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Sustainable Herbal Hair Tonic for Middle-Aged Health and Wellness

Ridho Iswandi[1], Usep Suhud[2]
[1] Universitas Negri Jakarta, Indonesia
[2] Universitas Negri Jakarta, Indonesia

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Abstract

In order to address hair health issues associated with aging and hormonal decline, this study investigates the creation of a natural hair tonic for individuals between the ages of 40 and 60. The purpose of the study is to evaluate how well herbal compounds, such as ginseng, aloe vera, and rosemary, can promote hair growth, strengthen the scalp, and improve general health. The study determines how these key ingredients support blood circulation, follicle nourishment, and DHT hormone regulation through a qualitative examination of scholarly literature and case studies. The results show that a natural hair tonic improves psychological well-being by boosting confidence and self-image in addition to reducing hair loss and strengthening hair structure. Additionally, by providing a safe and environmentally friendly substitute for items based on chemicals, this innovation advances Sustainable Development Goal (SDG) 3. According to the study's findings, using herbal formulations in the manufacturing of hair tonics has advantages for the environment and human health, making it a smart move for middle-aged people' overall wellbeing.

Abstrak

Untuk mengatasi masalah kesehatan rambut yang terkait dengan penuaan dan penurunan hormon, penelitian ini menyelidiki pembuatan tonik rambut alami untuk individu berusia antara 40 dan 60 tahun. Tujuan penelitian ini adalah untuk mengevaluasi seberapa baik senyawa herbal, seperti ginseng, aloe vera, dan rosemary, dapat meningkatkan pertumbuhan rambut, memperkuat kulit kepala, dan meningkatkan kesehatan secara umum. Penelitian ini menentukan bagaimana bahan-bahan utama ini mendukung sirkulasi darah, nutrisi folikel, dan regulasi hormon DHT melalui pemeriksaan kualitatif literatur ilmiah dan studi kasus. Hasilnya menunjukkan bahwa tonik rambut alami meningkatkan kesejahteraan psikologis dengan meningkatkan kepercayaan diri dan citra diri selain mengurangi kerontokan rambut dan memperkuat struktur rambut. Selain itu, dengan menyediakan pengganti yang aman dan ramah lingkungan untuk barang-barang yang berbahan dasar kimia, inovasi ini memajukan Tujuan Pembangunan Berkelanjutan (SDG) 3. Menurut temuan penelitian, penggunaan formulasi herbal dalam pembuatan tonik rambut memiliki keuntungan bagi lingkungan dan kesehatan manusia, menjadikannya langkah cerdas untuk kesejahteraan keseluruhan orang setengah baya.

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* Corresponding Author.
iswandiridho@gmail.com. Ridho Iswandi

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INTRODUCTION

A growing number of middle-aged adults, especially those between the ages of 40 and 60, are experiencing a variety of health concerns as a result of the longer life expectancy in the world. Of these, hair-related disorders have drawn a lot of attention. The most prevalent issues during this stage are hair loss, thinning, and early greying, which are mostly brought on by aging, hormonal changes, and environmental stressors. It has been discovered that as people reach this age group, physiological changes—particularly the drop in testosterone and estrogen levels—significantly impair hair follicle activity, which leads to a deterioration in the health of the hair (Rambwawasvika, 2021).

About 40% of women and 70% of men over 40 suffer from some form of hair loss, including androgenic alopecia, which is the most common type among middle-aged people, according to a recent study (Jamerson & Aguh, 2021). Hair-related problems can have significant psychological effects as well, frequently resulting in worry, despair, and low self-esteem. Mental health and physical appearance are closely intertwined, and people who are experiencing severe hair loss frequently express emotional anguish, which has a detrimental impact on their social lives and productivity.

Adult hair health is more than just a matter of appearance; it is essential to general health. Good hair care can boost confidence and self-image, which in turn can improve mental health (Hosking et al., 2019). Therefore, it is becoming more and more crucial to address age-related hair issues using long-lasting and scientifically supported solutions. The creation of a natural-based hair tonic, a scalp treatment that uses bioactive plant extracts to promote hair growth, enhance blood circulation, and lessen hair loss, is one exciting invention.

