

**A REVIEW ON: HERBAL LIP BALM****Aishwarya A. Navale\*, Tukaram K. Kedar, Sanjay K. Bais**

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**ABSTRACT**

Cosmetics are products formulated to enhance or modify a person's appearance or fragrance. In recent years, the growing interest in herbal cosmetics can be attributed to their natural composition and their reduced potential for undesirable side effects. Herbal formulations—such as lip balms, lipsticks, creams, shampoos, and pastes—gained significant awareness as safer alternatives to synthetic products. Herbal cosmetics are prepared using plant-based ingredients that offer beneficial physiological properties, including soothing, healing, conditioning, and aesthetic enhancement. Among these products, natural lip balms are widely used for protecting and beautifying the lips while providing moisture and a natural shine. Since many conventional lip products contain chemical substances associated with adverse effects,

there is an increasing interest in exploring natural ingredients for developing safe and effective herbal lip balms.

**KEYWORDS:** Herbal lip balm, natural ingredients, lip disorder, lip care, EOS – Evolution of smooth, SPF – Sun protecting factor, CBD – Cannabidiol.

**INTRODUCTION**

The Greek term “kosmetikos,” that’s meaning “to decorate,” is whereas the word “cosmetics” originates. Since then, any substance utilised to enhance or beautify appearance has been referred to as cosmetic. Nowadays, life-style heavily relies on cosmetics. Going green and leading a more natural lifestyle is also popular right now in practically every sector, including the cosmetics business. There is a strong demand for organic plant goods, and people prefer natural foods, medicinal plants, and natural

treatment techniques for a healthy lifestyle. In the field of personal care, herbal cosmetics have several uses.<sup>[1]</sup> There are various recipes for herbal cosmetic goods. Unlike chemically manufactured products, which possess a number of detrimental impacts on human health, the term "herbal" denotes safety.<sup>[2]</sup> The goal of the age-old art of lip coloring is to accentuate the lips' beauty and give facial cosmetics more luster. The range of colors, textures, and gloss levels has been altered and broadened for this reason. Lip jellies, lip balms, and lipsticks are examples of this, as they are offered in hundreds of different color variations to satisfy consumer demand.<sup>[3]</sup> Similar to lipstick, lip balm acts as a skincare item, intended to preserve lips against becoming dried and defend their surfaces from infectious environmental aspects. This project involved creating a lip balm using natural or vegetable ingredients and confirming the results of three tests of stability: the melting point, the evaluation of the product's organoleptic qualities (color, fragrance, and look), and the functionality test (spreadability test). Natural Balm for lips are cosmetics which need to be applied onto your lips to keep their surface from cracked out. Herbal lip balm protects as well as maintains wellness of lips.<sup>[4]</sup>

### **Advantages of using plant extracts in Lip Balm**

Throughout history, herbal remedies, phytoconstituents, and extracts have been utilised as traditional treatments for thousands of years. A cosmetic's are substances or components that are utilized on the body to further improve its visual appeal. Cosmetic's use has increased globally in recent years and is always changing, particularly when it comes to lip balm and other facial cosmetics made from natural or herbal ingredients.<sup>[5,6]</sup>

Petrochemicals, artificial fragrances, spices, dyes, and other potentially harmful ingredients (preservatives) found in synthetic products are absent from herbal cosmetics like lip balm, which are preferred over conventional lip balms made with synthetic materials.<sup>[7-8]</sup>

As a result, herbal products are becoming popular again. An invaluable gift from nature to humanity are herbal cosmetics, which include a variety of herbal cosmeceuticals that provide a comprehensive approach to beauty. Because of their thin skin, lips are especially sensitive and frequently show the earliest symptoms of dryness. The majority of people (men and women) use lip balm, the most popular cosmetic product, to moisturize and to reduce or shield their lips from dehydration. It covers the lips' surface with an occlusive barrier, retains moisture, and protects them from the weather, including sunlight. In the winter, when temperatures are lower and the thin skin on the lips is drier, winds also

