



# BEYOND THE LAVENDER: INTRODUCTION, CHEMICAL CONSTITUENTS, USES, AND MARKETING PRODUCT

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## ABSTRACT:

This review is based on the LAVENDER plant's cosmetic values, which are used in different cosmetic preparations in today's era of cosmetics. Lavender belongs to the species *Lavandula* and belongs to the family *Labiatae*. This gorgeous plant is one of the most versatile ingredients in skincare, body care, hair care, and self-care. It is so rich in nutrients and phytochemicals that it should be incorporated into day-to-day life to enhance your outer beauty and inner peace! This evergreen shrub contains various chemical compounds such as linalyl acetate, linalool, and terpinene-4-ol.

## INTRODUCTION

Lavender (*Lavandula Angustifolia*) is an herb found in northern Africa and the Mediterranean mountains, often used to extract its essential oil. The herb lavender is highly regarded for skin and beauty, and is also used in fragrances and shampoos for the purification of the skin. This also contains many medicinal properties. Lavender oil is an essential oil distilled from lavender flowers, it has anti-inflammatory, antiseptic, antibacterial, antifungal, antimicrobial, and antidepressant properties. This herb stimulates urine production and improves digestion, reduces emotional stress and anxiety, helps burns and wounds, improves sleep, improves eczema and psoriasis, reduces acne, and stores skin complexion. Lavender is also used in aromatherapy.

Lavender herb is cultivated around the world, and the fragrant oils of its flowers are used in aromatherapy, baked goods, candles, cosmetics, detergents, jellies, massage oils, perfumes, powder, shampoos, and tea. Lavender is popular for its colorful flowers-fragrance, and it can survive with low water consumption.

## THE LAVENDER FAMILY: TYPES AND VARIETIES

There are several varieties of lavender. There are more than twenty varieties, some of which are very similar. The first prominent difference is the time of flowering; not all plants flower at the same time. Each lavender captivates enthusiasts with unique qualities and versatile applications:

- *Lavandula angustifolia* (English lavender): Only grows at an altitude of over 800 meters in dry, stony limestone soils, particularly in Haute-Provence. With slender, elegant spikes and a soothing aroma, it is a popular choice in aroma therapy, skincare, and culinary endeavors.
- *Lavandula latifolia* (Spike lavender): Its camphorated scent sets it apart from other lavender varieties. Its spikes are fairly short and grey-green, and the plant measures around 1 meter. It can be admired from June to July onwards. It yields abundant essential oil, known for its antibacterial and antiseptic properties.
- *Lavandula intermedia* (lavender): hybrid lavender, strongly scented, favored for commercial oil production, used in perfume and soaps.
- French lavender: Distinctive tufts of flowers, known for its vibrant, pineapple-like scent, French Lavender thrives in sunny Mediterranean climates and is valued for ornamental gardens and essential oil production.

**Taxonomic Classification of Lavender (*Lavandula angustifolia*)**

Taxonomic Rank	Classification
Kingdom	Plantae
Division	Tracheophyte
Class	Magnoliopsida
Subclass	Astride
Order	Lamiales
Family	Labiatae
Genus	Lavandula
Species	Lavandula angustifolia

**ORIGIN AND CULTIVATION**

Lavender is also known as medicinal lavender, true, or common lavender. It is a perennial plant. The name lavender is derived from the Latin verb Lavo, Lavare. Lavender has been known since ancient times. Dioscorides titled “De Materia Medica,” which praises its medicinal properties. The Romans used lavender as a bath additive, in perfumes, and in soap.

The stem is made of wood, and the top is green. It has linear or lanceolate leaves with curled edges and a highly branched fibrous root system. Lavender flowers grow in spikes, arranged in circles at the top part of the stem. They are pale violet, white flowers (Alba and Nana Alba), and pink flowers (Rosea) have also been found.

Lavender develops on well-drained, prolific, and lime soils. It develops best in full sun with excrement and chemical fertilizers, but care ought to be taken not to ferment the soil or present too much nitrogen, as this causes over-the-top pick-up in green parts with a synchronous decrease in the inflorescence.

