SJIF Impact Factor (2024): 8.675| ISI I.F. Value: 1.241| Journal DOI: 10.36713/epra2016 ISSN: 2455-7838(Online)
EPRA International Journal of Research and Development (IJRD)
Volume: 9 | Issue: 6 | June 2024 - Peer Reviewed Journal

DEVELOPMENT AND ANALYSIS OF A MOISTURIZING CREAM WITH GLYCERINE AND ESSENTIAL OILS

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ABSTRACT

This research paper presents the formulation and evaluation of a moisturizing cream composed of glycerine, emulsifying wax, citric acid, lavender oil, chamomile oil, and distilled water. The objective was to create a hydrating, soothing, and skin-friendly product leveraging the natural properties of the selected ingredients. Glycerine, a potent humectant, was used to enhance skin hydration. Emulsifying wax served as a stabilizer to ensure a consistent and smooth cream texture. Citric acid was included to maintain the appropriate pH level for skin compatibility. Essential oils, specifically lavender and chamomile, were chosen for their calming and anti-inflammatory properties, along with their pleasant fragrance.

The formulation process Involved combining the oil and water phases, followed by the incorporation of active ingredients and essential oils. The resulting cream was subjected to a series of evaluations to determine its organoleptic properties, pH, viscosity, spreadability, moisturizing efficacy, and stability.

Results indicated that the cream had a pleasant texture, appropriate pH (5-7), and excellent spreadability. It provided significant hydration and demonstrated good stability over time. No adverse reactions were observed during skin irritation tests, affirming the product's safety for regular use. This study concludes that the formulated moisturizing cream effectively combines natural ingredients to offer superior skin hydration and soothing benefits, making it a viable option for daily skincare.

KEYWORDS: *Moisturizing Cream, Glycerine, Emulsifying Wax, Citric Acid, Lavender Oil, Chamomile Oil, Skin Hydration, Natural Skincare, Formulation Evaluation.*

INTRODUCTION

Moisturizing creams play a crucial role in daily skincare routines by maintaining the skin's hydration, protecting it from environmental damage, and enhancing its overall appearance. The demand for natural and effective skincare products has significantly increased as consumers become more aware of the benefits of natural ingredients and their impact on skin health. This research focuses on the formulation and evaluation of a moisturizing cream incorporating glycerine, emulsifying wax, citric acid, lavender oil, chamomile oil, and distilled water, aiming to harness their synergistic effects for optimal skin hydration and soothing properties.

Rationale for Ingredient Selection

1. Glycerine

Glycerine is a well-known humectant that attracts moisture from the environment into the skin, providing long-lasting hydration. Its ability to penetrate the skin barrier and maintain moisture balance makes it a cornerstone in moisturizing formulations.

2. Emulsifying Wax

Emulsifying wax acts as a critical agent to blend the oil and water phases of the cream, ensuring a stable and homogenous mixture. It contributes to the cream's smooth texture and ease of application.

3. Citric Acid

Citric acid is employed to adjust the pH of the formulation, ensuring it is compatible with the skin's natural pH level. Maintaining an appropriate pH is vital for the product's efficacy and user comfort.

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4. Lavender Oil

Lavender oil is renowned for its calming, anti-inflammatory, and antimicrobial properties. It imparts a pleasant fragrance to the cream, enhancing the user experience while providing therapeutic benefits to the skin.

5. Chamomile Oil

Chamomile oil is included for its soothing and anti-irritant properties. It is effective in reducing skin redness and irritation, making the cream suitable for sensitive skin types.

6. Distilled Water

Distilled water serves as the solvent in the formulation, providing the aqueous phase necessary for hydration. It ensures the purity of the formulation, free from impurities that could affect the cream's stability and efficacy.

Objectives

The primary objective of this study is to formulate a moisturizing cream that effectively hydrates and soothes the skin using natural ingredients. The secondary objectives include:

- Evaluating the physicochemical properties of the cream, such as pH, viscosity, and stability.
- Assessing the moisturizing efficacy and spreadability of the cream.
- Conducting safety evaluations to ensure the product is suitable for regular use.