In addition to satisfying consumer preferences, the use of natural ingredients in hair care products supports the Sustainable Development Goals (SDGs), particularly Goal 3: Good Health and Well-Being. Herbal and environmentally friendly products minimize their negative effects on the environment while promoting long-term health (Gokce et al., 2022). Scientific research has confirmed the therapeutic efficacy of natural hair tonics that contain ginseng, aloe vera, and rosemary to support follicular nourishment and scalp health. For example, aloe vera calms the scalp and promotes cellular regeneration, while ginseng increases scalp microcirculation and lengthens the anagen phase of hair development (Zanzottera et al., 2017).

Even while they provide a range of hair care options, previous research and commercial products frequently rely largely on synthetic substances that may have short-term effects but also contain hazards including allergic reactions or inflammation of the scalp. Furthermore, previous studies frequently lacked a comprehensive perspective that takes into account the psychological as well as the physical aspects of hair health. These drawbacks highlight the necessity of a more comprehensive strategy that blends ecological consciousness, user safety, and scientific rigor.

Herbal-based hair tonics are becoming more popular, according to recent research, because of their many advantages and comparatively low risk of negative side effects (Gasmi et al., 2023). Nevertheless, a lot of research concentrates on the distinct effects of individual herbs, frequently ignoring their applicability to particular age groups or their synergistic combinations. Research on the composition and specific effectiveness of natural hair tonics for middle-aged consumers, as well as their wider role in sustainability and health, is lacking.

The combination of plant-based bioactive chemicals with developments in cosmetic science represents the state of the art in this field. In order to preserve product stability and the effectiveness of the natural ingredients, modern formulations steer clear of harsh preservatives and use environmentally friendly extraction techniques. In order to improve the bioavailability of herbal extracts and their therapeutic efficacy, certain inventions also use nanotechnology (Sharma et al., 2023). These advancements show how hair treatments are moving away from chemical-based methods and toward a more sustainable, balanced, and health-conscious strategy.

The purpose of this study is to look at the composition and health advantages of a natural hair tonic made especially for people between the ages of 40 and 60. It looks at how well ginseng, aloe vera, and rosemary—three important herbal ingredients—promote hair development, enhance scalp health, and boost mental health. The study also evaluates how this product concept supports SDG 3 by offering a more sustainable and safe substitute for traditional hair treatments.

This study is novel since it takes a multifaceted approach. This study incorporates physiological, psychological, and environmental factors into a complete framework, in contrast to previous research that mostly concentrated on either cosmetic effects or pharmaceutical mechanisms. This study sets a new benchmark for comprehensive hair care solutions by focusing on eco-friendly product creation and addressing middle-aged adults, a group that is sometimes overlooked in hair care innovation.

Because it adopts a multidimensional strategy, this study is unique. Unlike earlier research that primarily focused on either cosmetic impacts or medicinal mechanisms, this study integrates physiological, psychological,

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and environmental aspects into a comprehensive framework. By concentrating on the development of environmentally friendly products and targeting middle-aged adults, a demographic that is occasionally disregarded in hair care innovation, this study establishes a new standard for all-inclusive hair care solutions.

LITERATURE REVIEW

Hair Health in Middle Adulthood (40–60 Years Old)

As individuals transition into middle adulthood, typically between the ages of 40 and 60, significant physiological changes emerge that affect overall health, including the condition of the hair. Age-associated hormonal shifts—particularly the decline of androgens in men and estrogen in women—have been widely recognized as key contributors to various forms of hair loss, including androgenetic alopecia (Bhattacharya et al., 2023). The downregulation of these hormones alters the normal hair growth cycle, promoting follicular miniaturization and increasing the incidence of telogen phase dominance, which results in thinning hair and reduced hair volume.

Furthermore, diminished microcirculation in the scalp, often exacerbated by aging, impedes the adequate delivery of nutrients and oxygen to hair follicles, a condition that further accelerates follicular degeneration and hair shedding (Abramek & Nieradko-iwanicka, 2022). According to recent studies, addressing these two biological issues—hormonal imbalance and poor scalp blood flow—is crucial in developing effective interventions for hair restoration during this stage of life (Sadgrove et al., 2023).

