

Alkanet root	15 parts
Extract of henna	5 parts
Oil rosemary	10 parts

Hair lotion: Hair lotion has a stimulating effect upon the hair follicles. They are generally perfumed with oil of rosemary and other scents as it possesses a good stimulating property.

Formula XXII

Catharanthus lotion

Tincture cantharides	1 part
Aqua samburi	11 parts
Ess. Rosemary	5 parts

Shampoo: Shampoo is a preparation of a surfactant (i.e. surface-active material) in suitable form – liquid, solid, or power – which when used under the conditions specified will remove surface grease, dirt, and skin debris from the hair shaft and scalp without affecting adversely the hair, scalp or health of the user.

Formula XXIII

Coconut oil shampoo

Coconut oil	1000 parts
Potassium Hydroxide	300 parts
Distilled water	1000 parts
Potassium Carbonate	30 parts
Distilled water	2970 parts

Hair colorants: These are the preparation which are used for the coloring of the hairs. They enhance the attractiveness of the gray hair. They are applied externally on the hair with help of brush.

Formula XXIV

Hair colorant

Potash	7 parts
Ammonia	3½ parts
Glycerin	15 parts
Alcohol	12 parts
Rose water	550 parts

QUALITIES OF AN IDEAL HAIR PRODUCT

The ideal hair products must

- Protect the hair cuticle.
- Cleanse without stripping natural oils.
- Replace lost protein, moisture, and nutrients.
- Condition without weighing down the hair.
- Even out porosity and prevent moisture loss.
- Smooth abraded cuticle scales.
- Prevent intense drying from environment.

- Give an exceptional tactile quality or feel to the hair.
- Increase and fortify the strength and causticity of the hair.

Table 27.4: Some commonly used herbals for hair care

Latin Name	Common Name
<i>Acacia concinna</i>	Shikakai
<i>Accaica arabica</i>	Kikar
<i>Arcticum lappa</i>	Burdock
<i>Arnica montana</i>	Arnica
<i>Betula pendula</i>	Birch
<i>Calendula officinalis</i>	Marigold
<i>Carthamus tinctoria</i>	Safflower
<i>Centella asiatica</i>	Brahmi
<i>Cocos nucifera</i>	Coconut (Nariyal)
<i>Cydia oblonga</i>	Bihi
<i>Cuscuta reflexa</i>	Amarvela
<i>Eclipta alba</i>	Bhringaraj (Ghangra)
<i>Ginkgo biloba</i>	Ginkgo
<i>Glycyrrhiza globra</i>	liquorice (Yasthimadhu)
<i>Haematoxylon camp</i>	Pataing
<i>Jiptuglans regia</i>	Akhrot
<i>Lawsonia inermis</i>	Henna (Mehandi)
<i>Morus Alba</i>	Shahtoot
<i>Nardostachys-jatamaus</i>	Jatamansi
<i>Phyllanthus emblica</i>	Amla
<i>Pilocarpus jaborandi</i>	Jaborand
<i>Pterocarpus indica</i>	Narra
<i>Rubia tinctorum</i>	Bacho
<i>Sapindus mukorossi</i>	Ritha
<i>Saussurea lappas</i>	Kust
<i>Sesamum indicum</i>	Til
<i>Terminalia belerica</i>	Behara
<i>Thymus serpyllum</i>	Banajwain
<i>Tinospora cordifolia</i>	Giloe
<i>Trigonella foenum Graecum</i>	Methi
<i>Urtica-dioica</i>	Stinging nettle

Curcumin is consumed orally as an Asian spice, frequently found in rice dishes to color the otherwise white rice yellow. However, this yellow color is undesirable in cosmetic preparations because yellowing of products is typically associated with oxidative spoilage.

Tetrahydrocurcumin, a hydrogenated form of curcumin, is off-white in color and can be added to skin care products not only to function as a skin antioxidant, but also to prevent the lipids in the moisturizer from becoming rancid. The antioxidant effect of tetrahydrocurcumin is reported by cosmetic chemists to be greater than vitamin E. Resveratrol, a chemical related to curcumin, is found in red wine, accounting for the antioxidant effect of this beverage.