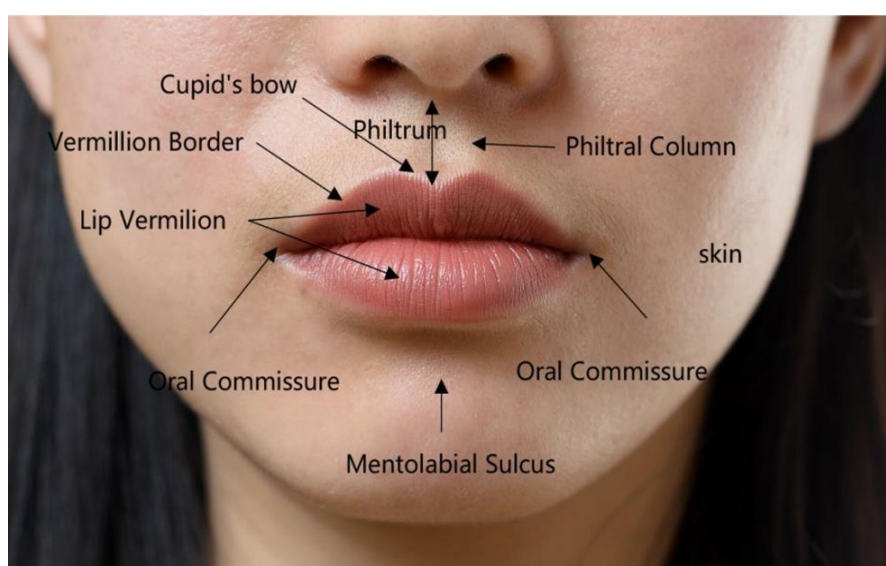
remove moisture from the body.<sup>[9]</sup>

The corneum, the skin's outermost layer, which comprises about 15 layers total, primarily for protection, there are approximately four layers in the corneum, which is the upper layer of the lips and is much thinner than the main face skin. Lip balms are the ideal option since they contain a waxy substance that covers the lips and shields damaged lips from cold sores and ulcers. This is because the thin layer makes lips easily dry, crack, and chap. Melanin cells are extremely rare in the skin of the lips.<sup>[10,11]</sup>

Female bees secrete a natural substance called beeswax, which is frequently used in cosmetics, especially lip balm. Along with having a nice scent, this ingredient is highly hydrating and can protect the lips from the harmful rays of the sun. Beeswax is an emulsifier made naturally. Coconut oil's fatty acids aid to hydrate the lips by penetrating deeply into the skin. Coconut oil's anti-inflammatory qualities lessen the pain and redness of chapped as well as sun-browned lips. Vit.E is a naturally existing moisturiser and a protective antioxidant. By minimizing the visible signs of wrinkles, Vit.E contributes to retaining the fresh-looking & smooth consistency of your lips. Additionally, potential modifications to the product can be detected prior to its release for consumer use.<sup>[12-14]</sup>

### Anatomy of Lips

Numerous structures make up lip anatomy, which influences the lip's look and function. A brief summary of the lips' construction is provided below:



**Fig. 1: Anatomy of Lips.**

**Skin**

The lips are covered with skin consistent with the body's overall tone. Yet this skin considerably lighter & extra sensitive. The vermilion border refers to the clear line where the pinkish lip area meets the surrounding skin of the face.

**Vermilion zone**

This vermilion zone is reddish area of the lips. It has more blood vessels than usual, which is why it is crimson in color. The lip's red portion. It has a unique stratified squamous epithelium covering it.

**Philtrum**

A philtrum is a vertical depression or groove that extends from the base to the middle of the upper lip.

**Cupid's**

The V-shaped or double-curved region located in the middle the upper lip is often identified as the cupid's bow.

**Oral mucosa**

The interior portion regarding the lips it's covered via oral mucosa, a slim and submerged tissue layer that provides protection and helps maintain hydration. This mucosal surface is different from the skin on the outside of the lips. The lips also contain small labial glands that support moisture balance and assist in functions such as speech and eating.