Plants may be engendered generatively from seeds or vegetatively from delicate and hardwood cuttings, or through tissue culture. Lavender bushes are routinely pruned to invigorate plant development and advance blooming. The blooming period endures from July to August. Collecting ought to be carried out on dry, sunny days. Blossoms ought to be collected sometime recently. Opening and drying in bundles in shaded and well-ventilated places. The essential oil production consists of fresh or dried tops of blossoming plants.

**MAJOR CHEMICAL CONSTITUENTS OF LAVENDER OIL**

NAME	AREA PERCENT	ATTRIBUTE	THERAPEUTIC BENEFITS
Linalyl acetate	36.8	Sweet, floral, fresh, and fruity aroma.	Anti-inflammatory, sedative, antispasmodic, antibacterial, and antioxidant.
Linalool	30.1	Spicy, floral fragrance.	Antimicrobial, analgesic, anti-inflammatory, bactericidal, and antioxidant.
Camphor	7.7	Quick absorption quality.	Antimicrobial, repellent, cough suppressant, and decongestant.
1,8-cineole (eucalyptol or cajeputol)	5.9	Fresh, strong, spicy, camphor-like aroma. Pale to clear color. Cooling taste.	Bronchodilator, antitussive, antiviral, mucolytic, mucociliary, anti-inflammatory, and cough suppressant.
Terpinen-4-ol	3.6	Mild pine aroma with a slight herbal pepper flavoring.	Antibacterial, antifungal, anti-inflammatory.
Borneol	2.9	Camphor-like odor.	Analgesic and antibacterial, insect repellent.
Lavender acetate	2.9	Delicate herbal and floral scent.	Calmative.
Beta-caryophyllene	2.4	Distinctive gentle aroma.	Antidepressant and anxiolytic.

**LAVENDER IN BEAUTY CARE PRODUCTS:****ACNE:**

Compared to more forceful medicines, lavender oil may be a delicate way to treat skin breakouts due to its ability to kill bacteria that capacity to kill microscopic organisms that might penetrate pores. In 2013, a combination of lavender oil and aloe extract restrained the development of one bacterial strain that caused acne. Lavender oil for skin to offer assistance decreases redness, messy patches, skin breakouts scarring.

**HAIR FALL:**

Topical utilization of lavender oil might help to treat an infection called alopecia areata, which causes a person’s hair to drop out in patches. Conquering a more seasoned 1998 Ponder, the trusted source of 86 individuals with alopecia areata, 44 percent experienced

progressive hair development after rubbing a basic oil mix of thyme, rosemary, lavender, and cedarwood in a blend of carrier oils into their scalp every day for seven months. Applying lavender oil on the scalp once a day controls hair loss by adjusting Vata and expelling intemperate dryness from the scalp.

#### AROMATHERAPY:

With an eye on lavender's extraordinary aromatherapeutic qualities, it has been used in this basic oil for the bath, as well. The lavender ocean treatment shower combines lavender oil with feeding crystalized kelp for a spa-worthy self-care experience at home. These shower salts profoundly detoxify to cleanse destructive poisons from the skin, while promoting tension release for sore muscles and a tired mind.

#### SKIN CONDITIONS:

It is anti-inflammatory and antibacterial, making it exceptionally viable for skin care products. It can be found in moisturizers, cleansers, and toners. Advanced *Lavandula angustifolia* oil can help calm and elevate aggravated skin, diminish redness, and improve overall skin surface. Due to its moisturizing properties, it is a great aid for dry skin products. Don't apply it on or close

- Irritated skin
- Wounds
- Rashes
- Skin with symptoms of conditions such as psoriasis or eczema

**Skin lightening:** Since it diminishes irritation, lavender oil may offer assistance with skin brightening. Additionally, it may help to reduce discoloration. It may also provide a natural smile. It makes a solid candidate for incorporation in any clean skincare regimen. Cancer prevention agents are known to combat free radicals, which may cause damage to your skin by influencing mitochondrial action and hastening the aging process.

