

CHAPTER

4

HERBS IN COSMETICS AND FRAGRANCES

*Siti Pauliena Mohd Bohari, Zarani Mat Taher,
Muhammad Aidil Wafi Rosli, and Norazimah Hazali*

4.1 COSMETICS AND FRAGRANCES

“*Kosm tikos*” is a Greek term that refers to the etymology of the word “cosmetic”, which is described as possessing the ability, organization, and expertise in embellishment (Bijauliya et al., 2017). In the prehistoric era of 3000 BC, men utilized color as a kind of decoration to attract specific animals for hunting or to disguise their skin from potential enemies. According to the Drug and Cosmetics Act, cosmetic is defined as any products intended for the aim of beautifying or cleansing the human body (Figure 4.1). Cosmetic can be categorized into cream, lotion, powder, colorant, and gel. It can also be classified according to the specific area of usage, such as hair, face, lips, eyes, and skin. It does not fall into the scope of drug license purview (Sripriya & Sandhya Sri, 2023). Cosmetics are a blend of chemicals derived from either natural sources or artificially synthesized artificially, designed to enhance and balance the appearance of face and body. However, there is a prevailing belief that cosmetics contain chemicals that may have adverse effects on the skin, and thus leading to the increased consumer awareness. Consequently, there is a growing demand, especially for natural

cosmetics that are both safer and more environmentally friendly. Herbal cosmetics meet the demand for cosmetics derived from natural sources.



Figure 4.1 Classification of cosmetic forms, usage area, and function

The global fragrance market is vast and vibrant, ranging from luxurious perfumes and colognes to scented personal care and household items. The industry is constantly evolving, driven by innovation, market trends, and cultural preferences. The fragrance industry has expanded popularity over the centuries, and it is expected to grow at a rate of 6.8% between 2022 and 2030. This growth is driven by rising consumer demand, higher disposable incomes, and expanding markets in developing countries. The emergence of modern perfumery can be traced back to 1874, with the founding of Haarmann and Reimer, the first company dedicated to the production of synthetic components for flavors and fragrance (Ohloff et al., 2022). Exploring Malaysian herbs for fragrance is a fascinating journey through the rich biodiversity and cultural heritage of the region. The tropical climate and diverse ecosystems support a wealth of aromatic plants

and herbs such as agarwood, cedarwood and clove which have long been used for their distinct scents and therapeutic benefits. The Malaysian fragrance sector could carve out a niche by capitalizing on the distinctive and aromatic botanicals and leveraging the potential of fragrance in cosmetic products.

4.2 TYPES OF COSMETICS

Cosmetic ingredients may originate from either natural source, synthetic sources, or a combination of both types. Formulation blended with active ingredients, nutraceutical or medication for cosmetic purposes are known as herbal cosmetics (Kaur et al., 2021).

Cosmetics products may contain either a single herbal component or a blend of herbal compounds to enhance their functionality. Most cosmeceutical products are plants derived and are marketed as organic, vegan, cruelty-free, and not tested on animals. Nevertheless, a small number of cosmeceutical products are produced chemically and may potentially be derived from animal sources. Nevertheless, most cosmeceuticals are generally safe.

Chemical-based cosmetics are prevalent in most cosmetic products. However, consumers nowadays are more aware of the adverse effects of cosmetic chemicals to skin, particularly skin irritation. Facial cosmetics frequently comes into prolonged contact with the skin. Hence, it is important to use safer ingredients to maintain a healthy appearance, enhance aesthetic appeal, and boost self-assurance. It is advisable to stay away from ingredients that have the potential to cause cancer or harm the skin. Chemical substances in cosmetics products are intentionally used as antioxidants, preservatives, emollients, and ultra-violet (UV) absorbers. Chemical absorption through the skin is rather small, but its build-up in the skin and organs may have harmful implications.

Lately, there has been a growing concern about the presence of hazardous chemicals such as cadmium and lead in cosmetics items exceeding the permitted level (Figure 4.2). These substances are used as additives to enhance the stability of products. However, cosmetic