

Formulation and Evaluation of Herbal Body Lotion

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Abstract: Herbal body lotion are prepared using standard emulsification methods, ensuring a smooth and stable consistency. Herbal body lotion is made from plant-predicted ingredients help to maintain skin hydration, texture and support the skins natural healing processes. It is the requirement and composition of herbal product in day-to-day life. The only motive - behind to choose the mixture of herbal product was to bring effectiveness of these formulation without side-effects. Herbal body lotion can be precious tool in maintaining healthy skin and including skin related problems.it has physiochemical evaluation including texture, viscosity, PH balance, spreadability, safety and stability. Developing and testing a herbal moisturizer using neem, hibiscus, tulsi,aloe vera, glycerine and ROSEHIP OIL are among the goals of this study.

Keywords: Hibiscus, Neem Glycerin, Tulsi, Aloe -Vera and Rosehip oil for Softening and Moisturizing.

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I. INTRODUCTION

Herbal formulations are composed of bioactive compounds derived from natural plant sources, many of which have been extensively utilized in traditionally medicine systems for their therapeutic and cosmetics benefits. The use of herbal remedies has deep roots in ancient system of medicine like Ayurveda, which originated in India. Herbal remedies not only provide essential micronutrients and bioactive compounds but also serve as safe alternatives to synthetic chemical-based formulations. Lotions are semi liquid emulsions that are directly applied to the skin to deliver active constituents. The process of making the lotion is aimed at creating a product that is soft and gentle on the skin. The lotion should also provide several benefits, such as skin hydrated, protecting it from things like pollution and sunlight, helping with minor skin issues like dryness, acne, and irritation. The increasing demand for natural and skin-friendly cosmetics products has led to renewed focus on herbal formulation.

➤ Aim:

The aim of formulate and evaluate herbal body lotion containing hibiscus rosa sinensis, tulsi, rosehip oil, Glycerine for the purpose of moisturizing, Nourshing, lightening and protecting from skin, redness, irritation, UV protection.

➤ Objective:

The purpose of the presents study is

- Collection of the different plants and authentication.
- Extraction of the required active constituents from the selected plants.

- Formulation of the poly herbal cram using the extracts.
- test for microbial growth in formulated creams
- To carry out skin irritation studies.

II. LITERATURE REVIEW

* (Sharique Ahmad,et.Al 2019) Neem stands as an incredibly versatile medicinal plant, offering a wealth of limonoids known for their powerful medicinal traits, particularly in antioxidative, anti-inflammatory, and anticancer activities. The extensive utility of Neem has led to the creation of various medically and industrially beneficial formulations, demonstrating potent medicinal applications for the development of novel drugs to address a range of acute and chronic diseases. Nevertheless, further research on its biological components is necessary to enhance both commercial and therapeutic utilization. This study aimed to develop antimicrobial herbal soaps using neem and tulsi extracts, specifically targeting the treatment of pimples, acne, and scars. The soaps were prepared with careful consideration given to their size, shape, thickness, weight, and ability to produce a good foam. Various evaluation parameters such as clarity, color, odor, size, shape weight, and pH were assessed, and both formulations demonstrated satisfactory results.

➤ Marketed Products:

- Himalaya Nourishing Body Lotion:



Fig 1 Himalaya Nourishing Body Lotion

Himalaya Nourishing Body Lotion is designed to hydrate and revitalize your skin. It is formulated with natural ingredients like aloe vera and winter cherry, which deeply nourish the skin, leaving it soft and supple.

- *Sacred Herbs Herbal Body Lotion:*



Fig 2 Sacred Herbs Herbal Body Lotion:

Sacred Herbs Herbal Body Lotion Hibiscus Dahlia Primrose is a luxurious body lotion that combines the benefits of Hibiscus, Dahlia, and Primrose. This blend is designed to provide deep hydration and nourishment to the skin, leaving it soft, supple, and smooth. The lotion is pH balanced, which promotes a healthy complexion and reduces the risk of irritation. Additionally, it contains Vitamin B5, which helps improve skin elasticity, reducing the appearance of fine lines and wrinkles. The product is suitable for both men and women and is available in various sizes, including a 250ml bottle. It is available for purchase on platforms like Amazon and Flipkart, with options for free shipping and cash on delivery.