Significance of the Study:

This study addresses the growing consumer demand for natural skincare products by developing a moisturizing cream that combines the hydrating and soothing properties of glycerine, essential oils, and other natural ingredients. By thoroughly evaluating the formulation, this research aims to contribute to the development of effective and safe skincare solutions, promoting healthier skin through natural means.

Methodological Approach

The formulation process involves the precise measurement and blending of the oil and water phases, followed by the incorporation of active ingredients and essential oils. The resulting cream is subjected to various evaluations, including organoleptic assessment, pH measurement, viscosity testing, spreadability analysis, and stability testing. Additionally, the moisturizing efficacy is tested using skin hydration metrics, and safety is assessed through skin irritation tests on human volunteers.

By integrating scientific methodologies and natural ingredient benefits, this research aims to develop a high-quality moisturizing cream that meets consumer expectations for efficacy and safety in skincare products.

Classification

There are four main types of moisturizers depending on their Mechanism of action.[1]

1) Emollients
2) Humectants
3) Occlusives
4) Protein rejuvenators

1. Emollients: They are mainly lipids and oils, which hydrate and Improve the skin softness, flexibility, and smoothness.

Eg: Cholesterol, pseudoceramides,squalene, fatty acids

2.Humectants:They are basically hygroscopic compounds which mean they Attract water from two sources, from the dermis into the Epidermis and in humid conditions from the environment.[2]

Eg: Glycerol, propylene glycol, panthenol sorbitol, urea,Alphahydroxy acids, hyaluronic acid .

3.Occlusives:

Oils and waxes which form an inert layer on the skin and Physically block transepidermal water loss.[3]

Eg: Petrolatum, beeswax mineral oil, silicones, lanolin,zincOxide

4.Protein rejuvenators

Small molecular weight proteins thought to help is Skin rejuvenation by replenishing essential proteins.

Eg: Collagen, elastin, keratin.

Ingredients

1. Glycerine: 5% (moisturizing agent)
2. Emulsifying Wax: 5% (emulsifier)
3. Citric Acid: 0.2% (pH adjuster)

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4. Lavender Oil: 0.3% (fragrance, soothing properties)
5. Chamomile Oil: 0.3% (fragrance, soothing properties)
6. Distilled Water: q.s. (quantity sufficient, solvent)

Equipment

1. Beakers and Glass Stirring Rods: For mixing and heating phases.
2. Water Bath: For melting solid ingredients and maintaining temperature.
3. High-Speed Mixer or Blender: To ensure proper emulsification of oil and water phases.
4. pH Meter: For measuring and adjusting the pH of the cream.
5. Viscometer: For measuring the viscosity of the cream.
6. Sterile Containers: For storing the final product.
7. Weighing Scale: For accurate measurement of ingredients.
8. Thermometer: To monitor the temperature during formulation.
9. Homogenizer: For creating a uniform emulsion.

Steps

1. Preparation of Oil Phase:
- Measure and combine emulsifying wax and oils (lavender oil, chamomile oil) in a beaker.
- Place the beaker in a water bath and heat until all the ingredients are melted and mixed thoroughly.
2. Preparation of Water Phase:
- Measure distilled water in a separate beaker.
- Heat the water phase in a water bath until it reaches the same temperature as the oil phase.
3. Emulsification:
- Slowly add the water phase to the oil phase while stirring continuously.[4]
- Use a high-speed mixer or blender to ensure thorough emulsification until a creamy consistency is achieved.
4. Cooling Down:
- Allow the emulsified mixture to cool down to around 40°C while stirring gently.
5. Incorporation of Active Ingredients:
- Add glycerine and citric acid to the cooled mixture.
- Continue stirring until all the ingredients are fully incorporated.[5]
6. pH Adjustment:
- Check the pH of the cream using a pH meter.
- If necessary, adjust the pH by adding small amounts of citric acid or distilled water.
7. Final Inspection:
- Check the consistency, color, and fragrance of the cream.
- Use a viscometer to measure the viscosity and ensure it falls within the desired range.
8. Packaging:
- Transfer the moisturizing cream into sterile containers using a clean spatula.
- Label the containers with the product name, ingredients, and manufacturing date.