Internal and External Determinants of Hair Health

Hair vitality is influenced by both intrinsic and extrinsic factors. On the internal side, hormonal regulation, genetic predisposition, and cellular aging play central roles. Androgens such as testosterone and its more potent derivative, dihydrotestosterone (DHT), regulate hair follicle activity; however, with age, the dysregulation of these hormones contributes significantly to follicle miniaturization and hair loss (Cedirian et al., 2024). Similarly, thyroid hormone imbalances are associated with brittle and thinning hair, as commonly observed in individuals with hypothyroidism (Rajput, 2022).

Cellular aging also affects the regenerative capacity of follicular cells. Over time, the anagen (growth) phase shortens while the telogen (resting) phase is prolonged, thereby reducing hair density and length (Liang et al., 2023). Additionally, oxidative stress due to reactive oxygen species (ROS) disrupts follicular health and leads to premature graying (Trüeb, 2021). Genetic factors, particularly family history of alopecia, also determine susceptibility to early-onset baldness and hair thinning (Aggarwal et al., 2020).

Externally, environmental exposure and lifestyle elements such as air pollution, psychological stress, and nutritional deficiencies play contributory roles. Pollutants like heavy metals and ozone can penetrate the scalp, inducing follicular inflammation and cumulative damage (Passeron et al., 2020). Chronic stress has also been shown to elevate cortisol levels, which alters the hair cycle by precipitating an early entry into the telogen phase, thus heightening hair shedding risks (Appenzeller et al., 2020). Nutritionally, deficiencies in iron, vitamin D, and essential amino acids have been directly associated with weakened hair shafts and reduced follicular activity (Dharmarajan, 2021).

Taken together, maintaining hair health during middle adulthood requires a comprehensive strategy that addresses not only external stressors and environmental exposures but also systemic biological changes.

The Role of Hair Tonic in Scalp and Hair Wellness

Hair tonic is a topical formulation designed to nourish the scalp, stimulate hair growth, and improve overall follicular health. Its primary mechanism involves enhancing blood circulation to the scalp, thereby facilitating the transport of nutrients and oxygen to the hair roots (Sapana S. Patil et al., 2023). The inclusion of specific botanical extracts in hair tonic formulas—such as ginseng, rosemary, and peppermint—has been associated with stimulation of hair growth by prolonging the anagen phase and encouraging cellular regeneration in the scalp (Lakshmi et al., 2024).

One active botanical compound, capsaicin derived from Capsicum frutescens, has been demonstrated to promote vasodilation and activate sensory neurons in the scalp, thus stimulating new hair growth (Adjeng et al., 2023). Other ingredients, including panthenol and aloe vera, function to hydrate the scalp and reduce irritation, addressing dryness and flaking that may hinder hair vitality (Yogita & Salve, 2024).

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Moreover, polyphenols from green tea have been investigated for their protective antioxidant properties, which safeguard the hair follicles from oxidative damage—a prevalent concern in aging populations (Abelan et al., 2022). A regular application of herbal-based hair tonic has shown notable improvement in hair density and volume, particularly among individuals suffering from androgenetic alopecia (Natarelli et al., 2023). These results highlight the efficacy of consistent use over time.

Phytochemical Composition of Herbal Hair Tonics

Natural hair tonics typically combine various phytochemicals with complementary therapeutic properties. Ginseng, for instance, contains ginsenosides that promote capillary circulation and reduce the conversion of testosterone into DHT via 5α-reductase inhibition, thus targeting the hormonal root of alopecia (Pundkar et al., 2020). Aloe vera supports scalp health by providing enzymatic exfoliation and anti-inflammatory effects that prevent follicular blockage and bacterial growth (Chaudhuri et al., 2021).

Rosemary oil, rich in rosmarinic acid and camphor, acts as a natural stimulant of follicular activity and is known to exhibit hair growth effects comparable to conventional agents like minoxidil, but with fewer adverse reactions (Zgonc Škulj et al., 2020). These ingredients work synergistically to combat multiple causes of hair loss, offering a holistic treatment approach.

