Formulation and Evaluation of Face Brightening and moisturizing Cream using Ylang Ylang Oil

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Abstract:

Herbal cosmetics are a priceless gift from nature and are in high demand on the global market. Since herbal formulations have good activity and almost no adverse effects when compared to synthetic medications, they have traditionally garnered a lot of attention. Because they contain herbal ingredients, herbal cosmetics are classified as beauty products with desired physiological activities, such as healing, smoothing look, enhancing, and conditioning qualities. The use of herbs in the manufacturing of cosmeceuticals has greatly expanded in the personal care system these days, and there is a significant market for herbal cosmetics. People have been beautifying their skin with polyherbal or herbal cosmetics since ancient times.

The skincare industry is experiencing a remarkable surge in demand for natural ingredients known for their skin benefits, with ylang ylang oil standing out as a prime candidate. This extensive research meticulously explores the formulation and evaluation of face creams engineered to brighten and deeply moisturize the skin, with an intensive focus on the integration of ylang ylang oil. The review covers a deep dive into the chemical composition of ylang ylang oil, various formulation strategies, advanced evaluation techniques, and the profound efficacy of ylang ylang oil in promoting skin brightness and hydration.

Keywords:

Ylang Ylang Oil, Face Cream, Skin Brightening, Moisturization, Formulation, Evaluation

Introduction:

The word "cosmetics" comes from the Greek word "kosmesticos," which meaning "to adorn." Since then, substances used to enhance appearances or beautify the skin have been referred to as cosmetics. Cosmetics and beauty are as old as civilization and humanity itself. Indian plants are

well-known around the world for their significance. No matter what pollutants and other harms you may encounter, a good skincare regimen will guarantee that your face seems clear and youthful. It routinely clears your pores of extra oil and debris, stops acne from developing, lessens the appearance of dark spots, and leaves your skin looking radiant and full.

We are exposed to a variety of environmental factors in our daily lives, such as the sun, wind, cold, and temperature fluctuations. Every one of these elements has an impact on our skin. So, protection is necessary for even healthy skin. Human perception and attraction towards others are fundamentally influenced by the look and feel of skin. As a result, sustaining our physical and emotional health depends greatly on our skin. For these reasons, throughout human history, people of all races and cultures have prioritised skin care.

The outermost layer of skin, is largely influenced by the Natural Moisturising Factor (NMF), which also acts as a natural barrier to prevent dehydration. For skin to be smooth, this layer must be well moisturised. These naturally occurring chemicals in the body are created during the cornification of keratinocytes, sweating, and sebum gland production. They fixate the water in the horny layer. It is acknowledged that these horny cells serve as the foundation for the skin barrier function. Consequently, NMF is a mixed complex of low molecular weight, water soluble molecules that is created in korneocytes as a result of filagrin breakdown. A complex chemical called moisturising factor works to rebuild the skin's natural moisture factor.

The skin must retain a certain amount of moisture if it is to be silky and smooth. Nonetheless, trans-epidermal water loss, or epidermis, causes the skin to lose its natural moisture. Therefore, using a moisturising lotion with a good and effective barrier agent and moisturising agent is crucial to maintaining the skin in excellent and healthy state. Applied to the skin's surface, moisturisers provide a thin layer of protective oil and water that keeps natural moisture from evaporating and replenishes the skin's natural oil when it is lost due to changes in climate and environment. Given that dry skin is a widespread ailment, moisturising lotions often account for a sizable portion of the cosmetic cream market's production. It was felt that a product design that achieved the intended result needed to investigate the usage of a good moisturising agent.

Cream is defined as semisolid emulsions of the water in oil (w/o) or oil in water (o/w) type that are meant to be applied externally. Cream is divided into two categories: water in oil emulsion and oil in water. Its primary function is to stay at the application site longer. It is applied to the outer or superficial layer of the skin. A skin cream's purpose is to protect the skin from various weather conditions and environmental factors while also providing a calming effect. Creams come in a variety of forms, including cleaning, cold, foundation, disappearing, night, hand, and body creams. Our primary goal is to create a herbal cream that has multiple uses.