Formula:

Sr.No.	Ingredients	Quantity Taken (For 100 gm)	Category
1	Glycerine	5 gm	Moisturizing Agent
2	Emulsifying Wax	5 gm	Emulsifying Agent
3	Citric Acid	0.2 gm	pH adjuster
4	Lavender oil	0.3 gm	Fragrance, Soothing Agent
5	Chamomile oil	0.3 gm	Fragrance, Soothing Agent
6	Distilled water	Q.S Upto 100 gm	Solvent/ Base

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Drug Profile & Excipients Profile

1. Glycerine

- Common Name: Glycerol
- Uses: Moisturizing agent, humectant, solvent
- Physiological Characteristics: Colorless, odorless, viscous liquid
- Pharmacological Aspect:
  - Pharmacodynamic Property: Glycerine attracts water into the outer layer of the skin, keeping it hydrated and soft.
  - Pharmacokinetics Property: Glycerine is absorbed slowly when applied topically and has low systemic absorption.
- Mechanism of Action: Glycerine works by drawing moisture from the air into the skin's outer layer, thereby keeping the skin hydrated and preventing dryness.

2. Emulsifying Wax

- Common Name: Emulsifying Wax NF
- Uses: Emulsifier, stabilizer
- Physiological Characteristics: White, waxy solid
- Pharmacological Aspect:
  - Pharmacodynamic Property: Helps in the formation and stabilization of emulsions by reducing surface tension.
  - Pharmacokinetics Property: Not systemically absorbed, acts locally on the skin.
- Mechanism of Action: Emulsifying wax allows the mixture of oil and water phases to form a stable, homogenous cream by stabilizing the emulsion.

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3. Citric Acid

- Common Name: Citric Acid
- Uses: pH adjuster, preservative
- Physiological Characteristics: White crystalline powder
- Pharmacological Aspect:
  - Pharmacodynamic Property: Adjusts pH, acts as an antioxidant.
  - Pharmacokinetics Property: Rapidly metabolized and excreted in the urine when absorbed.
- Mechanism of Action: Citric acid adjusts the pH of the cream to ensure it is within the range suitable for skin application, maintaining the product's stability and user comfort.[6]

4. Lavender Oil

- Taxonomical Classification:
  - Kingdom: Plantae
  - Class: Magnoliopsida
  - Order: Lamiales
  - Family: Lamiaceae
  - Genus: Lavandula
  - Species: Lavandula angustifolia
- Common Name: Lavender Oil
- Uses: Fragrance, soothing agent, antimicrobial

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- Physiological Characteristics: Clear, pale yellow liquid with a characteristic aroma
- Pharmacological Aspect:
  - Pharmacodynamic Property: Provides calming effects, anti-inflammatory, and antimicrobial properties.
  - Pharmacokinetics Property: Rapidly absorbed through the skin, metabolized in the liver, and excreted in the urine.
- Mechanism of Action: Lavender oil provides soothing and anti-inflammatory effects, which help calm irritated skin. Its antimicrobial properties also contribute to the preservation of the cream.

5. Chamomile Oil

- Taxonomical Classification:
  - Kingdom: Plantae
  - Class: Magnoliopsida
  - Order: Asterales
  - Family: Asteraceae
  - Genus: Matricaria
  - Species: Matricaria chamomilla
- Common Name: Chamomile Oil
- Uses: Fragrance, anti-inflammatory agent, skin soothing agent
- Physiological Characteristics: Clear to pale yellow liquid with a sweet, herbal fragrance
- Pharmacological Aspect:
  - Pharmacodynamic Property: Anti-inflammatory, soothing, and calming properties.
  - Pharmacokinetics Property: Absorbed through the skin, metabolized by the liver, and excreted primarily via the kidneys.
- Mechanism of Action: Chamomile oil reduces skin irritation and inflammation, providing a calming effect. It also adds a pleasant aroma to the formulation.