Beyond hair regeneration, these botanicals also aid in maintaining scalp microbiota balance. Natural oils such as coconut, neem, and jojoba exhibit antimicrobial effects that reduce dandruff and seborrheic dermatitis, further supporting follicular resilience (Aliudin et al., 2024). Furthermore, their biodegradable nature makes herbal hair tonics more environmentally friendly than their synthetic counterparts (Park & Lee, 2021).

Natural Hair Tonic and SDG 3: Good Health and Well-being

The alignment of herbal hair tonic development with the United Nations' Sustainable Development Goal 3 (SDG 3)—which emphasizes ensuring healthy lives and promoting well-being—illustrates the broader relevance of cosmetic health products. Health is increasingly being recognized as multidimensional, encompassing physical, mental, and emotional domains (Micah et al., 2020). In this regard, healthy hair contributes significantly to self-esteem, emotional stability, and social participation, particularly among older adults facing age-related aesthetic concerns (Morton Cuthrell & Jiménez, 2024).

Hair loss conditions such as alopecia are often associated with psychological distress, including depression and social withdrawal. Research has shown that effective hair care regimens contribute positively to mental health outcomes by enhancing self-image and reducing anxiety levels (Zhang et al., 2020). Therefore, accessible, effective, and safe hair tonic products can play a supportive role in public health promotion.

In addition to psychological benefits, sustainable product development—through ethical sourcing, the use of biodegradable materials, and the application of green chemistry principles—reinforces environmental responsibility, which is also implicit in the broader SDG agenda (Luengo et al., 2023). Advances in cosmetic science now allow for the formulation of hair tonics that are both efficient in action and low-impact in production.

Emerging Technologies and Future Opportunities

Recent innovations in nanoformulation have elevated the potential of natural hair care products. Nanocarriers enhance the delivery and bioavailability of active ingredients, allowing deeper penetration into the scalp and prolonged retention within hair follicles (Padule et al., 2022). Lipid-based nanostructures and encapsulation techniques are being adopted to stabilize otherwise volatile botanical extracts and ensure their sustained efficacy (Anastasiou et al., 2024).

Nevertheless, despite the promising potential of these technologies, challenges such as regulatory oversight, formulation stability, and cost-effective scalability persist. Ensuring long-term safety and efficacy requires rigorous clinical testing and standardized production protocols (Tören et al., 2023). Moreover, environmental sustainability must be prioritized through the ethical sourcing of raw materials and the implementation of circular economic models in cosmetic manufacturing (Martins & Marto, 2023).

The intersection between innovation, safety, accessibility, and sustainability defines the future trajectory of the hair tonic industry. As consumers become increasingly health- and eco-conscious, natural hair tonic formulations must continuously evolve to meet these dual demands.

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METHOD

Research Design

This research utilizes a qualitative-descriptive design to explore the development of natural hair tonic products targeting individuals aged 40 to 60 years. The qualitative approach enables a comprehensive analysis of both biological and psychosocial aspects that contribute to hair health in middle adulthood. It also facilitates an understanding of the broader implications of natural-based hair tonic innovations on sustainable health practices, aligned with Sustainable Development Goal 3 (SDG 3): Good Health and Well-being.

Rather than focusing on empirical measurements or experimental trials, this research prioritizes the interpretation of existing academic literature, health reports, and documented herbal formulations. The goal is to synthesize existing evidence on the benefits, applications, and long-term sustainability of herbal-based hair tonic products as alternatives to synthetic treatments for hair loss.

Research Subject and Object

The subject of this study comprises adults aged 40–60, a demographic experiencing notable physiological transitions. Hair-related issues such as androgenetic alopecia, thinning, and reduced hair regeneration are common within this group, primarily due to hormonal fluctuations, declining microcirculation in the scalp, and oxidative stress. The psychological impact of hair loss in this age group is also of concern, with associations to diminished self-esteem, anxiety, and social withdrawal.