A moisturising cream is an emulsion of oil in water. Creams are emulsions that are semisolid and are meant to be applied to the skin or mucous membranes. The cream might be thick and sticky or water-miscible and easily removed, depending on the water to grease ratio. It's the most

frequently recommended topical medication. Most patients like it since it is less sticky, oily, and unclean. These days, cosmetic products frequently contain herbal extracts to enhance look and attractiveness. The world's healthcare was governed by traditional medical systems that had evolved over centuries before the allopathic medical system. The latter approach, which relied on modern biology and chemistry for both research and therapy, was quickly adopted by consumers and currently holds a dominant position in the healthcare sector.

Comparing moisturising cream to other semisolid dosage forms or formulations, it provides a longer contact duration at the application site. They make the skin seem elegant and less oily. The oil phase provides skin with emolliences. In addition to cooling the body and removing waste from the pores, moisturising creams also help to replenish moisture to dry skin.It is simple to remove and readily water washable. When applied to the skin, they cause no irritation. The water phase protects the skin even more. At body temperature, it melts. It enters the skin through the pores that are naturally present in the epidermis. A moisturiser is a cosmetic preparation that is used to soften skin, particularly those of naturally dry skin types. It also protects, moisturises, and lubricates the skin. They do this by decreasing evaporation, which raises the skin's water content. The purpose of moisturisers is to replenish or add moisture to the skin. The market offers a wide range of moisturisers. Synthetic adhesives, emulsifiers, perfumes, pigments, surfactants, and thickeners are used to form the base of the majority of moisturisers on the market. There is a great need to use natural herbs in place of harmful synthetic agents.

Skincare regimens are increasingly emphasizing the significance of face creams that not only moisturize but also brighten the skin. Ylang ylang oil, derived from the aromatic *Cananga odorata* flowers, boasts celebrated aromatic and potential skincare properties. This section underscores the pivotal role of face creams in modern skincare practices and elucidates the rationale behind leveraging ylang ylang oil for formulating face creams tailored to enhance skin brightness and hydration. In recent years, consumers have become more discerning about skincare products, seeking formulations that deliver multiple benefits efficiently and naturally. The incorporation of ylang ylang oil, known for its soothing aroma and therapeutic qualities, into face creams aligns perfectly with this demand. Ylang ylang oil has a rich history of traditional use for skincare in various cultures and is now being scientifically explored for its specific skin-enhancing properties. The objectives of this comprehensive review are to delve into the intricate details of ylang ylang oil's chemical composition, explore innovative formulation strategies for integrating ylang ylang oil into face creams, elucidate the mechanisms underlying its skin brightening and moisturizing effects, and provide insights into the evaluation techniques used to assess the efficacy and safety of ylang ylang oil based face creams.

Chemical Composition of Ylang Ylang Oil:

Ylang ylang oil is derived from the steam distillation of the flowers of *Cananga odorata*, a tropical tree native to Southeast Asia. The oil is a complex mixture of bioactive compounds, each contributing to its therapeutic attributes. Through meticulous analysis, researchers have

identified several key constituents in ylangylang oil that are responsible for its notable skin benefits.

Among these compounds, benzyl acetate stands out for its soothing and anti-inflammatory properties, making it suitable for calming irritated skin. Linalool, another prominent component, exhibits moisturizing qualities and acts as an antioxidant, protecting the skin from oxidative stress. Geranyl acetate contributes to anti-aging effects by promoting skin conditioning and elasticity. Caryophyllene demonstrates anti-inflammatory and antioxidant properties, further enhancing the oil's therapeutic profile. Additionally, benzyl benzoate contributes to skin toning and calming effects, complementing the overall skincare benefits of ylang ylang oil.

Understanding the chemical composition of ylang ylang oil is essential for formulating effective skincare products. Each compound contributes uniquely to the overall skincare benefits of the oil, making it a valuable ingredient in face creams designed to brighten and moisturize the skin.

Table 1. KeyCompounds in Ylang Ylang Oil and Their Skin Benefits

Compound Name	Biological Activity
Benzyl acetate	Soothing, anti inflammatory
Linalool	Moisturizing, antioxidant
Geranyl acetate	Anti ageing, skin conditioning
Caryophyllene	Anti inflammatory, antioxidant
Benzyl benzoate	Skin toning, calming

Ylang ylang oil also possesses a delightful fragrance due to the presence of compounds such as benzyl salicylate and methyl benzoate, which contribute to its aromatic profile and enhance the sensorial experience of skincare products containing this oil.