Silymarin

Silymarin is an extract of the milk thistle plant (*Silybum marianum*), which belongs to the aster family of plants, including daisies, thistles, and artichokes. The extract consists of 3 flavonoids derived from the fruit, seeds, and leaves of the plant. These flavonoids are silybin, silydianin, and silychristin. Homeopathically, silymarin is used to treat liver disease, but it is a strong antioxidant, preventing lipid peroxidation by scavenging free radical species. Its antioxidant effects have been



is found in a number of high-end moisturizers for benign photoaging to prevent cutaneous oxidative damage.

Pycnogenol

Pycnogenol is an extract of French marine pine bark (*Pinus pinaster*), which is reported to function



as a plant-derived antioxidant. It is a water-soluble liquid that contains several phenolic constituents, including taxifolin, catechin, and procyanidins. It also contains several phenolic acids, including p-hydroxybenzoic, protocatechuic, gallic, vanillic, p-coumaric, caffeic, and ferulic. It is a trademarked ingredient that is sold for oral consumption as a preventative for cardiovascular disease and as a topical skin antioxidant. It is a potent free radical scavenger that can reduce the vitamin C radical, returning the vitamin C to its active form. The active vitamin C in turn regenerates vitamin E to its active form, maintaining the natural oxygen-scavenging mechanisms of the skin.

Pycnogenol is the ideal antiaging additive because it demonstrates no long-term toxicity, no mutagenicity, no teratogenicity, and no allergenicity. It is consumed orally to enhance the production of nitric oxide, which inhibits platelet aggregation in coronary artery disease, thus it is also deemed safe for topical use. In short, pycnogenol is one of the new types of oral supplements sold for improving the appearance of benign photoaged skin from the inside, while topical application is said to augment this effect. As with many trademarked dietary supplements, validating the purported benefits is difficult.

Kinetin

Unlike the previously discussed compounds, kinetin is not a naturally occurring plant substance. It is a member of the N6-substituted adenine derivatives, known as cytokinins. In plants, this hormone has been shown to stimulate transcription and influence the cell cycle by stimulating growth. It is also a plant antioxidant. The specific cytokinin that is used in the commercial moisturizers currently marketed is N6-furfuryladenine. Kinetin is said



Quillaia bark
(*Quillaja saponaria*)



Reetha
(*Sapindus trifoliatus*)



Shikakai
(*Acacia concinna*)



Satawari
(*Asparagus racemosus*)



Sesam oil
(*Seasamum indicum*)



Sandalwood oil
(*Santalum album*)



Turmeric
(*Curcuma longa*)



Tulsi
(*Ocimum sanctum*)



Rosemary
(*Rosmarinus officinalis*)



Vanilla
(*Vanilla griffithii*)

GHD	Nicky Clarke
Gillette	Nina Ricci
Guerlain	Nivea
Hard Candy (cosmetics)	No7 by Boots
Heaven's garden	Olay
Helena Rubinstein	Oriflamme
Hermès	P&G (Max factor)
Himalaya cosmetics	Parfums Caron
Horst Rechelbacher	Parfums Christian Dior
Iman Cosmetics	Paul Smith
Jean Despres	Philosophy
Jean Paul Gautier	Ponds
Kenneth Cole Signature	Pure Roots Herbals
Kerastage	Remington
Kiehl's	Revlon
Kohl (cosmetics)	Rimmel
Kräuter healthcare ltd.	Roc
L'Oréal India	Sedu
La galena	Serge Lutens
Lakmé	Skin whitening
Lancome	Skincare (H ₂ O oasis)
Lancôme	Space.NK
La Roche-Posay	Stila
Lotus herbals	Sugan
Lux	Tanorexia
LVMH	Temptation
M cont.	Tenderils herbal baby care
MAC Cosmetics	The Body Shop
Make-up Studio	Tigi
Mary Kay	Toni And Guy
Mascara	Urban Decay
MaxCare products	Versace
Max Factor	Vichy laboratories
Max Factor, Sr.	Virgin Vie
Maybelline	VLCC Personal care
Miessence	Wella
ModelCo	YSL (Yves Saint Laurent)
Naturence Herbals	
Neals Yard Remedies	
Nectar Naturals	

PROTECT YOURSELF AGAINST THE DANGERS OF COSMETICS

- Never share make-up. Always use a new sponge when trying products at a store. Insist