The object of the research is the natural-based hair tonic product itself—specifically its formulation, active botanical ingredients, and potential therapeutic mechanisms. The study focuses on ingredients like ginseng, aloe vera, and rosemary, which have shown promising results in improving scalp health and stimulating follicular activity. The natural formulation is also assessed in terms of sustainability and its alignment with the environmental and health-conscious values emphasized in SDG 3.

The dual focus—individual well-being and ecological impact—reflects a holistic view of health that includes physical, mental, and environmental dimensions.

Data Collection Techniques and Instruments

This study employs a document-based data collection method through a systematic literature review, focusing on scientific publications, dermatological reports, and research papers that examine hair tonic formulations, aging-related hair conditions, and herbal ingredient efficacy. Sources were selected from reputable academic databases such as PubMed, Scopus, ScienceDirect, and Google Scholar, along with institutional documents from organizations like the World Health Organization (WHO) and the United Nations Development Programme (UNDP). Literature included in this review was published within the last decade, with a priority on studies from the past five years to ensure currency and relevance. Selected works specifically address the effectiveness of botanical compounds such as ginseng, aloe vera, and rosemary in promoting hair growth, managing hair loss, and maintaining scalp health in middle-aged populations. The data were organized using an extraction matrix to systematically record key elements including ingredient properties, biological mechanisms, treatment outcomes, psychological impacts, and alignment with Sustainable Development Goal 3. This structured approach enabled the collection and classification of comprehensive and thematically relevant information from multidisciplinary sources.

Data Analysis

The collected data is analyzed through a thematic analysis method, allowing the researcher to identify recurring themes and patterns related to hair tonic development and its broader health implications. This method is particularly appropriate for a qualitative inquiry that seeks to interpret complex interrelationships between biological mechanisms, cultural practices, and policy-oriented health objectives.

Thematic analysis proceeds in several steps:

1. Initial Reading and Familiarization:
   A thorough reading of the collected literature is conducted to comprehend the scope of the materials and highlight potential thematic areas such as “androgen reduction,” “scalp microcirculation,” “herbal sustainability,” and “psychological well-being.”
2. Coding Process:
   Thematic codes are assigned to relevant segments of text. For instance, content related to rosemary’s vasodilatory properties is coded under “scalp blood flow improvement,” while discussions of ginseng’s role in DHT inhibition are labeled “hormonal regulation.

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3. Theme Generation and Refinement:
   Coded data are organized into broader themes such as “Mechanism of Herbal Ingredients,” “Benefits of Natural Products Over Synthetics,” and “Integration with SDG 3.” These themes are refined and validated against the overall data set to ensure coherence and depth.
4. Interpretive Synthesis:
   Final themes are developed into an analytical narrative that explains how natural ingredients in hair tonic contribute to both physical and psychological health outcomes in aging populations, while also addressing sustainability goals.

In addition to thematic analysis, content analysis is also employed to assess frequency patterns—such as recurring mentions of certain herbs or concerns over synthetic product side effects—across different studies. The triangulation of both methods enhances the validity of the study by combining depth and breadth in analysis.

Validity and Reliability

Although the study does not involve primary data collection, it maintains high academic rigor through a critical appraisal of sources and a transparent, replicable data processing method. Only reputable and peer-reviewed publications are included in the analysis to ensure credibility. The use of a structured coding framework and data extraction matrix supports the reliability and consistency of data interpretation.

Potential researcher bias is minimized through iterative cross-referencing of themes and validation against diverse academic disciplines, including dermatology, pharmacognosy, psychology, and sustainability science.

Ethical Considerations

Since this research does not involve human participants, biological experimentation, or personal data collection, it does not require institutional ethical approval. Nevertheless, the study adheres strictly to the principles of academic integrity and responsible research conduct. All data utilized in the study are sourced from publicly available and peer-reviewed materials, with proper citation and acknowledgment given to the original authors. No data has been manipulated, fabricated, or misrepresented. Paraphrasing techniques are applied throughout the writing to maintain originality and avoid plagiarism, while still ensuring that the core messages from each source are accurately conveyed. Furthermore, objectivity is maintained during analysis and interpretation to present unbiased findings supported by evidence. This approach ensures that the study remains ethically sound and respects the intellectual contributions of previous researchers.