#### MOISTURIZING:

These equations include a key active ingredient: Shea Butter. Stearic acid and Oleic acid are present in abundance. These greasy acids are known for their nourishing and defensive properties. Lavender Nature Nourishing Body Milk provides comfort and suppleness each day. It has been dermatologically tested to guarantee tender, comfortable, deeply relaxing care. Lavender Hand Cream is 20 percent Shea Butter for an ultra-nourishing texture. It combines the nourishing benefits of olive oil with the characteristic scent of essential oils.

Lavender brings harmony to the skin's moisture levels, keeping it sufficiently hydrated without tipping to oiliness. In addition to its alleviating capabilities. For applications on wounds or extremely dry skin, try a lavender salve. An ointment is regularly made with thicker oils like coconut oil or wax, like beeswax. Lavender creams and lotions may not provide the same therapeutic benefits as more concentrated oils, salves, or capsules, but they are a soothing way to encounter lavender's calming scent and moisturize skin.

#### REJUVENATES THE SKIN:

Due to its antimicrobial and antioxidant properties, lavender is exceptionally useful for the skin. A few skin conditions like canker sores, acne, and other allergic reactions, can be treated by utilizing lavender oil topically. It has anti-inflammatory and antioxidant qualities that help in improving skin condition and decreasing the signs of aging, such as dark spots and wrinkles.

#### MARKETED PRODUCTS FROM LAVENDER EXTRACT:

##### 1. Anveya Bulgarian Lavender oil, 100 percent pure, 15ml

- Its blooming scent is awesome for relaxation and calm sleep.
- Used for healthy hair and dandruff relief.
- Face care: anti-inflammatory properties offer assistance with skin breakouts and scars
- Massage and aroma therapy: natural soothing oil for mind and body.
- Relieves stress and promotes relaxation.
- It serves as a toner.
- It mends sunburn.



##### 2. Natural lavender soap

- It relieves and moisturizes the skin.
- Protect skin from oxidative damage.
- Proven to contain recuperating properties.
- It elevates your mood and provides a relaxing effect.
- It improves dopamine, the hormone of well-being.
- It evacuates dead skin, decreases blemishes, tightens the pores, and controls oil secretion.





### 3. Moisturizing cream

- The hand and foot cream for damaged skin repairs, nourishes, and protects dry hands and feet.
- The fragrance of Propanediol (PDO) fine lavender essential oil and all the benefits of lavender.
- The Silky texture of hands without any greasy feeling.
- Treats cracked heels and skin problems.
- Reduces Hyperpigmentation and uneven skin tone.
- It brightens and repairs dry, aggravated skin.



### 4. Lavender Fragrance

- Lavender is a great scent when you feel wound up and stressed out.
- It gives a calming effect.
- Its antioxidant components can lower the level of stress hormones in the body.
- It relieves anxiety due to its aroma.
- It is a go-to fragrance at sleep time to help people sleep, especially those suffering from insomnia.
- It is often used as the top note to provide an energizing scent.



### 5. Lip Demulcent

- It provides a subtle tint and natural radiance.
- It prevents dryness of lips and leaves them irresistibly delicate and smooth.
- It will help in healing and calming irritated lips.
- It shields lips from dry air, wind, and particularly cold temperatures.
- Brighten and relieve wrinkled lips.
- Protects from UV light.
- It gives hydrated, silky lips.



### 6. Body scrub

- It provides gentle exfoliation for the skin.
- It helps to unclog pores, remove textured skin, and prevent ingrown hairs.
- It also helps decrease redness and promotes cell and tissue growth.
- Preps the skin for better sleep.
- They improve blood circulation and new cell formation.
- It shows the range of activities such as anti-inflammatory, antifungal, and antibacterial.
- It helps to anticipate and decrease tanning.



### CONCLUSION:

From what has been presented previously about lavender, we can conclude that it is a magical herb because its fragrant aromatic oil has wide and multiple benefits. It has medicinal properties as well. Besides having medicinal properties, lavender is also very healthy for glowing skin, and it protects from acne and other skin problems. Lavender also has other benefits, such as inhaling lavender oil helps to improve sleep duration and sleep quality, and it provides relaxation. Lavender also reduces the symptoms of diabetes. Lavender helps to slow down the aging process. Lavender has antibacterial, antifungal, antimicrobial, and anti-inflammatory effects.

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