**Nerve ending**

The lips contain several muscles, including the orbicularis oris, which forms a ring around the mouth and helps create movements such as smiling and puckering. The enormous density of nerve endings in the lips makes them incredibly sensitive to touch, temperature, and pain.<sup>[15]</sup>

**CIS conium boundary**

The vermilion is separated from the surrounding skin by the lighter skin's border. Mouth: The upper and lower cinnabars restrict the aperture.<sup>[16]</sup>

**Lip Disorders Swelling**

Lip swelling is a possible side effect of an allergic reaction. Hypersensitivity to cosmetics,

drugs, airborne irritants, or specific meals or beverages may be the reason behind the reaction. If the offender is located and removed, the mouth will usually return to normal. The origin of an expansion, however, is frequently further undetermined. Often occurring instances of swollen lips can be brought on by a defect called hereditary angioedema. Additionally, lip edema can be induced as a result of on-inherited causes like trauma, Injury from sunlight.



**Fig. no. 2: Swelling.**

### **Sun damage**

Sunlight capable to allow dry and rough lips, specifically the lower lip. patches or tiny red dots may signal UV damage that could increase later cancer risk. Protecting the lips with SPF balm or a wide-brimmed hat can help avoid this.



**Fig. no. 3: Sun damage.**

### **Inflammations**

When someone gets cheilitis, their mouth corners may become flaky, chapped, red, painful, and irritated. A vitamin B2-deficient diet might cause cheilitis.

### Discolouration

The mouth is frequently surrounded by freckles and irregularly shaped brownish patches, also known as melanotic patches, which can persist for many years. You shouldn't be alarmed by these indicators. A genetic condition known as Piusz-Jeghers syndrome, whereby intestinal and stomach polyps form, indicated by several tiny, segregated brown-black patches. The unidentified etiology of Kawasaki disease, which mostly affects infants and kids ages 8 and under, can result in redness of the mouth lining and dry, chapped lips.



**Fig. no. 4: Discolouration.**

### Sores

Skin cancer could be the cause of a painful, elevated spot on the lip with sharp edges. Other sores could appear due to other illnesses or various infections. Other conditions, including keratoacanthoma, have no recognized cause.<sup>[17]</sup>

### Lip Balm

Lip balm acts as a protective wax-like preparation utilized to the lips to keep them soft as well as prevent loss of moisture. Lip balm serves as a barrier against environmental stressors, including cold weather, which often causes dryness and chapping. By keeping the lips protected, it helps prevent irritation and reduces the chance of infections. Lip Balm That Is Exclusive stops saliva from repeatedly soaking the skin. It also lessens the discomfort that comes with having chapped lips. The components that go into making the lip balm help cracked lips heal and keep the lips moisture-rich. But lipstick and lip balm differ in a few important ways. particularly with regard to their respective purposes: lipstick colors the lips, whilst lip balm shields them. Additionally, because lipstick formulas have a greater number of compounds than lip balm formulations, they are more complicated.<sup>[5]</sup>



## **Various types of Lip Balm**

### **1) Tinted (sheer colour) lip Balm**

A lip balm with a tint helps to keep the lips smooth and adds a soft hint of color. It's useful for those who want a light tint instead of heavy lipstick. It moisturizes while lightly brightening the lips.

### **2) Medicated (Therapeutic) lip balm**

Most likely, Medicated lip balms are generally less soothing and may irritate the lips. Dermatologists often include them in treatment plans for dry or damaged lips.

### **3) Flavoured lip balm**

Lip balms with flavorings are known as "flavored" lip balms. Mango, mint, vanilla, and a variety of other fruity flavors are added to lip balms to create flavorful lip balms. This lip balm is designed to moisturize, but it also contains unique flavors to correspond to consumers' taste and flavor senses.

### **4) Organic (Naturally sourced) lip balm**

This kind of lip balm contains herbal or organic component's is called an organic lip balm. The organic lip balm is typically manufactured from organic substances including oils like avocado and jojoba, beeswax, vitamin E, hemp, and cocoa butter, whereas other lip balms contain toxic compounds that can damage the lips and skin. The natural lip balm continues to moisturize and protect dry, chapped lips, just like any other lip balm.

### **5) SPF/ sun protection lip balm**

This kind of lip balm has components that keeps our lip safe over detrimental impacts of sunlight. This kind of lip balm protects the lips against redness, harm from ultraviolet radiation & potentially skin carcinoma by acting as a sunscreen. On a day out, this lip balm is ideal for people who are care about their skin and want to stay protected from the sun's detrimental rays.