RESULTS AND DISCUSSION

The Contribution of Herbal Hair Tonic to Hair Health Among Adults Aged 40–60

The results of this study suggest that the application of herbal hair tonic provides a promising solution to address age-related hair health issues, particularly in individuals aged 40 to 60. During this phase of life, individuals undergo significant physiological transitions—most notably the reduction in androgen and estrogen levels—that influence the hair growth cycle. As hormones decline, the anagen phase (growth phase) becomes shorter, and the telogen phase (resting phase) is prolonged, leading to visible signs such as thinning, breakage, and alopecia.

Findings from the literature review indicate that herbal-based formulations—especially those containing ginseng, rosemary oil, and aloe vera—play a significant role in mitigating these symptoms. Ginsenosides in ginseng are known to enhance scalp microcirculation, thereby supplying essential nutrients and oxygen to hair follicles. This improved blood flow helps extend the anagen phase and rejuvenates weakened follicles. Moreover, rosemary oil has demonstrated effectiveness in blocking 5α-reductase, an enzyme responsible for converting testosterone into dihydrotestosterone (DHT), a primary cause of androgenic alopecia. Aloe vera contributes to scalp hydration, reduces inflammation, and aids in the removal of dead skin cells that may clog follicles.

Importantly, the use of herbal hair tonic not only restores physical aspects of hair health but also improves mental well-being, a finding consistent across several recent studies. Improved hair density and reduced shedding were positively correlated with increased confidence and reduced anxiety, especially among women facing appearance-related concerns during midlife.

Interpretation of Hair Tonic Efficacy: Biological Mechanisms and Clinical Evidence

The data synthesized from various sources reveal that the therapeutic efficacy of hair tonic lies in its multifaceted action on hair biology. Botanical ingredients target several mechanisms simultaneously, including

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anti-inflammatory, antioxidant, and hormonal pathways. For instance, rosemary oil and peppermint contain active compounds that stimulate blood flow, reduce oxidative stress, and activate sensory receptors that promote follicular activity. Ginseng, in addition to improving vascular circulation, directly affects androgen pathways by downregulating DHT formation.

Clinical evidence supports these biochemical mechanisms. In one study, consistent application of a ginseng-based tonic for 12 weeks led to a 24% increase in hair density in subjects with mild to moderate alopecia. Another randomized trial found that individuals using rosemary-infused products experienced similar improvements to those treated with minoxidil, without experiencing side effects such as itching or scalp irritation.

Interestingly, several herbal ingredients exhibit synergistic effects when used in combination. For example, aloe vera's soothing and moisturizing functions complement the circulatory benefits of ginseng and rosemary. This synergy not only enhances hair regrowth but also reduces scalp conditions such as dandruff, dryness, and sensitivity.

Furthermore, participants in consumer-based studies reported higher satisfaction with herbal products, citing their milder scent, natural composition, and non-greasy texture as favorable attributes compared to synthetic treatments. This growing preference for "clean beauty" products aligns with both individual health and environmental sustainability concerns.

Answering the Research Questions

The two primary research questions addressed in this study were:

1. How do herbal-based hair tonics contribute to hair health in adults aged 40–60?
2. How does the development of herbal hair tonic support the goals of SDG 3 (Good Health and Well-being)?

For the first question, the findings demonstrate that herbal tonics are effective in treating biological causes of hair decline. The selected ingredients possess properties that support the scalp's vascular and hormonal systems, making them suitable for combating common midlife hair issues such as alopecia and thinning. These products also enhance follicle stimulation and mitigate the effects of oxidative stress, which accelerates hair aging.

For the second question, the development and use of herbal hair tonic strongly align with SDG 3. By providing a natural, non-invasive, and accessible solution to a common health concern, these products help improve not only physical health but also mental well-being. Moreover, they reduce reliance on synthetic chemicals, thereby lowering environmental and health risks. Thus, the advancement of herbal cosmetics contributes to a broader health and sustainability agenda.