6. Distilled Water
- Common Name: Distilled Water
- Uses: Solvent
- Physiological Characteristics: Clear, colorless, odorless liquid
- Pharmacological Aspect:
  - Pharmacodynamic Property: Hydrates the skin, acts as a solvent for other ingredients.
  - Pharmacokinetics Property: Not absorbed systemically, acts locally on the skin.
- Mechanism of Action: Distilled water acts as a carrier for the other ingredients, ensuring they are evenly distributed in the formulation and providing hydration to the skin.

Overall Mechanism of Action

The moisturizing cream formulated with glycerine, emulsifying wax, citric acid, lavender oil, chamomile oil, and distilled water works synergistically to hydrate, soothe, and protect the skin. Glycerine, a potent humectant, draws moisture from the environment into the skin, ensuring prolonged hydration. Emulsifying wax stabilizes the mixture, creating a smooth and uniform cream that is easy to apply. Citric acid maintains the cream's pH balance, making it compatible with the skin's natural pH and ensuring user comfort.

Lavender and chamomile oils contribute to the formulation with their soothing, anti-inflammatory, and antimicrobial properties, reducing skin irritation and providing a calming effect. These essential oils also impart a pleasant fragrance, enhancing the overall user experience. Distilled water acts as the primary solvent, hydrating the skin and ensuring the even distribution of other ingredients within the cream.[7]

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By combining these ingredients, the moisturizing cream effectively hydrates, soothes, and protects the skin, making it suitable for daily use and addressing the needs of various skin types.

Advantages and Disadvantages of the Formulated Moisturizing Cream

Advantages

1. Natural Ingredients:
   - Benefit: The use of natural ingredients like glycerine, lavender oil, and chamomile oil caters to the growing consumer preference for natural skincare products.
   - Impact: Reduces the risk of adverse reactions associated with synthetic chemicals.
2. Hydration and Moisturization:
   - Benefit: Glycerine is a powerful humectant that draws moisture into the skin, providing long-lasting hydration.
   - Impact: Helps maintain skin moisture balance, preventing dryness and improving skin texture.
3. Soothing Properties:
   - Benefit: Lavender oil and chamomile oil have soothing and anti-inflammatory properties.
   - Impact: Helps calm irritated skin and reduces redness and swelling, making the cream suitable for sensitive skin types.
4. Stable Formulation:
   - Benefit: Emulsifying wax ensures a stable and homogenous cream.
   - Impact: Provides a consistent texture and prevents the separation of oil and water phases over time.[8]
5. pH Balanced:
   - Benefit: Citric acid helps maintain the pH of the cream within the range suitable for skin application.
   - Impact: Ensures the product is gentle on the skin and reduces the risk of pH-related skin irritation.
6. Pleasant Fragrance:
   - Benefit: The natural fragrance from lavender and chamomile oils enhances the user experience.
   - Impact: Adds to the overall appeal of the product, making it enjoyable to use.[9]
7. Versatility:
   - Benefit: Suitable for various skin types due to its hydrating, soothing, and non-irritating properties.
   - Impact: Can be used by a broad audience, including those with sensitive or dry skin.

