: Fruit [17].

Chemical constituents: Amla contains tannins, phenolic compounds, flavonoids, vitamin C, organic acids, polysaccharides, terpenoids and other bioactive constituents. [17,18]

Pharmacological/cosmetic properties: Amla has been widely investigated for its antioxidant properties, which are associated with its diverse phenolic compounds, tannins, vitamin C and other phytochemical constituents. [17,18]

Role in herbal overnight lip mask: Amla can be incorporated as a botanical antioxidant and conditioning component of the herbal formulation. Its antioxidant-rich phytochemical profile may contribute to the protective properties of the formulation. [17,18]



Fig4: Amla

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III. EXCIPIENT PROFILE

Beeswax

Synonym: Cera alba / White beeswax [19]

Biological source: Beeswax is a natural wax produced by honeybees, mainly Apis mellifera. [19]

Nature: Natural wax. [19]

Major constituents: Wax esters, hydrocarbons, free fatty acids and other minor lipid components. [19,20]

Physical properties: Beeswax is a yellowish-white to yellow, waxy solid with a characteristic odour. [19]

Pharmaceutical/cosmetic use: It is used as a **stiffening agent, consistency enhancer, emollient and film-forming agent** in topical preparations. [19,20]

Role in lip mask: Beeswax provides the required **semisolid consistency and structural stability** to the lip mask. It also forms a protective film on the lip surface and helps reduce moisture loss. [19,20]



Fig5: Beeswax

Cocoa Butter

Synonym: Theobroma oil, cacao butter [21]

Biological source: Cocoa butter is obtained from the seeds of Theobroma cacao L. [21]

Family: Malvaceae. [21]

Nature: Natural vegetable fat. [21]

Major constituents: Triglycerides containing mainly stearic acid, oleic acid and palmitic acid. [21,22]

Physical properties: It is a pale yellowish, solid fat with a characteristic cocoa odour and melts near body temperature. [21,22]

Pharmaceutical/cosmetic use: Cocoa butter is used as an **emollient, skin-conditioning agent and base component** in topical preparations. [21,22]

Role in lip mask: It provides **emolliency, softness and conditioning** and contributes to the consistency and richness of the formulation. [21,22]



Fig6: Cocoa Butter

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Almond Oil

Synonym: Sweet almond oil [23]

Biological source: Fixed oil obtained from the kernels of Prunus dulcis (Mill.) D.A.Webb. [23]

Family: Rosaceae. [23]

Nature: Fixed vegetable oil.

Major constituents: Mainly oleic acid and linoleic acid, along with other fatty acids, tocopherols and phytosterols. [23]

Physical properties: It is a pale yellow, clear, oily liquid with a mild characteristic odour. [23,24]

Pharmaceutical/cosmetic use: Almond oil is widely used as an **emollient, skin-conditioning agent and carrier oil**. [23,24]

Role in lip mask: It helps **soften and condition the lips**, improves spreadability and provides an oil phase for the formulation. [23,24]



Fig7: Almond Oil

Glycerine

Synonym: Glycerol. [25]

Chemical formula: $C_3H_8O_3$. [25]

Molecular weight: 92.09 g/mol. [25]

Nature: Polyhydric alcohol/polyol. [25]

Physical properties: Clear, colourless, viscous and hygroscopic liquid. [25]

Pharmaceutical/cosmetic use: Glycerine is extensively used as a **humectant, moisturising agent and solvent**. It attracts and retains water in the outer layers of the skin. [25,26]

Role in lip mask: Glycerine acts as the **primary humectant**, helping maintain moisture and reduce dryness of the lips. [25,26]

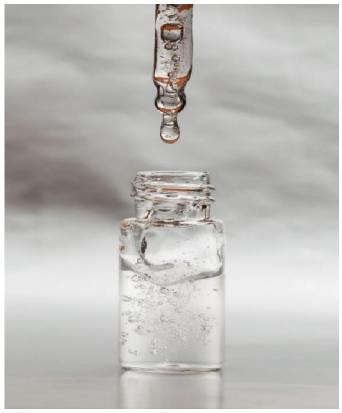


Fig8: Glycerine

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Rose Oil

Synonym: Rose essential oil. [27]

Biological source: Essential oil obtained mainly from the flowers of Rosa damascena Mill. [27]

Family: Rosaceae. [27]

Nature: Volatile essential oil. [27]

Major constituents: Citronellol, geraniol, nerol, phenylethyl alcohol and other volatile constituents. [27,28]

Physical properties: Usually a pale yellow to yellowish oily liquid with a characteristic rose fragrance. [27,28]

