

# Preparation and Evaluation of Herbal Face Pack

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**Abstract:** *The aim of this project is to develop and evaluate herbal face pack for glowing skin using natural ingredients. Natural ingredients such as multani mitti, turmeric, sandalwood, saffron, milk powder, rice powder, rose petals, banana peel powder, orange peel are bought from the local market in dry powder form. Banana peel powder, orange peel powder and neem powder are prepared by commercial shade drying method, all natural powder ingredients are sieved with #120 mesh, weighed and mixed geometrically into uniform formulation and then analyzed by morphology, physicochemical, body and structure. Phytochemical parameters, body, phytochemical, irritation and stability control. Therefore found that the packs properties remained stable and non-irritating to the skin, even in a stable environment. The results of the scientific study confirmed that the herbal facial has enough potential to give beauty to the skin. All the research helps to support the claim of the product as it is beneficial for humans.*

**Keywords:** skin, herbal face, Formulation and evaluation

## I. INTRODUCTION

Since ancient times, people have known that herbs are used to meet the needs of healthy and beautiful skin. Cosmetics are products used to soften, cleanse, beautify and beautify. Facial skin is an important part of the body, it shows people's health. Even today, people especially in rural and mountainous areas use neem, multani, turmeric, orange peel, rose, sandalwood, etc. seeks natural remedies such as plant extracts for various cosmetics such as Herbal cosmetics are products used to cleanse and beautify the skin. The biggest advantage of using herbal cosmetics is that they are pure and have no side effects on the human body. People have dark skin and are exposed to sunlight, other pollutants etc if not taken care of properly. may darken with exposure. In this article, we have created herbal face masks that naturally whiten, brighten and brighten the skin of men and women. This mask has a nice effect on the skin and can be easily prepared at home. Masks with natural ingredients are full of essential vitamins that are important for the health and shine of the skin. Natural face is easy to use. They make the skin stronger by increasing blood circulation in the facial muscles. A good herbal facial should provide the skin with essential nutrients in the form of a free flowing powder for application to the face. It needs to penetrate deep into the subcutaneous tissue to provide the nutrients it needs. All skin types have unique skin folds. Today, there are many types of masks for oily, normal and dry skin. Masks are used to make the skin white and smooth. It reduces the appearance of wrinkles, acne, pimples and dark circles on the skin. The face mask is recommended for oily skin that causes acne, blackheads, it usually controls the amount of sebum-secreting sebaceous glands and fights acne-causing bacteria. Fine sandalwood powder, rose petals and dried orange peel are added to reduce traces left on the skin. Face masks are now widely used as they are more effective than chemical masks. They are non-toxic, non-allergenic and habit-forming. They are natural in every way and have a longer shelf life. There are no additional preservatives. They can be easily produced and stored for a long time. This research article includes formulation and evaluation of a face mask for lightening using natural ingredients (eg multani mitti, turmeric, sandalwood, saffron, milk powder, rice powder, orange peel, banana peel).

### Benefits of using a mask:

1. The mask provides the skin with essential nutrients.
2. Thanks to its natural content, it helps to reduce acne, scars and blemishes.
3. These masks have a soothing and relaxing effect on the skin.
4. The natural face mask makes the skin look young and healthy.

5. Natural face masks can control the formation of wrinkles, fine lines and sagging skin
6. They help prevent premature aging of the skin.
7. Natural face mask gives beautiful skin, improves texture and tone.
8. The face mask can be used to protect from the negative effects of pollution and harsh air.
9. They help to repair and brighten the skin in a short time.

## II. MATERIALS AND METHODS

The following powder ingredients are used for herbal facial treatments. one. Materials and Methods This research article is about the formulation and evaluation of face masks using natural ingredients. sandalwood, orange medicine, banana medicine, Multani mitti, rose petal powder, turmeric powder, milk powder, Kesar, neem powder etc. Rice is purchased in dry powder form from local shops. Banana peel powder is commercially prepared by drying in the shade. Details of the natural ingredients used in Herbal Mask are explained below.