Skin Brightening Mechanism of Ylang Ylang Oil:

The brightening effects of ylangylang oil on the skin have been studied extensively. Several mechanisms contribute to its ability to enhance skin tone and reduce pigmentation.

1. **Melanogenesis inhibition:** Ylang ylang oil has been shown to inhibit melanin production, the pigment responsible for skin coloration. By regulating melanogenesis, ylang ylang oil helps prevent the formation of dark spots and uneven skin tone and reducing pigmentation.
2. **Skin Cell Turnover:** egular use of ylangylang oil promotes skin cell turnover, accelerating the shedding of dead skin cells and revealing newer, brighter skin underneath. This process helps fade existing pigmentation and contributes to a more radiant appearance.

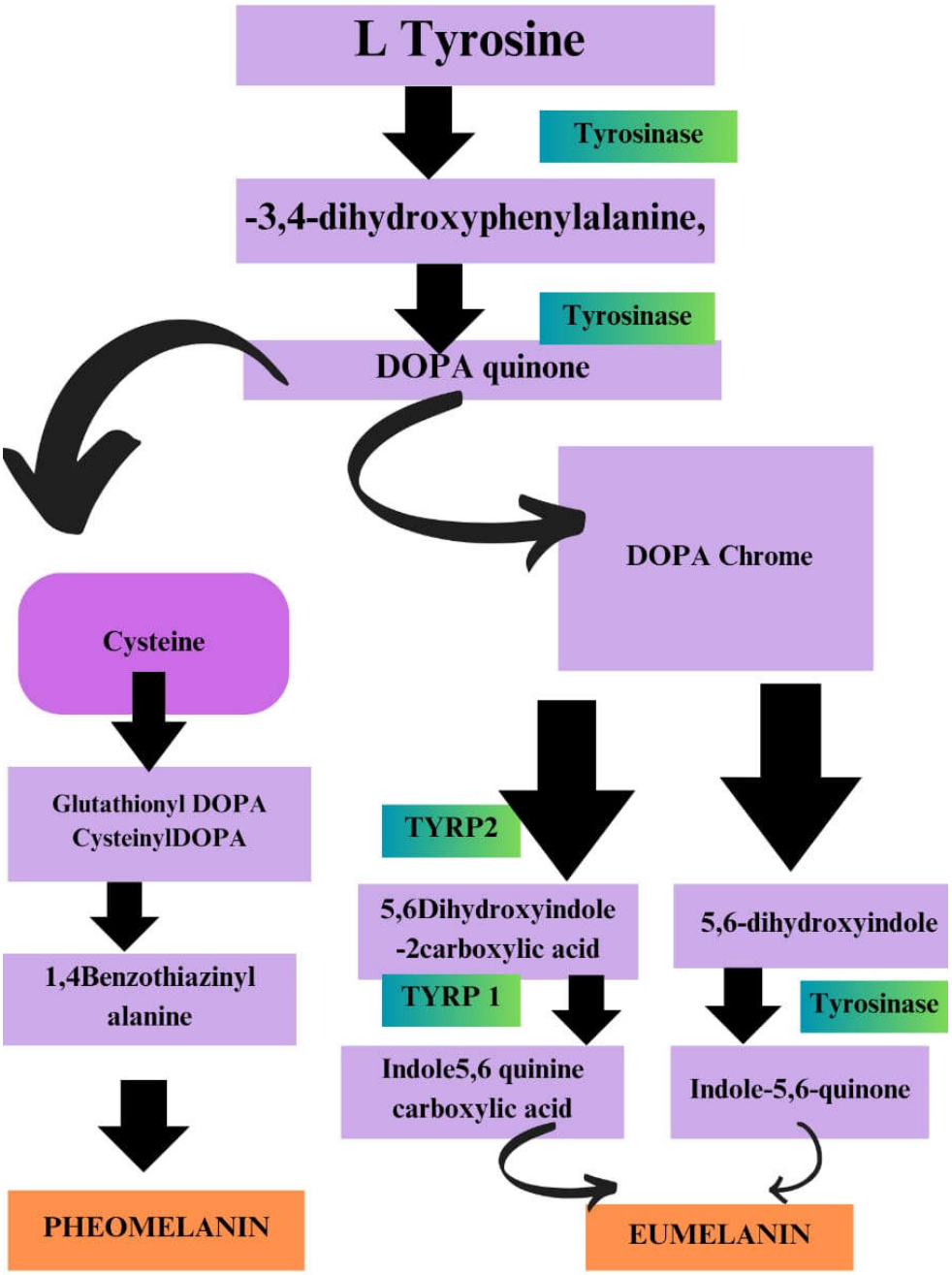

Figure 1. Mechanism of Skin Brightening by Ylang Ylang Oil

The skin brightening effects of ylangylang oil make it a valuable ingredient in face creams targeted towards individuals with hyperpigmentation or dull complexation.