### **6) Plump- effect lip balm**

A plumping lip balm is created to both moisturize the lips and give them a naturally fuller look. These balms include specific ingredients that maintain lip health while providing a temporary boost in volume to enhance the lips' appearance. The plumping lip balm must be used by those who want a plumper lip without having surgery.

## 7) CBD (Cannabidiol) or hemp oil lip balm

Lip balms that contain hemp oil or cannabidiol (CBD) are known as hemp oil lip balms. While CBD oil is one of potent blend of cannabinoids with beneficial properties against inflammation. Hemp oil sourced from the hemp plant provides deep nourishment for the lips. When added to a lip balm, it helps ease dryness and promotes the recovery of rough or cracked lips by acting as an antioxidant.<sup>[18,19]</sup>

### Applications

Applying lip balms to the lips helps to keep them safe from harmful environmental factors and prevent them from becoming dry. Nowadays, the market is filled with a wide variety of chemical-based lip balms from companies including Blister, Body Shop, Nivea, and Himalaya etc. Limited information about such kind of formulation is available in literature about cosmetics, yet references to lipstick are relevant since it's refers to a form of aesthetics that is comparable to lip balm. Similarities also exist in terms of stability and organoleptic needs, for example resistance to temperature changes, acceptable flavour, safety, smoothness while being applied, adhesion, and ease of purposeful removal. A lip balm should not be seen as interchangeable with lip gloss, since both men and women can utilize the former product.<sup>[20]</sup>

### Advantages of herbal lip balm

- Lip balm preserves inherent beauty and wellness of your lips.
- Lip balms with sunscreen have been demonstrated to protect lips against UV ray damage.
- Lip balms assist in avoiding dryness, cracks, and lips with cold sores.
- Reduces, revitalizes, and soothes the symptoms of allergies, the flu, and colds on the lips.
- Treat skin issues and facial appearance with a natural lip cosmetic.<sup>[21,22]</sup>

### Limitations of herbal lip balm

- Poor-quality lip balm components have the potential to seriously harm your lips. Rather of hydrating your lips, these lip balms may cause them to become dry.
- Usually, homemade lip balms don't rest on the lips for as long as store-bought ones. As a result, the program needs to be used repeatedly.
- Natural flavors and colors are more challenging to find and can also affect the stability of the product.



- Some businesses produce lip balms purely for aesthetic reasons, disregarding the skin's sensitivity and potential health risks. The natural color, smoothness, and sheen of the lips are gradually destroyed by such products.<sup>[5]</sup>

### **Ingredients used in Lip Balm Base**

Components used to make decorative cosmetics and personal hygiene products are shaped and crucially organized by waxes. Wax is used in a variety of unusual products and industries. They find important use as emulsifier and thickening agent in the food, cosmetics, and in pharmaceutical sector in addition to their primary use in candles. Chemically waxes consists of intricate mixtures of fatty acid compounds, hydrocarbon chains and ester-based substances are complex blends of fatty acids, hydrocarbons and esters. Waxes differ from fats in that they are firmer, not as oily, and have a tougher consistency. They are extremely resilient to germs, dampness, and oxidation.

### **There are four different types of waxes**

- (a) Animal - derived waxes :- e.g. beeswax, lanolin, and spermaceti;
- (b) Plant - sourced waxes :- e.g. waxes of candelilla, jojoba, and carnauba;
- (c) Mineral -based waxes :- e.g. ozokerite, paraffin, microcrystalline wax, and ceresin; and
- (d) Synthetic waxes :- e.g. polyethylene wax, carbowax, acra wax, and stearin.

For beauty products, beeswax, carnauba, and candella wax are the most commonly used waxes.

### **Oil**

To create an appropriate film on the applied lip skin, the oil combination must correctly blend with the waxes. A formulation that creates a thin layer with good covering power and allows the product to spread readily is desirable. Olive oil or sunflower oil can both give lips a wonderful sheen. Due to its many benefits, castor oil is utilized in many lip balms; But now days, different oils or solvents are employed in their place. A high-quality refined castor oil has a pleasing hue and no taste or odor. An excellent plasticizing agent is castor oil.

Although castor oil is less likely to get rancid than additional plant-derived oils, such as those obtained from olives or almonds it should nevertheless have an antioxidant added to prevent it from happening. Jojoba oils are well-known for their ability to soften skin, which can stop lips from drying out.