Traditional Knowledge

Use of Natural Ingredients in Skincare

1. Glycerine:
   - Traditional Use: Glycerine, also known as glycerol, has been used for centuries as a humectant in traditional medicine and skincare formulations. It is known for its ability to attract moisture to the skin.
   - Historical Significance: Ancient civilizations, including the Egyptians, used glycerine for its moisturizing properties in various ointments and creams.
2. Lavender Oil:
   - Traditional Use: Lavender oil has been used for over 2,500 years in traditional medicine for its calming, soothing, and antiseptic properties. It was commonly used in ancient Roman baths and Egyptian skincare routines.
   - Historical Significance: It has been employed in traditional aromatherapy to reduce stress and improve sleep, as well as in skincare to heal minor wounds and burns.
3. Chamomile Oil:
   - Traditional Use: Chamomile has a long history of use in traditional medicine, dating back to ancient Egyptian, Roman, and Greek civilizations. It is prized for its anti-inflammatory and soothing properties.
   - Historical Significance: Traditionally used in herbal teas and topical applications, chamomile was employed to treat skin irritations, eczema, and wounds.
4. Emulsifying Wax:
   - Traditional Use: While emulsifying wax itself is a modern innovation, the concept of using natural emulsifiers can be traced back to traditional practices of creating creams and ointments using beeswax and other natural thickeners.
   - Historical Significance: Ancient formulations often relied on natural emulsifying agents like beeswax to stabilize mixtures of oils and water.
5. Citric Acid:
   - Traditional Use: Citric acid, derived from citrus fruits, has been used in traditional medicine and beauty treatments for its antioxidant and astringent properties. It has been part of traditional remedies for skin brightening and pH balance.

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- Historical Significance: Historically, lemon juice and other citrus extracts were used in skincare for their exfoliating and brightening effects.

6. Distilled Water:

- Traditional Use: Distilled water has been used in traditional medicine and cosmetics for its purity and ability to act as a solvent without adding impurities.
- Historical Significance: Ancient civilizations recognized the importance of pure water for medicinal and cosmetic preparations to ensure the efficacy and safety of formulations.

Future Trends

1. Increased Demand for Natural and Organic Products:

- Trend: Consumers are increasingly seeking natural and organic skincare products, driven by a growing awareness of the potential adverse effects of synthetic chemicals.
- Impact: The demand for products with natural ingredients like those in this moisturizing cream formulation is expected to rise, leading to more research and innovation in this area.

2. Sustainable and Ethical Sourcing:

- Trend: There is a significant push towards sustainable and ethical sourcing of ingredients. Consumers and companies are becoming more conscious of the environmental impact and social implications of ingredient sourcing.
- Impact: This trend will encourage the use of sustainably sourced glycerine, essential oils, and other natural ingredients, promoting fair trade practices and reducing the environmental footprint.

3. Personalization in Skincare:

- Trend: Advances in technology and consumer preferences are driving the trend towards personalized skincare solutions. Products tailored to individual skin types and conditions are gaining popularity.
- Impact: This trend may lead to the development of customizable moisturizing creams where consumers can choose specific natural ingredients that suit their skin needs.

4. Increased Focus on Skin Microbiome:

- Trend: Understanding the skin microbiome and its role in skin health is a growing area of interest. Formulations that support a healthy skin microbiome are becoming more popular.
- Impact: Future formulations may incorporate prebiotics, probiotics, and postbiotics to enhance the skin's natural microbiome, improving overall skin health and resilience.[10]

5. Innovations in Delivery Systems:

- Trend: Advances in formulation technology are leading to innovative delivery systems that enhance the effectiveness and absorption of skincare ingredients.
- Impact: Enhanced delivery systems, such as encapsulation and nanotechnology, may be integrated into moisturizing creams to improve the delivery of active ingredients like glycerine and essential oils to the deeper layers of the skin.

6. Regulatory Changes and Transparency:

- Trend: There is a growing demand for transparency in ingredient sourcing, formulation, and labeling. Regulatory bodies are tightening controls to ensure consumer safety and product efficacy.
- Impact: Increased transparency and stricter regulations will drive companies to provide detailed information about their formulations, ensuring that products meet high safety and efficacy standards.

7. Hybrid Products:

- Trend: The line between skincare and other product categories is blurring, leading to the rise of hybrid products that offer multiple benefits (e.g., skincare with anti-aging, UV protection, and hydration).
- Impact: The development of multifunctional moisturizing creams that provide hydration, anti-aging benefits, and UV protection in one product is likely to become more prevalent.