- *Nimbarka Neem and Tulsi Body Lotion:*



Fig 3 Nimbarka Neem and Tulsi Body Lotion:

- ✓ *Deep Hydration:*

Experience intense moisturization with our rich formula designed to penetrate deeply into the skin. This body lotion effectively addresses dryness, providing relief to chafed or weathered skin caused by environmental factors such as wind or cold weather.

- ✓ *Natural Ingredients:*

Infused with a powerful blend of pure neem extract and tulsi, this lotion harnesses the healing properties of nature. Neem is renowned for its antibacterial benefits, helping to prevent skin issues, while tulsi soothes inflammation and irritation, making this lotion ideal for sensitive skin.

- *Ayur Neem Extract and Aloe Body Lotion:*



Fig 4 Ayur Neem Extract and Aloe Body Lotion

A perfect blend of natural ingredients to provide your skin essential vitamins and minerals, this moisturizer is formulated with aloe and neem extract. Its nourishing, anti-oxidants and complexion enhancing properties keep your skin hydrated, nourished and healthy.

• *Khadi Traditional Neem Body Wash:*

Is an organic skincare product made from natural ingredients, including neem oil, which is known for its anti-inflammatory and antibacterial properties.



Fig 5 Khadi Traditional Neem Body Wash

✓ *Benefits:*

It helps in detoxifying the skin, removing impurities, and preventing acne. The neem oil also contributes to a fresh, glowing complexion.

III. PLANT PROFILE

➤ *Glycerin*

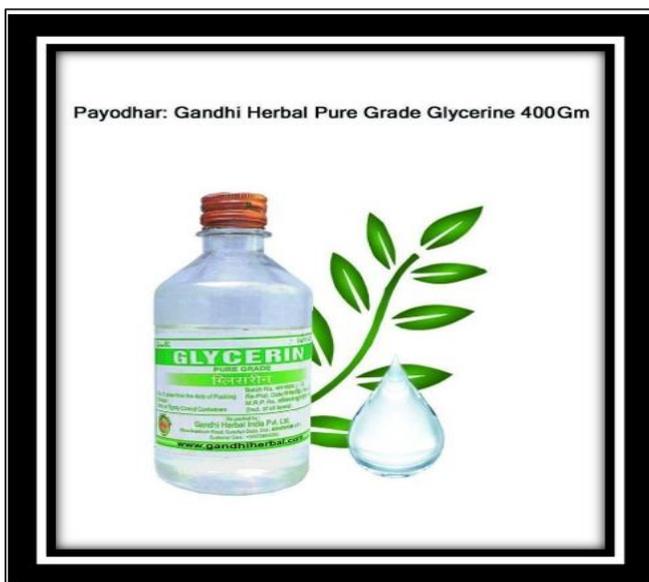


Fig 6 Glycerin

• *The Role of Glycerin in Herbal Body Lotion*

Glycerin helps to save the skin's natural moisture barricade. Icing that the skin remains soft, smooth, and properly doused. In the context of "herbal" products, plant-based (vegetable) glycerin is typically used.

• *Uses*

Attract and lock moisture into the skin, preventing dryness and supporting skin health.

- ✓ It is effective moisturizer, attracting and retaining moisture within the skin to combat emptiness.
- ✓ It has soothing effect on dry and irritated skin.
- ✓ It reduces appearance of fine lines and wrinkles.

• *Traditional Uses:*

- ✓ Deep Hydration and Moisture Retention
- ✓ Skin Barrier Protection
- ✓ Soothing and Healing
- ✓ Softening and Smoothing
- ✓ Gentle Cleansing
- ✓ Anti-aging Support
- ✓ Texture and Stability.

➤ *Tulsi*



Fig 7 Tulsi

Tulsi may offer several benefits for skin and hair, including that it.

Fights acne.

Supports healthy skin aging

Reduces pigmentation.

➤ *Tulsi*

Tulsi is an aromatic herb growing up to 60 cm height with small ovate leaves and purple-colored flowers. It is widely cultivated in Indian households.