**Colouring agent**

In cosmetic compositions, colour is one of the most important elements; because it has been utilized in cosmetics since the beginning of time. Sight, touch, and smell are the three main sensations that people use to decide whether or not to buy cosmetics. Compatibility with medications and other chemicals is the most important aspect of colorants. It has to be affordable, easily obtainable, and free of irritating smells and tastes. Beet root, saffron, turmeric, and other natural colorants are examples. Saffron is made from the dried stigma of Cross Semivoltine flowers. The Kashmir area of India is where this perennial shrub is grown. Saffron's primary coloring component is crocin.

**Flavouring agent**

Typically, flavouring agents or flavours are needed to cover up the four primary taste perceptions. The term "flavour" characterizes a complex combination of taste, touch, sight, and scent that are all impacted by a variety of Processes related to physiology and physiochemistry. No ingredients that could be hazardous or irritating should be included in lip balm flavours. These should taste excellent and be able to cover up the base's fatty scent. Flavouring agents are a crucial aspect of adding a satisfying flavor and minimizing the fatty & waxy base's odour. Additionally, fruit-flavored fragrances have also been suggested to use. Apricot, strawberry, cherry, and honey are the most often utilized flavors. Honey can act as a natural food preservative.

**Antioxidant**

Nowadays, antioxidants are frequently included as active components in a large number of cosmetic products. Free radicals can be produced by oxidation reactions, as is well known. Which may cause a Series of events that damages tissues of skin. Increasing the quantity of free radicals may cause the skin to wrinkle, age, and dry out. Plants are known to be able to create natural antioxidant molecules that may be able to regulate the oxidative stress brought on by oxygen and sunlight. Aloe vera, green tea, rosemary, grape seed, and blueberries are among the plant extracts that are typically included in cosmetic formulations.<sup>[23]</sup>

**Bees wax****Fig. 5: Bees wax.**

**Synonyms:** cera alba, cera flava.

**Biological Source:** Beeswax is a improved natural wax produced via honeycombs created by hive bee, *Apis mellifera* (Linn.).

**Family:** Apidae

**Chemical Constituents:** There is myricin in beeswax, that's also known as Melissa palmitate. Myricin has a melted at 64°C, and when saponified it liberates free cerotic acid (C<sub>26</sub>H<sub>52</sub>O<sub>2</sub>), myricyl Alcohol (C<sub>30</sub>H<sub>61</sub>OH). 12 to 13% higher hydrocarbons are present.<sup>[23]</sup>

**Coconut oil****Fig. 6: Coconut oil Synonyms: Coconut Absolute, oil from dried coconut kernel.**

**Biological Source:** Coconut oil is extracted from dehydrated kernel (endosperm- dried inner seed material) portion inside the coconut fruit of *Cocos nucifera* L.

**Family:** Areaceae (palm) family.<sup>[25]</sup>

**Role:** The main advantage of coconut oil is that it moisturises. Because of this, it is perfect for chapped lips. In particular, your lips are Due to their thinness and increased exposure to the weather, they are more vulnerable to moisture loss than other areas of your skin.<sup>[26]</sup>

**Olive Oil**

**Synonyms:** Sweet oil.

**Biological sources:** The pericarp of ripe *Olea europaea* fruits is used to express olive oil, a fixed oil.



**Fig. 7:- Olive oil.**

**Family:** Oleaceae.

**Chemical Constituents:** The chemical components of olive oil include glycerides produced from a mix of fatty acids—oleic, palmitic, stearic, linoleic, and arachidic.

**Uses:** 1) It assists in avoiding ischemia.

2) It aids in the recovery of acute inflammation of the pancreas.

3) It contributes For joint strength.<sup>[23]</sup>

**Beet Root**

**Synonyms:** spinach beetroot, sugar beetroot and chukandar.

**Biological sources:** Fresh *Beta vulgaris* is one of the biological sources.



**Fig. 8: Beet root.**

**Family:** Chenopodiaceae.

**Chemical Constituents:** Red tincture constituents, betalain pigments, kaempferol-linked glycosides, and betaine.

**Uses:** 1) Aid in regulation of energy from food.

2) Diminish sun-induced pigmentation.<sup>[23]</sup>

## Honey

**Synonyms:** madh, purified honey.

**Biological Source:** Honey is a thick, sugary substance stored in combs by different bee species, including *Apis florea*, *Apis mellifera*, *Apis dorsata*, and other members of the *Apis* genus.

