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Home-made daily use personal care products

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ABSTRACT

Personal care is a broad term used to refer to supporting with personal hygiene and toileting, along with dressing and maintaining your personal appearance. Personal care includes products as diverse as cleansing pads, colognes, cotton swabs, cotton pads, deodorant, eyeliner, facial tissue, hair clippers, lip gloss, lipstick, lip balm, lotion, makeup, hand soap, facial cleanser, body wash, moisturizer, talcum powder, toilet paper, toothpaste, facial treatments, wet wipes, and shampoo. As these products include mica, parabens, triclosan, fluoride and other harmful chemicals that cause skin cancers and other diseases, we have tried to find out a solution to end the usage of such chemical products in an effective way. Here we have prepared daily use personal care products like face powder, lip balm, kajal, soap, and toothpaste using natural ingredients. Ingredients used for preparation of face powder are-cocoa powder, arrowroot powder, cinnamon powder; lip balm-beetroot, Vaseline, oil, vitamin E capsule; kajal-cyanthiliumcinereum, castor oil, anjanaston; aloe vera soap-aloe vera, soap base, basil leaves, basil leaf extract, vitamin E capsule, vaseline; toothpaste-coconut oil, baking soda, neem extract, turmeric powder and salt.

Keywords— Daily use personal care products, Face powder, Kajal, Lip balm, Aloe vera soap, Toothpaste

1. INTRODUCTION

Personal care includes products as diverse as cleansing pads, colognes, cotton swabs, cotton pads, deodorant, eyeliner, facial tissue, hair clippers, lip gloss, lipstick, lip balm, lotion, makeup, hand soap, facial cleanser, body wash, nail files, pomade, perfumes, razors, shaving cream, moisturizer, talcum powder, toilet paper, toothpaste, facial treatments, wet wipes, and shampoo. The cosmetics and other products we put on our bodies can be just as harmful as anything we put in them. Ingredients found in face washes, sunscreens and more have been linked to everything from hormonal disruptions to cancer, and what's worse is that they go directly into your bloodstream when applied to the skin or hair. Some of the commonly found chemicals in various personal care products are: Sodium lauryl sulfate, BHA, Parabens, Polyethylene/PEGs, Retinolpalmitate, retinal acetate, retinoic acid and retinol, Petroleum distillates, toluene and formaldehyde, Hydroquinone. The present work is carried out keeping the above in mind and has been framed with the following objectives:

- To develop home-made daily use personal care products.
- To access the cost for each naturally home-made personal care products.
- To conduct an awareness class for Krishna Kudumbasree of Cheroor locality.
- To access the acceptability of these natural products.

2. METHODOLOGY

The detail of preparation and methodology employed in carrying out the work of Home-Made Daily Use Personal Care Products is given under the following headings:

- 2.1 Selection of samples
- 2.2 Face Powder
- 2.3 Lip Balm
- 2.4 Kajal
- 2.5 Soap
- 2.6 Toothpaste
- 2.7 Awareness class

2.1 Selection of samples

After a lot of discussions, we chose the following products for development; face powder, lip balm, kajal, aloe vera soap, toothpaste. These products are used daily by everyone and hence are useful in everyday life.

2.2 Face Powder

Ingredients: 2Tbs. arrowroot powder, 1/2 tsp. cocoa powder, 1/4 tsp. cinnamon.

Method of preparation: Mix all the ingredients well, use the back of a spoon to break up any cocoa powder clumps. Start out with the shade closest to your skin tone but to get a perfect match you may need to add more cocoa powder or cinnamon. Place ingredients into a bowl. Transfer to a clean jar or old compact container.



Fig. 1: Method of preparation for Face Powder

2.3 Lip Balm

Ingredients: 2 tsp Beetroot, 2 tbsp vaseline, 1/2 tsp oil, 2 vitamin E capsule.

Method of preparation: Take a beetroot & squeeze out the juice. Take 2 tsp. Beetroot juice in a container. Add 1/2 tsp. coconut oil and add 2 vitamin E capsules. Finally add 1 tbsp. Vaseline days in refrigerator.



Fig. 2: Method of preparation for lip Balm

2.4. Kajal

Ingredients: Castor oil-3 drop, Poovankurunilla-40 leaves, Anjana Stone powder- pinch.

Method of preparation: Take a piece of new cotton cloth. Take the juice of a few poovankurunilla. Dip the cloth in the prepared juice. Then allow the cloth to dry. Repeat this process at least 3 times. After drying burn the cloth then cover the pot with another utensil and capture the smoke on it. Then scrape off and collect the ash. Mix the ash with Anjana stone powder. Add castor oil to this and store till a hard consistency is obtained.