• *Active Constituents:*

- ✓ Essential oil
- ✓ Eugenol
- ✓ Thymol
- ✓ Camphor
- ✓ Caryophyllene
- ✓ Phenolic compounds
- ✓ Flavonoids

➤ *Traditional Uses:*

Common cold, cough, respiratory disorders, skin infections, and immunity enhancement. Benefits Fever and Cold, sore throat, respiratory diseases, kidney stone, heart diseases, skin diseases.

➤ *Hibiscus*

- pH balancer: Hibiscus helps balance the skin's pH, maintaining its natural acidity.
- Antioxidant properties: Hibiscus is rich in antioxidants, protecting skin from environmental stressors and damage.

• *Benefits*

- ✓ Prevents hair loss
- ✓ Anti-ageing
- ✓ Blood circulation
- ✓ Used for skin tone for softer, smoother.
- ✓ Reduces inflammation
- ✓ Naturally maintain PH.

➤ *Rosehip Oil*

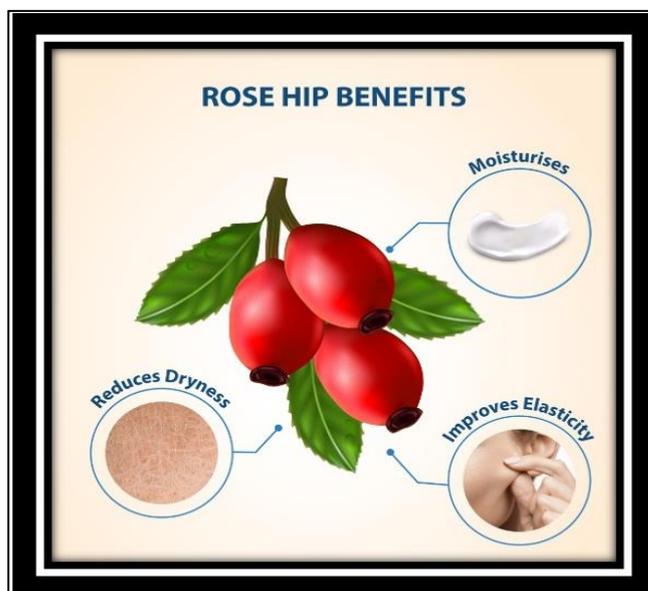


Fig 9 Rosehip Oil

Rosehip oil used in herbal body lotions because of its nourishing and healing properties

➤ *Rosehip Oil*

Traditional Uses in Herbal Body Lotion:

- *Skin Moisturization*
 - ✓ Traditionally, rosehip oil was applied to dry and damaged skin to keep it soft and hydrated.
 - ✓ In herbal body lotions, it acts as a natural moisturizer that absorbs easily without making the skin oily.
- *Healing and Skin Repair*
 - ✓ Healing minor cuts and wounds
 - ✓ Reducing scars and stretch marks
 - ✓ When added to herbal body lotions, it helps repair damaged skin and improves overall skin texture.
- *Anti-Aging Treatment*
 - ✓ Rosehip oil is rich in natural vitamins A and C.