**Family:** Apidaeae.



**Fig. 9:- Honey.**

**Chemical Constituents:** Honey contains very little moisture and is mainly composed of simple sugars such as glucose, fructose, sucrose, along with dextrans, natural gums, and mineral residues. It also includes trace levels of aromatic oils, beeswax particles, pollen grains, and organic acids like formic, acetic, and succinic acids. Additionally, honey provides maltose.

**Uses:** 1) It's employed to treat damaged tissue and scarring.

2) In herbal cough and cold syrup, it's utilized.

3) It aids in the improvement of digestion.<sup>[23]</sup>

## Vitamin E



**Fig. 10: Vitamin E** **Synonym:** Eprolin, RRR-alpha-tocopherol, Vitamin-E.

**Biological source:** Vitamin E is obtained from Various foods and oils.

**Family:** Tocopherols.

**Role:** As a natural conditioner, vitamin E also acts as an antioxidant. By reducing indications of aging, vit.E aids in keeping the lip's healthy-looking delicate feel.<sup>[26]</sup> Vit.E oil used topically. Since vit.E promotes cell regeneration, when applied to dehydrated lips, it promotes the of freshly formed cells more quickly.<sup>[28]</sup>

**Table No. 1: List of Other Natural / Herbal Lip Balm.**<sup>[29]</sup>

Sr.No.	Natural lip balm	Content name	Part of Plant	Therapeutic uses
1	Formulation and evaluation of cherry	Cherry	Fruit	Refreshing and moisturizing.
2	Formulation table evaluation of watermelon	Watermelon	Fruit	Thirst of nourishment your lip want to during both extreme temperatures.
3	Formulation and evaluation of strawberry	Strawberry	Fruit	Protect your lips from drying out and give them a natural pinkish tone.
4	Formulation and evaluation of papaya	Papaya	Fruit	Aid in moisturizing and hydrating cracked and dry lips.
5	Formulation and evaluation of citrus	Lemon	Fruit	Aid in reducing lip irritation and inflammation.
6	Formulation and evaluation of sweet orange	Orange	Fruit	Protect your lips from environmental irritants and help to soothe them.
7	Formulation and evaluation of apple	Apple	Fruit	To control lips that are easily irritated and dry.
8	Formulation and evaluation of Aloe Vera	Aloe Vera	Leaf	Preventing and treating dry, cracked, chapped lips caused by sunburn.
9	Formulation and evaluation of Berry	Berry	Fruit	Protects and soothes sensitive lips.
10	Formulation and evaluation of cocca butter	Cocca butter	Seeds	Provides a protective, moisturizing coating to lips, shielding them from the drying effects of interior heat and



				harsh temperatures.
11	Formulation and evaluation of Cinnamon	Cinnamon oil	Leaf	Lip balm with cinnamon Antioxidant strength aids in preventing chapped and prematurely ageing lips.
12	Formulation and evaluation of Beet root	Beet root	Fruit	Aid in lightening and brightening your lips by eliminating darker ones.
13	Formulation and evaluation of Pineapple	Pineapple	Fruit	It can shield delicate skin and assist avoid any inflammation.
14	Formulation and evaluation of Mango	Mango	Fruit	Provides you with smooth, silky lips.
15	Formulation and evaluation of saffron/ Kesar	Saffron/Kesar	Flower	Perfect for sensitive and dry lips, it effectively repairs damaged cells and provides long-lasting hydration.
16	Formulation and evaluation of Jasmine	Jasmine	Flower	Provide excellent lip hydration and enhance lip pigmentation.
17	Formulation and evaluation of Rose	Rose pettle	Flower	Applied topically to lips that are dry and chapped.
18	Formulation and evaluation of Muskmelon	Muskmelon	Fruits	It is applied to lips to hydrate and moisturize them.
19	Formulation and evaluation of Apricot	Apricot	Fruit	Boost the natural appearance and feel of your lips.
20	Formulation and evaluation of Rosemary	Rosemary	Fruit	hydrating and nourishing properties that aid in the healing of dry and damaged lips.
21	Formulation and evaluation of Cucumber	Cucumber	Fruit	Soothes and moisturizes chapped, dry lips.
22	Formulation and evaluation of Kiwi	Kiwi	Fruit	Serves as a natural emulsifier that aids in restoring moisture to dry or chapped lips.
23	Formulation and evaluation of Almond	Almond	Seed	Ensures dark lips have an even tone and prevents dryness to make them supple and incredibly hydrated.
24	Formulation and evaluation of Tomato	Tomato	Fruit	Delivering an antioxidant impact while also hydrating and moisturizing the lips.
25	Formulation and evaluation of Raspberry	Raspberry	Fruit	Protect your lips against damaging environmental elements while enhancing their youthful, supple appearance.