### List of Materials

#### Multani Mitti :-

Scientific Classification :-

Family: Solum fullonum

Scientific name: Bentonite clay

Multani mitti helps the skin in many ways such as shrink pores, remove blackheads and whiteheads, fade freckles, soothe sunburn, cleanse the skin, improve blood circulation. multanmitti is rich in magnesium chloride



( Fig No :- 1 )

#### Turmeric :-

Scientific Classification :-

Family:- zingiberaceae

Scientific name :- Curcuma longa

Turmeric Powder Turmeric is used in this preparation due to its antibacterial properties and helps to heal wounds due to its antibacterial properties. Treatment of skin diseases caused by impure blood. It is an excellent anti-inflammatory and anti-allergic agent. Herbal ingredients, especially terpenoids, help brighten the skin.



( Fig No :- 2 )

It will help treat acne.  
This applies to many levels. .  
Lightens hyperpigmentation.  
Treats dull skin.  
Reduce dark circles.  
Prevention of environmental damage.  
prevents premature aging.  
.It can help with psoriasis and eczema. Turmeric has antibacterial and anti-inflammatory properties and can be used to treat acne, blemishes and imperfections for healthy skin. Turmeric Milk helps maintain healthy skin

#### **Sandalwood:**

Scientific Classification :-

Family:- Santalaceae

Scientific name :- Genus santalum

Kingdom :- Plant

Sandalwood powder has anti-tanning and anti-aging properties. It also helps the skin in many ways, such as its toning effect, emollient, cooling astringent, soothing properties. According to Sandalwood Album, skin allergies can be treated with Raktachandan. Sandalwood is a beneficial Ayurvedic herb with anti-inflammatory properties. Sandalwood keeps the skin clean and healthy by protecting it from the damage of environmental pollutants. A very useful herb in Ayurveda is sandalwood.



( Fig No :- 3 )

#### **Types of sandalwood**

There are several kinds of sandalwood trees used for different purposes.

White sandalwood

Indian sandalwood

Australian sandalwood

Hawaiian sandalwood

Fiji sandalwood

red sandalwood

Red sandalwood or rakta chandan is probably one of the best home remedies for skin tan removal. It removes the tan effectively and tackles blemishes and acne too. For best results, apply regularly.

#### **Saffron**

Scientific Classification :-

Family:- Iridaceae

Scientific name :- Crocus sativus L.

Saffron beautifies your skin, smoothes its texture and illuminates your face. It can also help reduce excessive tanning, thus providing a natural glow. Saffron is usually the upper part of the style of the plant called *Crocus sativus*, with dry stigmas and belonging to the Iridaceae family. It is rich in carotenoid glycosides, mostly terpenoids.



( Fig No :- 4 )

Saffron helps your skin lighten & brighten naturally. Adding a few saffron strands/threads to milk and its application on your face/skin can give you a glowing complexion. Pregnant mothers are given milk and saffron as it is good for the fetus in their womb and is good for bones & skin for the baby.

Constant use of saffron can  
improve your skin tone,  
smoothen its texture,  
brighten your appearance.

It can also help reduce excessive sun tan and thus provide a natural radiance. In addition, this red-colored flower helps treat hyperpigmentation, acne, and scars and helps you have a blemish-free appearance

### **Milk Powder**

Milk Powder Milk powder is very good for the skin as it nourishes dry and long skin. Powdered milk is good for deep hydration for youthful and flawless skin. It whitens the skin and removes dark spots, hyperpigmentation, acne, etc. resolves. The product also works to remove blackheads, whiteheads and other skin blemishes



( Fig No :- 5 )

Treats acne Milk contains lactic acid that deep cleanses pores and removes acne-causing bacteria that get accumulated on the surface of the skin during the day. Using milk to cleanse the skin or as a face mask can help treat acne as well as reduce inflammation associated with pimples to give you clear and smooth skin.

Benefits of milk powder for glowing skin  
It acts as a cleanser  
It gives a youthful glow to your skin  
It has lactic acid, which lightens and smoothens the skin.  
It hydrates your skin  
Milk powder face packs help in eradicating blackheads as well as whiteheads

Reduces signs of ageing :-

Want a natural and effective ingredient to keep those fine lines and wrinkles at bay? Look no further than raw milk. One of the benefits of milk is that it helps boost collagen production, thereby delaying the signs of ageing. The presence of vitamin D in milk further promotes skin elasticity.