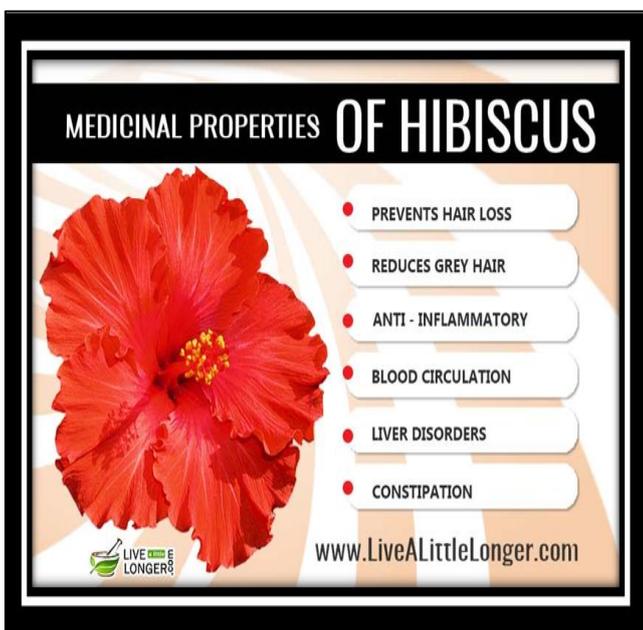


Fig 8 hibiscus

Hibiscus (especially *H. rosa-sinensis*) is rich in flavonoids, tannins, anthocyanins, terpenoids, and antioxidants, giving it potent anti-inflammatory, antioxidant, antimicrobial, anti-diabetic, and liver-protective properties, used traditionally for fever, coughs, wounds, high blood pressure, and hair care, with its phytochemicals:

- Antimicrobial activity: Hibiscus has antibacterial and antifungal properties, making it effective against germs and bacteria.
- Skin soothing: Hibiscus has anti-inflammatory properties, which help soothe and calm irritated skin.
- Moisturizing: Hibiscus is an emollient, helping to moisturize and soften skin.

- ✓ Traditionally, it was used to:
- ✓ Reduce fine lines and wrinkles.
- *Soothing Skin Inflammation*
- ✓ Redness
- ✓ Itching
- ✓ Sunburn
- ✓ In herbal body lotions, it provides a cooling and soothing effect, especially for sensitive skin.
- *Improving Skin Tone*
- ✓ Rosehip oil was used to enhance natural skin color and brightness.
- ✓ Herbal lotions with rosehip oil help:
- ✓ Even skin tone
- ✓ Reduce dark spots and pigmentation
- *Benefits*
- ✓ Contain vitamin A called Tretonin
- ✓ Reduces inflammation
- ✓ Enhances skin health
- ✓ Reducing hyperpigmentation
- ✓ Treating mild to moderate Acne
- ✓ Reducing wrinkles.

➤ *Neem*



Fig 10 Neem

- *Neem (Azadirachta Indica):*
- ✓ *Taxonomy*
- Kingdom: Plantae
- Family: Meliaceae
- Genus: Azadirachta
- Species: A. indica

- ✓ *Active Constituents:*
- Azadirachtin (0.003-0.3%)
- Nimbin (0.2-0.3%)
- Nimbodin
- Salannin
- Triterpenes
- Fatty acids
- *Traditional Uses:*
- Skin diseases, infections, wounds, fever, and general immunity enhancement.

➤ *Aloe Vera Gel*



Fig 11 Aloe Vera Gel

Aloe vera is well-known medicinal plant valued for its broad spectrum of therapeutic properties, including antioxidant, antibacterial and anti-inflammatory effects.

- *Traditional Uses:*
- ✓ *Deep Hydration & Moisturization:* Its high-water content and humectant properties lock in moisture, preventing dryness and flakiness.
- ✓ *Soothes Irritation:* Cooling and anti-inflammatory properties relieve sunburn, redness, itching, and eczema.
- ✓ *Fights Acne & Blemishes:* Antibacterial and anti-inflammatory action calms breakouts, reduces redness, and helps fade dark spots.
- ✓ *Accelerates Healing:* Supports skin cell regeneration for faster healing of minor cuts, burns, and wounds.
- ✓ *Anti-Aging:* Rich in antioxidants (like Vitamin E) and vitamins, it boosts collagen, improves elasticity, and reduces wrinkles.
- ✓ *Protects Skin:* Antioxidants shield skin from free radical damage, while its properties purify and rejuvenate.
- ✓ *Improves Skin Tone:* Promotes a clearer, brighter complexion and enhances overall skin glow.

IV. CONCLUSION

The study on the formulation and evaluation of herbal body lotion, examining its organoleptic parcels similar as appearance, color, and odor, as well as crucial physiological parameters including PH, skin irritancy, spreadability. Herbal ingredient are not only effective to treat skin dryness but also capable to substitute synthetic base to some extent. It is use very easy to our body surface area and very smoothly absorb. It has less amount of side effects [depend upon the nature of the skin]in body surface area. As the herbal formulation as great demand to meet the needs to developing global market and the main thing is herbal ingredients showed significant different activities.

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