

## Herbal Facial Toner: A Review

Anuja sagar<sup>1</sup>, Paratkar Gauri<sup>2</sup>, Vaishnavi ambekar<sup>3</sup>

,Mande Sandip Padmakar<sup>4</sup>

<sup>1,3,4</sup>Department of Pharmacy, Shivlingeshwar College of Pharmacy, Almala

<sup>2</sup>Department of Pharmaceutics, Shivlingeshwar College of Pharmacy, Almala

### Abstract

Herbal facial toners have gained popularity for their natural and soothing properties, offering an effective solution for skin care. These toners, derived from plant-based ingredients, help to refresh, hydrate, and balance the skin's pH while providing essential nutrients. Rich in antioxidants, vitamins, and minerals, herbal toners are gentle on the skin, making them suitable for all skin types, including sensitive skin. By incorporating botanicals such as aloe vera, witch hazel, rose water, and chamomile, these toners not only cleanse the skin but also promote healing and calm irritation. Their natural formulation ensures minimal side effects, unlike harsh chemical-based alternatives. Herbal facial toners play a vital role in maintaining healthy, radiant skin while offering a holistic approach to beauty care.

**Keywords:** Herbal facial toner, Plant based ingredients, Anti-inflammatory, Eco-friendly

### 1. INTRODUCTION

Herbal facial toners are an essential part of natural skincare routines, gaining widespread attention for their ability to rejuvenate and maintain healthy skin. Unlike conventional toners that may contain harsh chemicals, herbal toners are formulated with natural plant extracts

known for their soothing, hydrating, and healing properties. These toners are typically rich in antioxidants, vitamins, and minerals, which work together to balance the skin's pH, remove residual impurities, and refine pores. Common ingredients such as witch hazel, aloe vera, rose water, and chamomile not only cleanse but also calm irritation, reduce inflammation, and promote overall skin wellness. Beyond basic cleansing, herbal toners also have the potential to offer a range of skincare benefits. Rich in antioxidants, they protect the skin from environmental damage and slow the aging process by neutralizing free radicals. Vitamins and minerals found in botanical ingredients nourish the skin, promoting elasticity, hydration, and a youthful glow. Furthermore, many herbal toners include anti-inflammatory herbs that help reduce redness, puffiness, and skin conditions like acne or rosacea.

Herbal toners can be used by individuals with a variety of skin types, including sensitive, oily, combination, and dry skin. For sensitive skin, herbal toners provide a mild and calming effect, while for oily skin, they help control excess sebum production without drying the skin. Dry skin benefits from herbal toners' hydrating and moisturizing properties, leaving the skin feeling

refreshed and smooth. Moreover, herbal toners are often free from harsh chemicals, making them a safer choice for those concerned about the long-term effects of synthetic skincare ingredients.

## Cosmetics

The term "cosmetics" refers to materials made of artificial and naturally occurring substances that are utilized to preserve the appearance of a person's skin. The different cosmetics keeps the skin healthy and shield it from harm. Cosmetics are substances applied to a person's skin or any part of the body for cleansing, beautifying, promoting attractiveness or altering the appearance.

## Herbal Cosmetics

Herbal cosmetics are preparations made with phytochemicals derived from a range of botanical sources that affect skin function and supply nutrients essential for a healthy body and skin. Herbal cosmetics are made from natural herbs and their products or extracts that are used for their fragrant qualities in cosmetic preparation. The word "herbal cosmetics" describes products containing phyto-chemicals from various plant sources that impact skin functioning and provide nutrients necessary for the body and skin to be healthier. These days, there is a greater demand for and simplicity of access to herbal products, which has led to a decrease in their adverse reactions and an increase in their application in cosmetic preparations.

## Need of herbal Cosmetic

1. To improve overall appearance.
2. Reduce skin flaws.
3. Skin protection against dust, UV radiation, and harsh weather.
4. Effect of cleaning.

## Skin

Skin is the largest organ of the human body, serving as a protective barrier between the internal structures and the external environment. It plays several critical roles in maintaining overall health, including protection, regulation, and sensation.

Here are some key aspects about the skin:

### 1. Structure of the Skin:

The skin is made up of three main layers:

- **Epidermis:** The outermost layer, which provides a waterproof barrier and creates skin tone. It contains keratinocytes (cells that produce keratin) and melanocytes (cells that produce melanin, which gives skin its color).
- **Dermis:** Located below the epidermis, the dermis contains connective tissue, blood vessels, hair follicles, nerve endings, and sweat glands. It is responsible for the skin's strength and elasticity.
- **Hypodermis (Subcutaneous layer):** This is the deepest layer of the skin, consisting mainly of fat and connective tissue. It acts as an insulator and a cushion to protect internal organs.