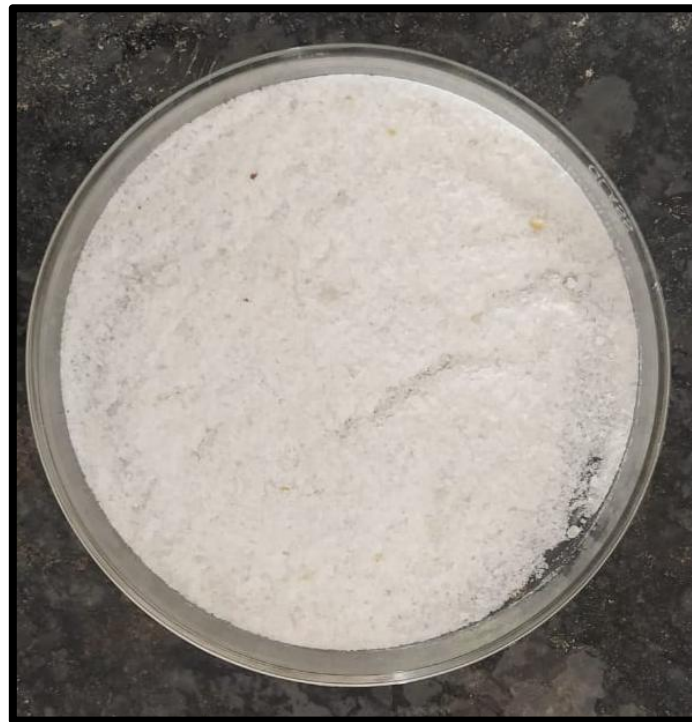
### **Rice Flour**

Scientific Classification :-

Family:- Poaceae

Scientific name :- *Oryza sativa*

Rice Flour can be used in the treatment of some skin diseases. In the Indian subcontinent, Ayurvedic doctors officially prescribe undigested rice soup. It helps the digestive system to reproduce beneficial bacteria and is a good lotion that cools the skin.



( Fig No :- 6 )

**Exfoliating Dead Skin Cells** Rice Powder is an excellent exfoliant that helps remove dead skin cells and unclog pores. It has a slightly rough texture that gently lifts the outer layer of skin to reveal the soft, glowing skin underneath.  
**Controls Oil Production** Rice Powder is effective in controlling excess oil on the skin. It has astringent properties that help shrink pores and reduce sebum production that causes oily skin.  
**Soothes skin irritations** Rice powder has anti-inflammatory properties that help soothe skin irritations and reduce redness. It is especially beneficial for people with sensitive skin or those with conditions such as eczema or rosacea.  
**Improve skin texture** Regular use of rice flour can help improve skin texture by promoting cell regeneration and increasing collagen production. It makes the skin look smoother, tighter and younger.

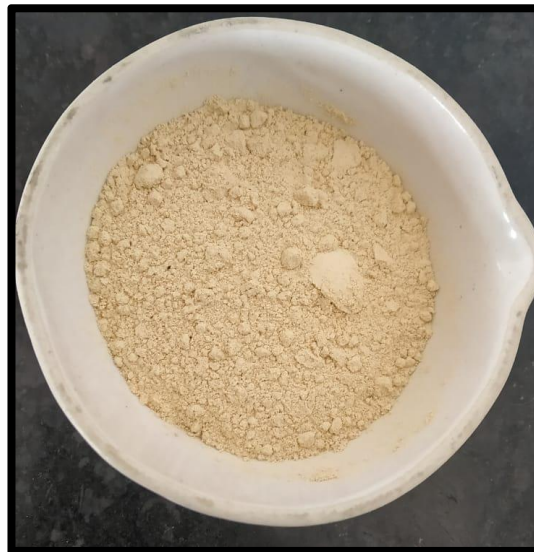
**Orange Peel:**

Scientific name: Citrus X sinensis  
Family: Rutaceae  
Kingdom: Plantae  
Order: Sapindales Higher classification:  
Citrus Rank: Species

**Nutrition in Oranges**

One medium-sized orange has:

- 1) 60 calories
- 2) No fat or sodium
- 3) 3 grams of fiber
- 4) 12 grams of sugar
- 5) 1 gram of protein
- 6) 14 micrograms of vitamin A
- 7) 70 milligrams of vitamin C
- 8) 6% of your daily recommended amount of calcium
- 9) 237 milligrams of potassium
- 10) 15.4 grams of carbohydrates



( Fig No :- 7 )

Orange Peel Powder Orange peel is a citrus peel containing vitamin C, calcium, potassium, magnesium and other nutrients. It protects the skin from free radical damage, skin hydration and oxidative stress. It also has an instant glow feature and prevents acne, blemishes, wrinkles and aging .