Fig. 3: Method of preparation for Kajal

2.5 Aloe Vera Soap

Ingredients: Aloe vera gel- 3 tsp, Basil leaves -5, Basil leaf extract- 6drop, Vitamin E capsule- 3, Vaseline- 1/2 tsp, Soap base -150 g.

Method of preparation: Take 3-4 tablespoon of fresh Aloe vera Gel and 1 capsule of vitamin E oil. Mix them well. After that take a fresh Basil leaf (Tulsi) and cut it into small pieces. Add 10 drops of basil leaf oil for obtaining color and fragrance. Take a soap base bar and cut it into cubes. Melt them in a microwave or using a double boiler method. Meanwhile, take an empty plastic container

and grease it with oil. Add a mixture of aloe vera gel, Vitamin E oil, and Basil leaf in a melt soap base. Pour the mixture in an empty container and freeze it for about an hour. Once frozen completely, remove the container and the soap is ready to use.



Fig. 4: Method of preparation for Aloe Vera Soap

2.6 Toothpaste

Ingredients: Coconut Oil-1 1/2tsp, Baking Soda-4tsp, Peppermint oil-5 drop, Neem extract-1 drop, Turmeric powder-1/2 tsp, Salt-1/2 tsp.

Method of preparation: Mix baking soda and coconut oil in a small container, until it forms a paste-like consistency. Add 5 drops of peppermint oil and mix. Add 1 drop of neem extract. Add 1/2 tsp of turmeric powder. Add 1/2 tsp salt to the paste and mix well. Transfer the paste to a glass container, close well, and store it in a dry area.



Fig. 5: Method of preparation for Toothpaste

2.7 Awareness Class

We conducted an awareness class about the importance of naturally made daily use products on those available in the market, to some housewives of our locality. We also evaluated the acceptability from them providing a form to be filled. They found the class very interesting and appreciated. As they are housewives, they were very enthusiastic and wanted to know about the preparation of these products.



Fig. 6: Awareness Class

3. RESULT AND DISCUSSION

The results and discussion of the research work entitled Home Made Daily Use Personal Care Products were presented and discussed under the following headings:

- 3.1. Product Development
- 3.2. Product Evaluation
- 3.3 Acceptability of the developed product
- 3.4. Price suitability of the developed product

3.1 Product Development

3.1.1 Face powder: Homemade face powder is made with ingredients that are safe to eat, in fact, many of these ingredients are usually used in kitchen. The true cost is significantly less expensive than many toxic makeup options. Nowadays, we use all beauty products made of lots of chemicals so, to prevent various health hazards, these natural products are cost-effectively prepared and are made using easily available ingredients.



Fig. 7: Face powder

3.1.2 Lip balm: Lip balm is available in market and this lip balm is added chemical ingredients, high-cost Organic lip balm provides even greater benefits, because it contains no chemicals, pesticides, additives or synthetic ingredients that could harm your body or the environment. Natural lip balm expiry date is low but natural lip balm has no side effects; natural lip balm ingredients protect our body.

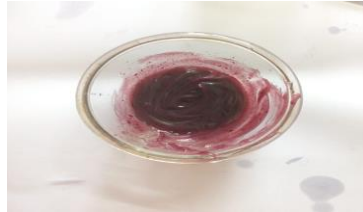


Fig. 8: Lip balm

3.1.3 Kajal: Kajal was produced keeping in mind the quality of the product without any side effects. Leaves that are naturally available which is also beneficial in Ayurveda is used. Kajal available in the market cannot be easily believed and used freely on eyes there is always some amount of fear using those, if there are hidden chemicals which will cause some kind of problem in eyes later.



Fig. 9: Kajal

3.1.4: Because of properties such as relief from tension and the healing power of herbal soaps, the benefits are there in plenty for those seeking to rejuvenate the mind, body, and spirit. Ordinary soaps have many chemicals that dry our skin. In this Homemade Alovera soap we use ingredients which are good for our body.



Fig. 10: Soap

3.1.5 Toothpaste: Toothpaste was made keeping in mind the cost-effectiveness and harmless use of the product. It is made with ingredients which are easily available and which don't harm any of our body part unlike the toothpaste available in the market. The ingredients used are very beneficial to the mouth in lot of ways and these are suggested for use by our ancestors, who themselves used before the coming of the pastes in the world.



Fig. 11: Toothpaste

3.2. Product Evaluation

The following products were exhibited and feedbacks were taken.