### 2. Skin Types:

- **Normal Skin:** Balanced in terms of moisture and oil production.
- **Oily Skin:** Prone to excess oil production, often leading to acne or shiny skin.
- **Dry Skin:** Lacks moisture and may appear flaky or rough.
- **Combination Skin:** Exhibits characteristics of more than one skin type, such as an oily T-zone (forehead, nose, chin) and dry cheeks.

- **Sensitive Skin:** Easily irritated or prone to reactions like redness, burning, or itching.

## 2. HERBAL FACIAL TONER

A toner is a water-based liquid that contains active ingredients to cleanse the skin, maintain a stable pH, reduce pores, and give the skin an instant glow. It gets rid of the debris and pollutants that are lodged in your skin's pores before you wash your face. When incorporated into a regular skin care regimen, it has a significant favourable effect on the appearance of aging skin. It moisturizes the skin because of its antioxidant properties.

Toner when incorporated into your regular healthcare regimen and applied consistently, it can significantly improve the appearance and tightness of your pores (aging skin) Toners fall into two categories: those with alcohol base and those without they are utilized on combination, oily, and sensitive skin types.

### Type of toner

**1. Skin fresheners or bracers:** It is the toner's mild form. The toner contains glycerine (a humectant) and water. Humectants hydrate the epidermis. The most well-known example of it is Rosewater. Normal, dehydrated, and sensitive skin types are best suited for it.

**2. Skin tonics:** Skin tonics are typically stronger and contain water, a humectant component, and a small amount of alcohol (up to 20%). Orange flower water is an excellent example of a skin tonic. Oily skin can be treated with skin tonics.

**3. Acid toner:** They are a potent type of toner that usually contains beta or alpha hydroxy acids. The three alpha hydroxy acids that are most frequently used to exfoliate the skin's surface are glycolic, lactic, and

mandelic acids. The most widely utilized beta hydroxy acid that is most effective at exfoliating the skin's deeper layers is salicylic acid.

**4. Astringents:** The strongest type of toner is an astringent, which has a high alcohol content (20–60%), water, antiseptics, and a humectant. Because they can remove excess protective lipids from the skin when they utilize a lot of alcohol, these can be harmful and irritating to the skin.

### How to utilise it

1. Be sure to shake well before using.
2. Mist your face with toner after washing it.
3. Give the spray time to settle on your face.
4. To remove the toner, use cotton or a soft cloth.
5. For better skin-rejuvenating results, use the toner twice a day.

## 3. APPLICATION TECHNIQUES OF TONER

### 1. Cotton Pad Method

- Apply toner to a cotton pad.
- Sweep gently over the neck and face.
- No rinsing required.

### 2. Spritz Method

- Directly mist the face and neck with toner.
- Use your hands to gently pat dry.
- Ideal for skin that is sensitive or dry.

### 3. Gauze Method

- Use toner to soak the gauze.
- Sweep gently over the neck and face.

- efficient at cleaning and exfoliating pores.

6. Lavender Oil

7. Cucumber Extract

#### 4. Sweep and Pat Method

- Use toner to soak the cotton pad.

- Sweep upward across the face.

- Use your hands to pat dry.

#### 5. Tap and Glow Method

- Use toner to soak the cotton pad.

- Tap lightly on the neck and face.

- facilitates hydration and absorption.

#### Benefits of herbal facial toner

1. Balance Skin's pH
2. Hydrate and Nourish
3. Tighten and Refine Pores
4. Soothe and Calm Skin
5. Remove Residual Impurities
6. Promote Skin Healing
7. Protect from Environmental Damage
8. Improve Skin Tone and Texture
9. Support Skin's Natural Barrier
10. Provide Anti-Aging Benefits
11. Control Oil Production
12. Boost Absorption of Skincare Products