**Banana Peel:-**

Scientific name: Musa  
Higher classification: Bananas  
Kingdom: Plantae  
Family: Musaceae  
Order: Zingiberales  
Rank: Genus

**Benefits of banana:-**

- 1) Banana is a good source of vitamin C
- 2) Manganese in banana is good for your skin
- 3) Potassium in banana is good for heart and high blood pressure
- 4) Banana helps and aids digestion. fight stomach problems
- 5) Banana gives you energy - you lose fat and cholesterol

Banana Peel Banana peel has antibacterial and antifungal properties. Natural antibiotics for mycobacteria, norepinephrine, dopamine, and serotonin are also found in the ripened bark and pulp.



( Fig No :- 8 )

**Dark Circle Cure :-** A banana peel will come in handy if you're constantly keeping an eye on the raccoons. A little exfoliation under the eyes cools, brightens and instantly hydrates skin for healthy-looking skin.

**Irritated Skin :-** Inflammation and irritation are part of many people's skin care problems. The vitamin C and histamine in the banana peel will neutralize your skin and reduce itching. It's also a natural humectant, so it can reduce inflammation.

**Increase Elasticity :-** Applying banana peel, rich in vitamin C and antioxidants, to the face helps increase skin elasticity and reduce the appearance of wrinkles and fine lines. It also removes dark spots for smoother and younger looking skin.

**Rose Petal Powder**

Scientific Classification :-

Family:- Rosaceae

Scientific name :- Rosa Sentifoli

Powder made from dried rose petals can be used to treat acne scars, firm skin and even exfoliate skin. You can also use this powder to make your skin look better when you take it with vitamins C and E. Rose petals also have antibacterial properties that help you get rid of acne and pimples on the face.



( Fig No :- 9 )

Health benefits of rose petal powder:

Balances vata and pitta dosha: Rose petal powder is like an elixir.

Nerve healer

Maintains skin tone

Cleanses and nourishes skin

Subdues blemishes/dark spots

Works as an exfoliant

Anti-ageing properties

Antioxidant properties

Powder made from dried rose petals can be used to treat acne scars, lighten pigmented skin, and even out skin tone. Additionally, you can use this powder to whiten your skin while nourishing it with vitamins C and E. Rose petals also have anti-bacterial properties that can help with acne and outbreaks on the face.

Rose petal powder has skin anti-inflammatory properties. It inhibits the inflammatory response produced by exposure to UV rays. Rose petal powder thus can reduce ageing effects. Regular use on the face and body can have significant anti-ageing effect.

#### **Neem Powder: -**

Scientific Classification :-

Family:- Meaiaceae

Scientific name :- Azadirachta indica

Usually used for cleansing, toning and exfoliating, it tightens the skin and delays aging.

#### **Uses:-**

A study on hairless mice shows that neem oil is a promising agent to treat aging symptoms like thinning skin, dryness, and wrinkling. Neem oil helps in healing process of post-surgical scalp wounds.

Neem oil has a good prolonged treatment for acne

It also has Antifungal and Antibacterial activity

It reduces scars, heal wounds, minimize warts and moles



( Fig No :- 10 )

Neem has an antiseptic effect and is good for the face. So, be it acne or acne problem, neem can be used to get rid of them. Studies have shown that the lecithin in neem leaves soothes and moisturizes the skin. Neem leaves also treat wrinkles and dry skin, giving you healthy and glowing skin.

How can I use Neem to make my skin glow? :-

Since neem helps to cleanse the blood, it automatically helps to remove dark spots caused by sun exposure, hyperpigmentation and blemishes. Chewing neem leaves every morning, bathing in neem water or using neem for acne helps reduce acne and scars.

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**Masur Dal ( Lentils ) :-**

Scientific Classification :-

Family:- Fabaceae

Scientific name :- Lens culinaris

Masur dal Masoor dal's exfoliating properties help remove acne and blackheads. Masoor dal's bleaching effect will make your skin lighter and more toned. Masoor dal mask for white skin also removes tanned fine lines, blemishes and dark spots.