### Evaluation parameters Organoleptic Properties

The basic organochemical characteristics of the lip balm, including appearance, taste, odor, and color, were examined.<sup>[23]</sup>

### pH

A PH meter and the capillary method are also frequently used to determine the lip balm's melting temperature and PH, respectively.<sup>[23]</sup>

### **Melting point**

In order to visually see the sample was inserted within glass needle possessing flame seal at one tip to find melting point. Prior to the melting point device with an electromagnetic agitation feature, the drug-containing capillary was immersed in liquefied paraffin solution. Melting has been determined through visuals, and it was noted what the melting point was.<sup>[23]</sup>

### **Spreadability Test**

In order to be able to see consistency of the creation regarding the shielding layer and determine if the stick split, broke, or warped while completing the utilization, the spreading capability test is performed by placing the substance on a glass slide at room temperature repeatedly. The evaluator developed the following standards for this test:

G: Good: lip balm is applied evenly, flawlessly, without fragmentation, and without deformation.

I: Intermediate: consistent, leaves minimal fragmentation, applies lip balm appropriately, and deforms minimally.

B: Bad: The lip balm is uneven, leaves many fragments or pieces, is applied incorrectly, and deforms slightly.<sup>[23]</sup>

### **Test for Skin sensitivity**

To do this, the material was applied as a patch on the skin for half an hour, during which time the reaction was noted as:

N: No response;

R: Reddened / Rash on the skin; I: Itching / irritation.<sup>[30]</sup>

### **Test for Stability**

The produced formulation was tested for stability by being stored for 30 days at various temperatures. Tests of the formulation were conducted at room temperature (25°C) and within a fridge at 5°C. On days three, seven, fifteen, and thirty, the appearance was evaluated.<sup>[26]</sup>

### **Steps to use lip balm correctly for better lip care and protection**

#### **Step 1: Uncap the package/container**

Only a half-centimeter of elevation is required if the balm is in a tube. Dot your finger with a pea-sized amount if it's in a jar/container.

**Step 2:** Put it on the lower lip. Just the outside of your lower lip should be rubbed with

balm.

**Step 3:** Put on the upper lip. Apply the balm to the outside of your upper lip.

**Step 4:** Press your lips against one another. Gently rub your lips against each other. Consequently, the balm more fairly distributed all over your mouth. [31-32-33]



**Fig. 11: How to use lip balm.**

### Well known Lip Balm Marketed Products

- EOS (Evolution Of Soft)
- ChapStick
- Lip Smacker
- Burt's Bees
- Lypsyl
- Carmex
- Blistex
- Labello.<sup>[34]</sup>

### CONCLUSION

The growing interest in beauty and personal-care products has contributed to the rapid development of the cosmetic industry. This review highlights the present knowledge on herbal and natural lip balm formulations, covering key areas such as ingredient selection,

preparation procedures, evaluation parameters, and practical applications. The literature examined indicates that natural lip balms have strong potential for future advancements in cosmetic science.

### **Herbal lip balms offer multiple advantages, including**

- Improving the natural appearance of the lips,
- Preventing dryness and supporting long-lasting moisture,
- Shielding the lips from UV exposure and environmental stressors,
- Giving the lips a soft, smooth feel, and
- Being widely available and easy to obtain.

Overall, natural lip balms provide a gentle, safe, and effective option for lip care and show promising scope for further research and product development.

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