#### 4. INGREDIENTS USED IN FORMULATION OF HERBAL FACIAL TONER

1. Aloe Vera
2. Witch Hazel
3. Rose water
4. Chamomile Extract
5. Green Tea Extract

#### Ingredients with their properties

1. Aloe Vera: Known for its soothing, hydrating, and anti-inflammatory properties, aloe vera helps calm irritated skin and provide moisture.
2. Witch Hazel: A natural astringent that helps tighten pores, control excess oil, and reduce inflammation, making it ideal for oily and acne-prone skin.
3. Rose Water: Offers a gentle, soothing effect, hydrates the skin, and balances the skin's pH while providing a refreshing scent.
4. Chamomile Extract: Known for its calming and anti-inflammatory properties, chamomile helps reduce redness, irritation, and puffiness, making it ideal for sensitive skin.
5. Green Tea Extract: Rich in antioxidants, green tea helps protect the skin from environmental damage and fights free radicals that contribute to premature aging.
6. Lavender Oil: Provides antibacterial and calming benefits, while promoting relaxation and improving skin texture.
7. Cucumber Extract: Offers cooling and hydrating effects, reducing puffiness and soothing inflammation for fresh, revitalized skin.

#### 1. Aloe vera



#### Role of aloe vera in herbal facial toner

1. **Hydrates and Moisturizes:** It replenishes moisture and keeps the skin soft, preventing dryness and irritation.
2. **Calms Skin:** Reduces redness and soothes sensitive or irritated skin, making it perfect for post-cleansing care.
3. **Balances Skin:** Helps maintain the skin's natural pH balance, ensuring a healthy complexion.
4. **Enhances Skin Texture:** Contributes to smoother, more even skin by helping to heal blemishes, scars, and other imperfections.
5. **Supports Skin Regeneration:** Stimulates collagen production, promoting healthier, youthful-looking skin.

## 2. Witch hazel



### Role of witch hazel in herbal facial toner

1. **Tightens and Refines Pores:** Witch hazel helps tighten skin and minimize pores, improving the skin's texture and appearance.
2. **Balances Oil Production:** Helps control excess oil production, making it an excellent choice for those with oily or acne-prone skin.
3. **Calms Skin:** Its anti-inflammatory properties soothe and reduce irritation, making it suitable for sensitive skin.
4. **Cleanses the Skin:** Witch hazel helps remove impurities, excess oils, and residual makeup left on the skin after cleansing.

5. **Prevents Breakouts:** By acting as a natural antibacterial agent, it helps reduce acne-causing bacteria, preventing future breakouts.

## 3. Rose water



### Role of rose water in herbal facial toner

1. **Hydrates and Refreshes:** Rose water helps replenish moisture, keeping the skin soft and hydrated while providing a refreshing, cooling effect.
2. **Balances Skin's pH:** Rose water helps restore the skin's natural pH balance, promoting a healthy complexion.
3. **Soothes Skin:** Its calming and anti-inflammatory properties make it perfect for reducing irritation and redness, particularly for sensitive skin.
4. **Improves Skin Tone:** Regular use of rose water in toners helps even out skin tone and reduce discoloration or blemishes.
5. **Protects the Skin:** The antioxidants in rose water protect the skin from free radicals, preventing premature aging and environmental damage.



#### 4. Chamomile extract



##### Role of chamomile extract in herbal facial toner

1. **Soothes and Calms:** Chamomile extract is particularly beneficial in toners for calming inflamed, sensitive, or irritated skin, offering immediate relief from redness and discomfort.
2. **Reduces Skin Inflammation:** Its anti-inflammatory properties help reduce swelling, redness, and irritation from conditions such as acne, eczema, or sunburn.
3. **Hydrates and Moisturizes:** Chamomile extract provides essential moisture, ensuring the skin remains hydrated and soft, while preventing dryness and tightness.
4. **Promotes Healing:** The extract aids in the skin's natural healing process, helping to repair damaged or compromised skin, and fade scars and blemishes over time.
5. **Gentle for Sensitive Skin:** Chamomile's mild, gentle properties make it an ideal ingredient in facial toners for those with sensitive or easily irritated skin, offering a natural and safe solution.

#### 5. Green tea extract



##### Role of green tea extract in herbal facial toner

1. **Protects Against Environmental Damage:** The antioxidants in green tea extract help to neutralize free radicals caused by pollution, sun exposure, and other environmental factors, preventing premature aging and skin damage.
2. **Fights Acne:** Green tea's antibacterial and anti-inflammatory properties make it an effective treatment for acne, reducing inflammation and preventing future breakouts.
3. **Soothes and Calms:** It provides relief to irritated or sensitive skin, reducing redness and inflammation, especially after cleansing or sun exposure.
4. **Hydrates and Refreshes:** Green tea extract helps replenish moisture, ensuring that the skin remains hydrated, fresh, and soft.
5. **Improves Skin Texture:** It helps refine pores, tighten the skin, and promote a smoother, more even skin texture over time.
6. **Anti-Aging Benefits:** Green tea extract's ability to fight free radicals and promote skin repair makes it a powerful ingredient in combating the signs of aging, such as fine lines and wrinkles.