( Fig No :- 11 )

Whiten the face with masoor dal mixed with sandalwood. The pack works as an exfoliator and also loosens up your beard. Orange peel has antioxidant properties that help heal your skin. Vitamin C in Orange will brighten your skin .

This simple masoor dal mask will tighten pores and help you get rid of acne Rich in nutrients, minerals and vitamins. This is a great skin cleanser. Masoor dal helps to remove dirt and impurities from the skin. Masoor dal's exfoliating properties help remove acne and blackheads.

Masoor dal's bleach solution will make your skin lighter and more toned. Masoor dal mask for white skin also removes tanned fine lines, blemishes and dark spots. High antioxidants help reduce skin wrinkles and premature aging by reducing cell damage from free radicals and tightening the skin.

Masoor dal whitening mask has multiple benefits for the skin. It also allows moisture to penetrate the skin after exfoliation. So mixing it with honey or rose water can help hydrate your skin.

**Prepared Herbal Face Pack**



( Fig No :- 12 )



( Fig No :- 13 )

**Before the use of Herbal Face Pack :-**



( Fig No :- 14 )

**After the use of Herbal Face Pack :-**



( Fig No :-15 )

**Preparation: -**

Strain dry powdered natural ingredients through #85 sieve, weigh accurately and mix geometrically to obtain a homogeneous formulation as indicated in Table 1. The prepared mask is stored in an airtight container for monitoring various parameters.

**Procedure:-**

1. Weigh out all the herbal powders such as Orange Peel Powder, Chandan Powder, Neem Powder.
2. Mix together using Mortar to obtain a homogeneous mixture.
3. Make heavy rice flour, Multani Mitti, orange peel, banana peel, kesar, sandalwood powder, milk powder, besan, neem powder turmeric, Masoor dal and mix until you get a homogeneous mixture.
4. Add the prepared herbs to this mixture and grind into from the mixed powder of the mask. Mask Formulation Development Procedure

**Precautions to be taken when using the mask: -**

1. Choose a mask according to your skin type. Seek advice from a naturopath or skin specialist before using a mask.
2. The mask should not be left on your face for more than 15 to 20 minutes. Long-term use of can cause wrinkle formation, skin sagging and enlarged pores.
3. Use a mask once a week. Do not try to peel or scratch the dry mask. This can cause skin damage.
4. Spray your face with water (room temperature) before removing the dry mask. Roll ice on face after removing mask. This helps to close the pores and tightens the skin. It also heals and soothes the skin
5. Do not rub your face. This can lead to acne breakouts and dark spots. Avoid hot places after wearing a mask .
6. Do not use the mask near the "eyes". The skin around the eyes is very sensitive. The process of removing the mask may damage the skin around the eyes.

**Application:-**

1. Prepare various formulations according to Table.
2. Put the mask powder prepared according to requirements in a bowl, add water (water) and mix well with to get a good mix.
3. Use this remedy on skin covering acne, blackheads and whiteheads.
- 4 one. Leave for 30-40 minutes, then wash face with cold water .

**Composition of Herbal face pack:-**

Sr. No	Constituent	Scientific Name
1	Multani Mitti	Calcium bentonite
2	Turmeric	Curuma longa
3	Sandal wood	Santalum album
4	Kesar	Crocus sativus
5	Milk Powder	.....
6	Rice Flour	Oryza sativa
7	Orange peel	Citrus sinensis
8	Banana peel	Musa acuminata
9	Rose petal Powder	Rosa centifolia
10	Neem Powder	Azadirachta indica
11	Masur Dal ( Lentils )	Lens culinaris

**How to use the mask: -**

The mask should be applied to a wet face every day to form the best lotion in water. It should be distributed evenly on the face with the help of a brush. It should be left for 15 to 20 minutes to dry completely. It should then be washed with a facial cleanser.

**Method of Evaluation**

**Morphological Evaluation :-**

color, odour, appearance, texture etc.