Moisturizing Properties of Ylang Ylang Oil:

In addition to its skin brightening effects, ylangylang oil possesses exceptional moisturizing properties that benefit various skin types.

1. **Hydration Enhancement:** Ylangylang oil helps improve skin hydration by preventing water loss from the skin's surface and maintaining optimal moisture levels. This makes it particularly beneficial for individuals with dry or dehydrated skin.
2. **Transepidermal Water Loss (TEWL) Reduction:** Transepidermal water loss (TEWL) refers to the loss of moisture through the skin's outermost layer. Ylangylang oil forms a protective barrier on the skin, reducing TEWL and improving overall skin hydration.

Table 2. Moisturizing effects of Ylang Ylang Oil for Different Skin Types

Skin Type	Hydration Improvement (%)
Dry	30%
Normal	25%
Oily	20%

Ylang ylang oil's moisturizing efficacy makes it a versatile ingredient in face cream suitable for various skin types and conditions.

Materials:

1. Stearic acid: With its many advantages and qualities, it is included in skincare and cosmetic goods. Stearic acid functions as a lubricant, emulsifier, and emollient to help soften and moisturize the skin. It works well for binding in other components and keeping them from disintegrating.

2. Liquid paraffin: For the treatment or prevention of dry, rough, scaly, itchy skinas well as mild skin irritations, liquid parafin is used as a moisturizer. It lessens flaking and irritation while softening and moisturizing the skin. Additionally, it aids in the removal of dead skin cells, moisturizes the skin, and leaving the skin feeling softer and smoother.

3. Lanoline: The skin, hair, and nails are nourished by lanolin and its constituents. These substances lubricate the surface of the skin, giving it a smooth, velvety appearance. Almost all other ingredients included in cosmetics and personal hygiene products mix well with lanolin and aid in the formation of emulsions.

4. Glyceryl monostearate: As glyceryl monostearate has excellent moisturizing qualities, it is used in skin care and cosmetic goods. It keeps moisture from drying out and damaging the skin and hair. Furthermore, in a formulation, glyceryl monostearate serves to bind other components together.

5. Glycerin: Glycerin is a humectant, which implies it draws moisture from the air and the skin's deeper layers to help plump and moisturize the skin. It is hence a well-liked component of

serums and moisturizing treatments. Emollient-like qualities of glycerin aid in soothing and softening skin.

6. Propylene glycol: In a variety of skincare products, it serves as a humectant, solvent, emollient, or preservative. It is most well-known for being a hydration and delivery component. In other words, it helps your skin retain moisture and absorb powerful chemicals more effectively.

7. Isopropyl myristate: A polar skin moisturizer called isopropyl myristate is used to improve medication absorption into the skin. In order to improve skin absorption, isopropyl myristate, a polar moisturizer, is utilized in cosmetics and topical medical applications.

8. Triethanolamine: Triethanolamine (TEA) is a non-active component that stabilizes and balances the pH of formulations without having any effect on the skin. This component enhances the product's texture and its ability to work with skin.

9. Methyl Paraben: Industries frequently employ methylparabens as a kind of preservative. To extend the shelf life of food, cosmetics, and medications while preventing bacterial and fungal growth, people can add them. Methylparabens are a member of the parabens chemical family.

10. Distilled Water: In cosmetic and personal care products, distilled water is used as a solvent because it dissolves many of the compounds that provide advantages to the skin, such as conditioning and cleansing agents.

Method of Preparation:

The initial goal of these investigations was to create a moisturising cream formulation on the spot without exhibiting any outward manifestations of physical instability, such as bleeding of the cream base from the container, phase inversion, cracking, or creaming. Following manufacturing, physical instability was assessed right away and then again 24 hours later while the product was stored at room temperature (25 °C). Initially, only batches weighing 25 g were used to develop formulations. Any formulation that displayed physical instability either right away or after 24 hours of storage at room temperature (25 °C) was deemed inappropriate and was not given any further consideration. The moisturising cream prototype's formulation follows the formula in Table 3.