## 6. Lavender extract



### Role of lavender oil in herbal facial toner

1. **Soothes and Calms Skin:** Lavender oil helps reduce skin inflammation, redness, and irritation, making it ideal for sensitive or acne-prone skin.
2. **Improves Skin Clarity:** Its antibacterial properties help prevent breakouts, reduce acne-causing bacteria, and promote clearer, healthier skin.
3. **Promotes Relaxation:** Lavender oil's calming scent helps reduce stress, enhancing the overall experience of using the toner and benefiting emotional well-being.
4. **Prevents Signs of Aging:** The antioxidants in lavender oil protect the skin from oxidative stress, helping to prevent wrinkles and fine lines.
5. **Enhances Skin Healing:** Lavender oil accelerates the healing of minor skin wounds, scars, and irritation, promoting a clearer, smoother complexion over time.
6. **Balances Skin:** Lavender oil helps balance oil production and moisture levels in the skin, making it suitable for a variety of skin types, from oily to dry.

## 7. cucumber extract



### Role of cucumber extract in herbal facial toner

1. **Deep Hydration:** Cucumber extract replenishes the skin's moisture, helping to keep it hydrated, soft, and smooth after cleansing.
2. **Soothes and Calms:** It effectively calms irritated or sensitive skin, providing relief from redness and inflammation, especially after sun exposure or acne flare-ups.
3. **Refreshing and Cooling:** The extract's cooling properties offer immediate refreshment and reduce skin puffiness, especially around the eyes or other areas prone to swelling.
4. **Balances and Tones:** Cucumber extract tightens the skin and helps refine pores, improving the overall tone and texture of the skin.
5. **Antioxidant Protection:** It protects the skin from oxidative damage, preventing premature aging and supporting overall skin health.
6. **Promotes Even Complexion:** Cucumber extract helps even out the skin tone, reducing dark spots, pigmentation, and signs of sun damage.

### How to incorporate in skincare routine:

- I. After cleansing your face, spray or apply the toner to a cotton pad.
- II. Gently wipe it across your face, focusing on areas that need extra attention (like pores or acne-prone areas).

III. Follow with your regular moisturizer or other skincare treatments.

application, the person may be taken as not hypersensitive.

## 5. EVALUATION TEST FOR TONER

1. **Organoleptic evaluation:** The prepared formulations were assessed for color, odour, and foam production capacity.
  - a. Colour
  - b. Odour
  - c. Texture
  - d. Consistency
2. **Skin irritation:** Small amount of mist toner was sprayed on left hand dorsal skin and kept for some time and observe whether it is irritant or non-irritant.
3. **Skin conditioning:** Observe the appearance of the skin after application of the toner was seen to be smooth, hydrated and supple.
4. **Temperature variations:** The formulation was exposed to different temperatures at 45degree C for months to check the stability.
5. **Stickiness:** It was discovered that the particles were not to be sticky in nature.
6. **Spreadability:** The toner was sprayed onto the hand and spread effortlessly with cotton and a smooth cloth.
7. **Removal:** The face toner should be easily removable.
8. **Patch test:** This test is performed for gel formulation of toner. In this test, about 1-3gm of material to be tested was placed on a piece of fabric or funnel and applied to the sensitive part of the skin e.g., skin behind ears. The cosmetic to be tested was applied to an area of 1sq.m. of the skin. Control patches were also applied. The site of patch is inspected after 24 hrs. As there was no reaction the test was repeated three times. As no reaction was observed on third

## 6. CONCLUSION

In conclusion, herbal face toners have emerged as a popular and effective component in skincare routines, offering a range of benefits due to their natural ingredients. These toners often contain extracts from plants and herbs known for their soothing, anti-inflammatory, and antioxidant properties. They help balance the skin's pH, tighten pores, and provide a refreshing and hydrating effect, which can be particularly beneficial for individuals with sensitive skin. However, it is essential to note that the efficacy of herbal face toners can vary based on the specific formulation and the individual's skin type. People prefer them because they are free from harsh chemicals and are environmentally friendly.

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