**Physical and chemical tests: -**

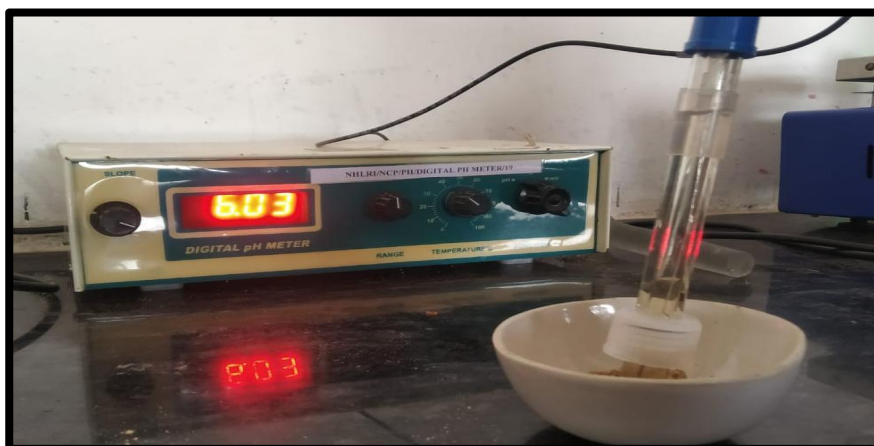
physical and chemical parameters were not determined, including extract value, ash value, pH value and moisture content.

**Physical examination:**

The size of was determined by microscopy. The flow of dry powder in a form was measured with the funnel model, the density angle, step speed and step speed were measured with the step model.

**Determination of pH:**

It is a measure of the degree of acidity or alkalinity of the product on a scale of 0-14. Discover the pH of the Formula Mask in Rose Water.



**Determination of ash:**

The residue after burning is the ash of the product. The ash value is , which is the standard for determining the identity or purity of the drug. High ash indicates contamination, alteration, adulteration or neglect during the preparation of items. The value of ash can be determined as follows:



**Determination of Moisture content**

Moisture content is important for plants because insufficient drying can lead to activation of components . Place approximately 2 grams of powder in a petri dish placed in a hot oven and weigh it 30 minutes after cooling so that the petri dish reaches standard weight.

**Irritancy test**

Draw an area (1sq.cm) on the back surface of the left hand. Apply one of the prepared masks to the selected area and record the time. Irritation, erythema, edema if present, transient up to 24 hours and 16 reported.



**Stability testing**

The preparation was tested for stability by storing for a period of months at different temperatures. Packaged glass bottles consisting of formulations were kept at different temperatures , such as room temperature, 35°C and 40°C, and physical parameters such as color, odor, pH, consistency and odor were measured

**Phytochemical Evaluation: -**

Evaluate the presence of different botanicals in the aqueous extract of Herbal Face Mask according to standard methods.

**III. RESULT AND DISCUSSION**

**Organoleptic Evaluation**

Sr. no	Parameter	Observation
1	Color	Pale Yellow
2	Odour	Pleasant
3	Apperance	Smooth , Fine
4	Texture	Fine
5	Smoothness	Smooth

**2. Physiochemical Evaluation**

Sr no	Parameter	Observation
1	pH	6.03
2	Moisture content	11.34%
3	Total Ash value	2.066%

**Phytoconstituents**

Sr no	Phytoconsituents	Observation
1	Carbohydrates	+
2	Alkaloids	+
3	Glycosides	+
4	Tannis	+
5	Volatile oil	+

**Irritancy test**

Sr No	Parameter	Observation
1	Irritation Nil	No irritation
2	Redness Nil	,No swelling
3	Swelling Nil	No rednes

**Stability Test**

Sr No	Parameter	Room temperature	40 <sup>0</sup>
1	Colour	No change	No change
2	Odour	No change	No change
3	Texture	Fine	Fine
4	Smoothness	Smooth	Smooth
5	pH	6.03	6.03

**IV. CONCLUSION**

Natural remedies are more popular because they believe is safer and has fewer side effects than synthetic . Herbal formulations are in increasing demand in the world market. Herbal facials are used to promote blood circulation, restore muscle tone, and help maintain skin elasticity and remove dirt from skin pores. is our well tested, formulated herbal mask containing natural ingredients like, multani mitti, turmeric, sandalwood, saffron, milk powder, rice powder, orange peel and banana peel. After testing, we found that the mask has good properties, does not irritate the skin and maintains its consistency even under safe storage conditions. Herbal Mask is reported to have the power to create a radiant effect on the skin. Studies fully support the claim that product is beneficial for humans.

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