Pharmaceutical/cosmetic use: Rose oil is primarily used as a **fragrance and flavouring /sensory ingredient** in cosmetic preparations. Rose preparations have also been investigated for antioxidant and other biological activities. [27,28]

Role in lip mask: It provides a **pleasant natural fragrance and sensory appeal** to the herbal lip mask. [27,28]



Fig9: Rose Oil

IV. METHOD OF PREPARATION

Collection and preparation of herbal ingredients

↓

Preparation and filtration of herbal extracts→ Oil phase

↓

Beeswax + Cocoa butter + Almond oil + Emulsifying wax → Aqueous phase

↓

Aloe vera + Glycerine + Herbal extracts + Water

↓

Heating and emulsification

↓

Cooling and addition of rose oil and preservative

↓

Homogenization and packaging

↓

Herbal Overnight Lip Mask

V. EVALUATION OF LIP MASK

1. Organoleptic Properties

The prepared formulation is evaluated for its physical and sensory characteristics.

- Colour: Observed visually.

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- Odour: Checked for characteristic fragrance.
- Appearance: Examined for smoothness and uniformity.
- Texture: Checked for softness and smoothness.
- Consistency: Examined for semi-solid consistency. [29,30]

2. Homogeneity

The formulation is examined for uniform distribution of ingredients. It should be free from lumps, coarse particles and visible impurities. [29]

3. PH Determination

The ph of the aqueous dispersion is measured using a calibrated digital pH meter to assess its suitability for lip application. [29,30]

4. Spreadability

The ease with which the formulation spreads over the lip surface is evaluated. Good spreadability indicates smooth and uniform application. [29,30]

5. Viscosity

The viscosity of the prepared formulation is measured using a Brookfield viscometer to determine its consistency and flow properties. [29]

6. Stability Study

The formulation is stored under different temperature conditions and examined for changes in physical characteristics.

- Change in colour and odour.
- Change in consistency and appearance.
- Change in ph.
- Phase separation during storage. [31]

7. Phase Separation

The formulation is observed for separation of oil and aqueous phases, formation of oil droplets and creaming to assess emulsion stability. [29,31]

8. Softening Behaviour

The temperature at which the formulation starts softening is observed. Its consistency and thermal behaviour are also examined. [32]

9. Moisturizing Efficacy

The moisturizing effect is evaluated by measuring lip hydration before and after application using a suitable skin hydration instrument. [32]

10. Washability

The ease of removal of the formulation from the applied surface is examined after a specified period. Residue remaining after washing is also observed. [29]

11. Skin Irritation Assessment

The formulation is assessed using an appropriate validated safety-testing method for possible irritation.

- Redness.
- Itching.
- Swelling.
- Burning sensation or discomfort. [33]

12. Microbial Limit Test

The formulation is tested for microbiological quality by determining the total viable microbial count, yeast and mould count, and specified objectionable microorganisms. [34]

13. Preservative Efficacy Test

The effectiveness of the preservative system is evaluated to determine its ability to protect the formulation against microbial contamination. [35]

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VI. EVALUATION PARAMETERS

Parameter	Evaluation
Colour	**Observe the colour of the formulation**
Odour	**Check characteristic fragrance**
Appearance	**Check smoothness and uniformity**
Homogeneity	**Check for lumps and uneven distribution**
PH	**Measure using a calibrated pH meter**
Spreadability	**Determine ease of spreading**
Viscosity	**Measure using a viscometer**
Stability	**Observe changes in colour, odour and consistency**
Phase separation	**Check for separation of oil and water phases**
Irritation test	Conduct an appropriately supervised cosmetic safety assessmen

VII. CONCLUSION

The development of herbal overnight lip mask gives a healthy, soft, smooth, and moisturized lips through the use of naturally derived ingredients. The formulation aims to provide long-lasting moisturization, nourishment, and protection against dryness, chapping, and environmental damage during the night. Herbal ingredients such as butterfly pea flower, pomegranate peel, amla, aloe vera, rose oil, beeswax, cocoa butter, almond oil, glycerine may contribute moisturizing, emollient, soothing, and antioxidant properties. The combination of natural oils, plant extracts, and occlusive ingredients can help reduce moisture loss and improve the softness and overall appearance of the lips. Research on vegetable oils and butters has demonstrated their potential benefits in skin moisturization and care, therefore their effects shows according to their fatty acid composition and formulation Thus, a properly formulated herbal overnight lip mask may serve as a useful alternative for regular lip-care routines and its effectiveness, safety, stability, moisturizing capacity, and possible skin irritation should be confirmed through appropriate physicochemical testing and controlled clinical studies. Further research is also required to establish the long-term benefits of herbal overnight lip masks specifically, as direct clinical evidence for this particular product type remains limited.

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