Stearic acid, liquid paraffin, lanoline, and glyceryl monostearate were melted at a temperature of between 70-80^0 C then Ylang Ylang oil and rose oil were added to the molten mass to create the oil in water emulsion cream. Aqueous phase heated to the same temperature as the oil phase, together with propylene glycol, isopropyl myristate, triethanolamine, glycerin, and water. The two phases were gradually combined while being constantly stirred to provide a uniform dispersion. After the temperature dropped to 35 °C a semisolid mass was obtained. Preservative was added to the water phase prior to combining both the phases.

Table 3. Prototype formula for moisturizing cream

Sr.No.	Ingredients	Quantity for 100 g (%)
	OIL PHASE	
1.	Stearic acid	4.0%
2.	Liquid paraffin	8.0%
3.	Lanoline	1.0%
4.	Glyceryl monostearate	3.0%
	WATER PHASE	
5.	Glycerin	4.0%
6.	Propylene glycol	4.0%
7.	Isopropyl myristate	2.0%
8.	Triethanolamine	0.2%
9.	Methyl paraben	0.1%
10.	Distilled water	q.s. to make 100%

Table 4. Composition of all formulations of moisturizing cream

Ingredients (%)	Formulation codes		
	F1	**F2**	**F3**
Stearic acid	5.0	3.0	4.0
Liquid paraffin	8.0	8.0	8.0
Lanoline	1.0	1.0	1.0
Glyceryl monostearate	3.0	3.0	3.0
Glycerin	4.0	4.0	4.0
Propylene glycol	4.0	4.0	4.0
Isopropyl myristate	2.0	2.0	2.0
Triethanolamine	0.2	0.2	0.2
Methyl paraben	1.0	1.0	1.0
Ylang Ylang oil	2.0	2.5	3.0
Rose oil	2.0	1.5	1.0
Distilled water	q.s to 100%	q.s to 100%	q.s to 100%

Physical Evaluation:

Table 5 . Result of Physical Evaluation

Sr. No.	Parameters	F1	F2	F3

1.	Colour	White	White	White
2.	Odour	Dark scented	Light scented	Pleasant scent
3.	Texture	Smooth	Nil	Smooth
4.	State	Semisolid	Nil	Semisolid

Table 6. Result of Irritancy, pH, Phase separation

Sr. No.	Formulation	Irritancy	pH	Phase separation
1.	F1	No	6.43	No
2.	F2	Nil	Nil	Yes
3.	F3	No	7.36	No

Table 7. Result for washability, greasiness, spreadability

Sr. No.	Formulation	Washability (sec)	Greasiness	Spreadability
1.	F1	14	No	Spreadable
2.	F2	Nil	Nil	Not spreadable
3.	F3	10	No	Spreadable

Evaluation Tests:

1. Determination of pH: 5 g of the cream was weighed accurately in a 100 ml beaker. Water was added in it & cream was dispersed in it. The pH of the cream was determined at 25^0 C using digital pH meter as well as pH paper.

2. Spreadability: The ability of semisolides to spread widely is a crucial requirement. The term "spreadability" refers to the degree of area of the skin where the lotion spreads easily after application. The spreading value of a formulation affects its medicinal efficacy as well. A specialised tool has been developed to examine the formulations' spreadability. Spreadability is measured in terms of the number of seconds it takes for two slides separated by a formulation to separate when a specific stress is applied. The more quickly the two can be separated, the better the spreadability. A pair of glass slides with uniform measurements were chosen. One of the slides had the formulation, whose spreadability needed to be ascertained, covered it. The second slide was positioned above the formulations and positioned between the two slides along a 5-cm section of the slide. The formulation between the two slides was uniformly squeezed to form a thin layer by pressing a 100 g weight up on the upper slide. The extra formulation sticking to the slides was scraped off once the weight was removed. The formulation was placed on a slide that was fastened. With the use of a basic pulley and a pan, the second movable slide was positioned over it and its end fastened to a string that could be used to provide load. The time it took for the

upper slide to move 5.0 cm and split off from the lower slide in the weight's direction was recorded after a 30g weight was placed on the pan.