Table 1: Cost Calculation, Face powder

S. No.	Raw materials	Cost/g/ml	Quantity	Total
1.	Arrowroot powder	Rs 2.5	2g	Rs 5
2.	Cinnamon powder	Rs 1.2	1g	Rs 1.2
3.	Coco powder	Rs 1.1	1g	Rs 1.1

Profit: Rs 6.9, Travel expense: Rs 30, Total price: Rs 41.

Table 2: Cost Calculation, Lip balm

S. No.	Raw materials	Cost/g/ml	Quantity	Total
1.	Vitamin E capsule	Rs 4	2 no.s	Rs 8
2.	Coconut oil	Rs 0.6	2ml	Rs 1.2
3.	Beetroot	Rs 5	5g	Rs 25
4.	Vaseline	Rs 10	2g	Rs 20

Profit: Rs: 16.84, Travel expense: Rs 30, Total price: Rs 101.

Table 3: Cost Calculation, Kajal

S. No.	Raw materials	Cost/g/ml	Quantity	Total
1.	Anjana Stone Powder	Rs 1.6	1g	Rs 1.6
2.	Cotton	Rs 51	1g	Rs 51
3.	Castor oil	Rs 1.6	1g	Rs 1.6

Profit: Rs 16.84, Travel expense: Rs 30, Total price: Rs 105.2.

Table 4: Cost Calculation, Soap

S. No.	Raw materials	Cost/g/ml	Quantity	Total
1.	Soap base	Rs 0.3	150g	Rs 45
2.	Aloe vera gel	Rs 2	3g	Rs 6
3.	Vaseline	Rs 2	10g	Rs 20
4.	Vitamin E	Rs 1	3g	Rs 3
5.	Tulasi extract	Rs 2	5g	Rs 10

Profit: Rs 22.8, Travel expense: Rs 30, Total price: Rs 136.8.

Table 5: Cost Calculation, Toothpaste

S. No.	Raw materials	Cost/g/ml	Quantity	Total
1.	Baking soda	Rs 0.5	3g	Rs 1.5
2.	Coconut oil	Rs 1.3	4ml	Rs 5.2
3.	Turmeric powder	Rs 0.1	0.5g	Rs 0.05
4.	Salt	Rs 0.09	0.5g	Rs 0.04
5.	Peppermint oil	Rs 10	3ml	Rs 30
6.	Neem extract	Rs 0.1	0.5ml	Rs 0.05

Profit: Rs 11.2, Travel expense: Rs 20, Total price: Rs 67.

The total price for the products was calculated based on the cost of each raw material, travel expense, and profit. Face powder cost Rs 41, Lip balm cost Rs 105, Kajal cost Rs 105.2, Aloe vera soap cost Rs 136.8 and Toothpaste cost Rs 67. Suitability of the cost was also judged, the cost kept for the products were accepted by the judges.

3.3 Acceptability of the developed product

The articles prepared were subjected to evaluate the acceptability of 50 judges, housewives in our locality were the selected for the evaluation of the products.

Table 2: Acceptability of the developed product

Products	Total (max.250 marks)	Acceptance (%)
Face powder	144	57%
Lip balm	145	58%
Kajal	152	60%
Soap	153	61%
Toothpaste	159	63%

Out of the 5 products, Toothpaste was ranked as the best as it has scored the highest mark i.e. 159. Aloe vera soap was ranked as the second-best and had a mark of 153. Kajal was ranked the third-best with a mark of 152. Lip balm was ranked the fourth-best with a mark of 145. Face powder was ranked as the lowest with mark of 144. The evaluation reports reveal that the products are commercially viable and the product development as a money-saving activity.

3.4 Price suitability of the developed product

The suitability of the cost was also judged, the cost kept for the product were accepted by the judges.

Table 3: Price of the developed product

Products	Low (%)	Adequate (%)	High (%)
Face powder	30%	70%	-
Lip balm	-	60%	40%
Kajal	-	90%	10%
Soap	10%	90%	-
Toothpaste	20%	80%	-

From the evaluation, it was found that 70% of the judges reported that the price for Face powder, is adequate and 30% felt that the price is low for the product. In the case of Lip balm, 60% of the judges reported that the price is adequate and 40% felt that the price is high for the product. In case of Kajal, 90% of the judges reported that the price is adequate and 10% felt that the price is high for the product. In case of Soap, 90% of the judges reported that the price is adequate and 10% felt that the price is low for the product. In case of Toothpaste, 80% of the judges reported that the price is adequate and 20% felt that the price is low for the product.

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