

Formulation, Preparation and Evaluation of a Natural Cosmetic Product

Brunilda Myftari*, Eni Bushi, Elton Myftari

Department of Pharmacy, Faculty of Medicine, University of Medicine, Tirana

Abstract

Background: Nowadays the demand for natural products is increasing. By definition natural products are considered all those products which have at least one natural ingredient. It is recommended to use as few ingredients as possible in order to avoid incompatibilities.

Aim: This study intends to formulate, develop and prepare natural cleansing milk for the skin that is prone to acne. This preparation is meant to give a deep cleansing effect and lessen day by day acne lesions.

Study Design: This is an original article. It is an experimental study on formulation and

characterization of cosmeceutical products for dermal use.

Methods and materials: Formulations were prepared under the Good Laboratory Practice guidelines, using the inverse method of preparation for emulsions. Their control was based on methods described by the European Pharmacopoeia (Ph.EUR).

Materials used are sunflower oil, rosemary essential oil, chosen randomly from the Albanian market, stearine, triethanolamine, boric acid, citric acid, distilled water. Necessary equipments are water bath (Model HH-S6 with 6 places); pH-meter, (Model

InnoLab ph 7110); viscometer (Fungilab, series Alpha, ALPH 141057); balance (Model CL501, Capacity 500g X 0.1g, OHAUS CORPORATION, USA), etc.

Results: The formulation containing 5 drops of rosemary oil, 25% sun flower oil, 5% stearine, 10% triethanolamine and distilled water up to 100%. It results stable cleansing milk, with a nice milky color and consistency. It has the characteristic smell of the ingredients especially rosemary oil. Samples showed a pH value between 4.5 and 8.5 for the whole period of control study, four weeks. As far as it concerns the viscosity remains stable at 1.9 Pa.S. from the first measurement until the end of study.

Conclusion: This formulation of cleansing milk is natural, can be prepared even in a galenic laboratory in pharmacy. It preserves the required characteristics during 4 weeks such as pH within range 4.5-8.5, color, viscosity and aroma. It is recommended to use within 30 days after opening. It should be stored in a dark, well closed bottle away from light and heat.

Keywords: natural, essential oil, cleansing milk, acne.