Next, the spreadability was determined using the following formula:

Spreadability= m ×l /t

m = weight tied to the upper slide (30g); l =length of glass slide (5cm); t =time taken in seconds

Table 8. Results for Spreadability test

Sr.No.	Formulation	Time (sec)	Spreadability (g cm/sec)
1.	F1	14	10.71
2.	F2	Nil	Nil
3.	F3	10	15.00

3. Patch Test: The cream to be tested was taken weighing between 1-2 g and applied to the back of the hand, a sensitive area of the skin. One square metre of skin was treated with the cosmetic cream under test. After 8 hours, the patch location was examined. No allergic reaction was seen on the subject.

4. Test for microbial growth in formulated cream: Using the streak plate method, the produced creams were infected onto agar medium plates, and a control was set up by leaving out the cream. The plates were put in the incubator and left there for 24 hours at 37 ^{0}C. Plates were removed from the incubator after the incubation period to assess the microbial growth by contrasting it with the control. No microbial growth was observed.

5. Viscosity: Viscosity testing is an important parameter in evaluation of cosmetics. It is used to assess the quality of the cream, understand its behaviour under certain conditions. A digital viscometer was used to assess the viscosity of the prepared cream formulation. Using a digital viscometer set to 27°C and 60 revolutions per minute, the viscosity of cream was measured.

Table 9. Results for Viscosity testing

Sr. No.	Formulation	Viscosity
1.	F1	513.3 mPa
2.	F2	Nil
3.	F3	429.1 mPa

Results and Discussion:

After the herbal moisturising cream was formulated and assessed, variety of methods and procedures were used to observe several kinds of outcomes, including physical evaluation,

irritancy, phase separation, greasiness, viscosity, pH, washability, and stability.A range of assessment factors were applied to prepared formulations of moisturising cream, and the results obtained fell within acceptable bounds. It was discovered that the pH of each formulation was almost neutral. Based on viscosity, every composition displayed pseudoplastic flow. When compared to other formulations and the prototype formulation, formulation F3 has a higher spreadability. Only formulations F1 and F3 demonstrated superior thermal stability at 20°C, 30 °C, and 40 °C out of all of the formulations. Based on the spreadability and viscosity data, the F3 formulation was chosen as the optimal one.

Table 10. Results of Optimized Cream Formulation, F3

Sr. No.	Parameters	Result
1.	Colour	White
2.	Odour	Pleasant scent
3.	Texture	Smooth
4.	State	Semisolid
5.	Irritancy	No
6.	pH	7.36
7.	Phase separation	No
8.	Washability	10 sec
9.	Greasiness	No
10.	Spreadability	15 g cm/sec
11.	Viscosity	429.1 mPa
12.	Patch test	No allergic condition
13.	Microbial test	No microbial contamination

Conclusion:

In conclusion, there is a lot of potential in the skincare sector for the creation of a herbal face brightening and moisturising cream that also has the ability to treat psoriasis and eczema. This cream provides a multidimensional solution for people looking to improve the brightness of their skin while treating common skin issues by utilising natural components that are known for their healing and nourishing qualities. This product has the potential to completely transform skincare regimens with further study and development, offering comprehensive and efficient treatment for a wide range of skin types and issues.

This herbal face brightening and moisturizing cream is formulated with a carefully curated blend of natural ingredients renowned for their skincare benefits. Ingredients like ylang ylang oil and rose oil work synergistically to hydrate and nourish the skin, leaving it soft, supple, and radiant.

Furthermore, ylang ylang oil provides anti-inflammatory and soothing properties, making the cream effective in managing conditions like psoriasis and eczema. These ingredients help to

alleviate redness, irritation, and itchiness associated with these skin conditions, promoting overall skin health and comfort.

Moreover, the formulation is free from harsh chemicals, artificial fragrances, and synthetic preservatives, making it suitable for sensitive skin types. Its gentle yet effective formula makes it an ideal choice for daily use, providing long-lasting hydration and promoting a healthy, glowing complexion. Through extensive research and development, this herbal face cream has been meticulously crafted to deliver noticeable results, making it a trusted skincare staple for individuals looking to achieve brighter, moisturized skin while addressing specific skin concerns like psoriasis and eczema.

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