Evaluation Tests, Results, and Observations for the Formulation of Moisturizing Cream

1. Physical Appearance and Texture

- Test: Visual inspection and tactile assessment.
- Procedure: Evaluate the cream's color, consistency, and texture by applying a small amount to the skin and observing any changes.
- Result: The cream should have a uniform, smooth, and creamy texture without any lumps or phase separation.
- Observation: The moisturizing cream exhibited a smooth, homogenous consistency with a pleasant pale yellow color due to the essential oils. It spread easily on the skin and absorbed well without leaving a greasy residue.

2. pH Measurement

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- Test: pH determination using a pH meter.
- Procedure: Measure the pH of the cream by dissolving a small amount in distilled water and using a calibrated pH meter.
- Result: The ideal pH range for skin care products is between 5.0 and 7.0.
- Observation: The pH of the moisturizing cream was found to be 5.5, which is within the optimal range for maintaining the skin's natural acid mantle, ensuring the product is gentle and non-irritating.

3. Spreadability
- Test: Spreadability test using a spreadability apparatus.
- Procedure: Place a fixed amount of cream between two glass slides and measure the area covered by the cream under a specific load after a fixed time.
- Result: The cream should spread easily with minimal force.
- Observation: The spreadability of the cream was excellent, covering a large area with minimal force, indicating good application properties.

4. Viscosity
- Test: Viscosity measurement using a viscometer.
- Procedure: Measure the viscosity of the cream at room temperature using a Brookfield viscometer.
- Result: The cream should have a viscosity that allows easy application while maintaining structural integrity.
- Observation: The viscosity of the cream was measured to be 5,000 cP (centipoise), which is suitable for a moisturizing cream, ensuring it is neither too runny nor too thick.

5. Stability Testing
- Test: Stability test under various temperature conditions.
- Procedure: Store the cream at different temperatures (4°C, 25°C, and 40°C) and observe any changes in physical appearance, pH, and consistency over a period of three months.
- Result: The cream should remain stable without any phase separation, significant pH change, or microbial growth.
- Observation: The cream remained stable under all tested conditions, with no noticeable changes in appearance, pH, or consistency, indicating good formulation stability.

6. Moisturizing Efficacy
- Test: Skin hydration measurement using a corneometer.
- Procedure: Apply the cream to a specific area of the skin and measure the moisture content before application and at regular intervals after application using a corneometer.
- Result: There should be a significant increase in skin hydration levels after application.
- Observation: Skin hydration increased by 35% within 1 hour of application and remained elevated for up to 8 hours, demonstrating the cream's effective moisturizing properties.

7. Irritation Test
- Test: Patch test on human volunteers.
- Procedure: Apply a small amount of the cream to the inner forearm of volunteers and observe for any signs of irritation or allergic reaction over 24 hours.
- Result: The cream should not cause any redness, itching, or irritation.
- Observation: None of the volunteers reported any irritation, redness, or itching, indicating that the cream is safe for use on the skin.

8. Microbial Testing
- Test: Microbial limit test.
- Procedure: Conduct microbial testing to check for the presence of bacteria, fungi, and molds in the cream.
- Result: The total microbial count should be within acceptable limits as per cosmetic standards.
- Observation: The microbial count was found to be within acceptable limits, indicating that the formulation is microbiologically safe for use.

CONCLUSION

The formulation and evaluation of a moisturizing cream using glycerine, emulsifying wax, citric acid, lavender oil, chamomile oil, and distilled water have yielded a product with excellent properties. The cream demonstrated a smooth, homogenous texture, optimal pH (5.5), and excellent spreadability and viscosity. Stability tests confirmed its resilience under various temperature conditions without phase separation or pH change. Moisturizing efficacy was significant, showing a 35% increase in skin hydration within one hour, lasting up to eight hours. Safety tests revealed no irritation or microbial contamination, indicating it is safe for use. This moisturizing cream combines traditional knowledge with modern formulation techniques, resulting in an effective and consumer-friendly skincare product.

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