Herbal Hair Tonic and Mental Health: A Psychological Perspective

In addition to its physiological impact, hair tonic contributes meaningfully to psychosocial well-being. Research suggests that adults experiencing hair loss often suffer from a range of emotional challenges, including reduced self-esteem, social withdrawal, and even clinical depression. In this regard, hair tonic functions not just as a cosmetic aid, but also as a therapeutic tool for mental health support.

A study by Zhang et al. (2020) found that participants using botanical-based hair care products experienced notable improvements in emotional wellness, driven by enhanced self-image. Another survey revealed that older adults with hair loss who adopted a natural tonic regimen reported feeling more socially confident and less anxious about aging. These findings confirm the interconnected nature of physical appearance and mental well-being, validating the holistic benefits of herbal hair products.

Additionally, many hair tonic formulations incorporate aromatherapeutic oils, such as lavender and peppermint, which have demonstrated anxiolytic and antidepressant properties. This further supports the argument that such products contribute to overall well-being beyond surface-level aesthetics.

Herbal Hair Tonic Innovation and Its Role in Achieving SDG 3

The innovation embedded in herbal hair tonic development lies not only in the use of traditional botanicals, but also in the integration of modern delivery technologies. Nanoformulation, for instance, enhances the penetration and stability of active compounds, enabling deeper delivery into hair follicles and longer-lasting effects. Liposomal and emulsion-based carriers are currently being employed to increase ingredient bioavailability and shelf stability without the use of harmful preservatives.

Furthermore, innovations extend to sustainable sourcing and production practices. Many companies now utilize eco-certified raw materials and biodegradable packaging, reducing the environmental footprint of personal care products. Such practices directly contribute to the environmental dimension of SDG 3 and reflect consumer

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demand for ethically produced goods.

Economically, herbal hair tonic represents a cost-effective solution. The widespread availability of raw ingredients allows for the development of affordable formulations, particularly important for populations in low- and middle-income countries. By democratizing access to safe and effective health products, herbal tonics support SDG 3's call for universal health coverage and well-being promotion across all ages.

Future Challenges and Research Directions

While the evidence supporting the benefits of herbal hair tonic is compelling, several challenges remain. First, there is a need for standardized clinical trials that evaluate long-term efficacy and safety. Many existing studies are short-term and lack control groups, making it difficult to draw universal conclusions. Rigorous clinical evaluation will not only validate efficacy claims but also help inform dosage, application frequency, and ingredient interactions.

Second, the scalability and sustainability of raw materials must be managed. As demand for herbal products increases, ethical harvesting and cultivation practices must be ensured to prevent environmental degradation and biodiversity loss. Collaboration between researchers, industry players, and policymakers will be crucial in maintaining responsible sourcing.

Third, regulatory frameworks for herbal cosmetics vary widely across countries. Establishing international standards will ensure product safety, prevent misleading marketing, and promote global trust in natural health solutions.

Finally, further exploration into personalized hair care—wherein formulations are tailored to genetic, hormonal, or lifestyle profiles—could represent the next frontier. Such innovation could enhance treatment precision and consumer satisfaction.

CONCLUSIONS AND SUGGESTION

According to the study's findings, a natural hair tonic made with herbal elements like ginseng, rosemary, and aloe vera can effectively improve the health of people' hair between the ages of 40 and 60. These herbal remedies promote hair development, improve scalp circulation, and control hormones associated with hair loss. In addition to their physical advantages, these products improve psychological well-being by increasing self-confidence and lowering worry associated to appearance.

By offering a non-toxic, healthy, and environmentally responsible substitute for synthetic hair care products, the invention supports Sustainable Development Goal 3. It is a pertinent option for contemporary customers because of its biodegradable nature, which supports both environmental and personal wellness.

Clinical testing should be incorporated into future research to verify long-term efficacy and safety. Utilizing nano-delivery technology may enhance absorption and outcomes even more. To guarantee high standards, cooperation with regulatory agencies is also crucial. Finally, educating the public about the advantages of herbal hair tonics can raise awareness and promote middle-aged people's use of them. To sum up, this product is an eco-friendly and comprehensive approach to hair and general health.

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