

Herbal Face Pack for Glowing Skin

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Abstract: *The objective of this work is to formulate and evaluate a cosmetic herbal face pack. Cosmetics are substances which are used to improve the human body's appearance. Face powders, compacts, cleansers, creams, sunscreens, face packs, etc. are some of the popular cosmetics used on the skin. The "face pack" is the smooth powder used for facial application. A good face pack should provide the skin with the required nutrients herbal face pack for all type skin by using natural ingredients with the varying concentrations, Three different formulations containing ingredients such as Mint ,Methi , Green tea, multanimitti, White sandal wood, orange peel. Ayurveda formulations are safer than synthetic formulation because its side effect is very low. This prepared formulation is evaluated through the some important parameters like as Organoleptic, Phytochemical, Physicochemical, and Physical Characteristics. The main purpose of Herbal face packs are to remove the dark circle, Pimples, Scars, through the increase blood circulation and maintained it and the rejuvenates the skin and remove dirt particles from the skin pores. The benefit of herbal cosmetics is their nontoxic nature, reduce the allergic reaction. Thus in this work, we found good properties for face pack and further optimization study is required on this study to find out the useful benefits of face pack on human use as a cosmetic product.*

Keywords: Face pack, Herbal, Cosmetic, Natural, Formulation, Evaluation, Glowing skin.

I. INTRODUCTION

From the ancient period of time, people are of the use of plants for healthy, glowing and beautiful skin. Cosmetic are used to clean, beautify and promote attractive appearance of the skin, hair, lips. Cosmetics are commercially available products that are used to improve the appearance of the skin by action of cleansing, beautifying, promoting attractiveness. Face skin is the major part of the body, which indicates the health of an individual. A balanced nutrition containing amino acids carbohydrates and lipids are required for the skin it clear, glossy, and healthy. Women are very conscious about their beauty and took special care of their specific skin type. In Ayurveda, the herbal paste is called as "mukhalepa" used for as a facial therapy. This herbal paste smeared on face to treat acne, pimple, scars, marks and pigments. Face pack is the smooth powder which is used for facial application. According to Ayurveda, Skin problems are normally due to impurities in blood. Accumulated toxins in the blood during improper food and lifestyle are causing skin related diseases. Various herbs, medicines are described in Ayurveda for blood purification. Herbs like Manjistha, Lodhra, Chandana, Haridra etc. are good example of blood purifier. The face packs which are mentioned in Ayurveda help women to get rid of wrinkles, dark circles, pimples and acne. Herbal face packs increase the fairness and smoothness of skin. We can derive the maximum benefits of herbal face packs by using them according to our skin type. These face packs increase skin glow and are best Ayurveda treatment to increase fairness. Face packs are one of the oldest and beautiful methods of cleansing skin. Face pack is the smooth powder which is used for facial application. These preparations are applied on the face in the form of liquid or pastes and allowed to dry and set to form film giving tightening, strengthening and cleansing effect to the skin. They are usually left on the skin for ten to twenty-five minutes to allow all the water to evaporate, the resulting film thus contracts and hardens and can easily be removed. Different types of herbal face packs are used for different types of skin. Herbal face pack helps to reduce wrinkles, pimples, acne and dark circles. Also increase the fairness and smoothness of skin. It also helps someone to boost their confidence. Ayurveda is the most useful and successful means for achieving this purpose. Face pack is one of the oldest and beautiful methods for cleansing skin. The natural face pack contains some vital vitamins which are required for the health and glow of our skin. These are less complicated and pretty simple to use. Effects of the face packs are generally

temporary and for regular glow it should be used 2-3 times a week. To derive the maximum benefits of herbal face packs use them according to skin type

II. BENEFITS OF HERBAL FACE PACK

- Natural face packs make the skin look young and healthy.
- It lowers inflammation of the skin.
- It helps to restore the lost shine and glow of skin in short span of time.
- Nourishes the complexion.
- It helps to reduce acne, pimples, scars and marks.
- Face packs usually remove the skin's dead cells.
- The face masks provide the skin with a soothing and relaxing effect.
- Regular use of natural face masks brings glow to the skin and improves the texture and complexion of the skin.
- It helps to prevent premature aging of skin.
- It is protect the skin for harmful effects of pollution.

III. MATERIAL AND METHOD

The materials used in this study was purchased in the nearby market ,dried and powdered for the future use. The materials used in the study are mentioned below

Sandal wood (*Santalum album*)

Synonym-Yellow sandalwood, Lignum Santali.

Family – Santalaceae

Biological source – Heartwood of the stem and roots of *Santalum album*.

Chemical constituents – Sandalwood contains about 2-5 %of volatile oil. The oils contain about 90-97% sesquiterpene alcohol, santalol. Santalol is found in the form of isomers alpha santalol And beta santalol. Alpha and beta santalene.



Uses-

Sedative, Anti-ageing, Improve digestion

Sandalwood has an anti-tanning and anti-aging property.

Sandalwood protects the skin against the impact of environmental pollution and keep the skin cool, fair and healthy.

Sandalwood is helpful Ayurveda herb with antimicrobial properties is used for healing various skin problems and removes scars.

Sandalwood or chandan is greatly valued in Ayurveda for its incredible health and beauty benefits. It is used since times immemorial all over the world for its umpteen medicinal properties and also used widely in religious rituals. It has a distinct, gentle, warm, velvety and woody scent which offers an everlasting base to perfumes. This aromatic wood is ground into a powder and steam distilled into oil for making soaps, cosmetics, incense, candles and creams.

Sandalwood is highly valued for its pure, natural and potent properties. Sandalwood is rich in antioxidants that prevent skin sagging and the consequent formation of wrinkles. It is also capable of fighting the damage caused by the presence of free radicals in the skin

Orange peel (Citrus reticulata)

Synonym- Orange cortex, Seville orange

Family- Rutaceae

Biological source- Fresh and dried outer part of the pericarp of citrus reticulata.

Chemical constituents- It contains isomer of hesperidin, neohesperidin and another flavanone glycoside naringin.



Uses:-

Protects skin from free radical damage.

Heals dry, flaky, and itchy skin.

Hydrates dehydrated skin.

Brings back moisture.

Prevents oxidative stress in skin cells, for youthful, glowing skin.

Removes tan and Promotes healthy skin glow.

The high content of Vitamin C in lemon will help to lighten the skin tone and remove dark spots caused by skin tan. It prevents the skin from free radical damage, skin hydration and oxidative stress. Orange peel powder is an effective exfoliating agent that helps in removing blackheads and unclogging your pores. Lightens dark spots if you are suffering from acne scars, dark spots or even pigmentation, orange peel powder's rich content of citric acid takes care of the issue.

Neem

Synonym: - Azadirachta indica

Family: - Meliaceae

Biological source- Fresh or dried leaves.

Chemical constituents

Triterpenoids, Alkaloids, Phenolic compounds, Flavonoids, Carotenoids, Ketones and Steroid. The most active compound is Azadirachtin. Gedunin, Nimbidin, Nimbolides, Nimbin, Salanin and Valassin. Ascorbic acid, n-hexacosanol and amino acids, 7- desacetyl-7-benzoylazadiradione, 7-desacetyl-7-benzoylgedunin, 17-hydroxyazadiradione.



Uses:-

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, and minimize warts and moles.

For decades, neem leaves have been used as a natural antibacterial in traditional Asian medicine that calms the skin and soothes inflammation. In bioflavonoids, which are antioxidants believed to shield cells and molecules from damage and symptoms of ageing, the leaves are naturally plentiful. As well as minimizing scarring and balancing the colour of the skin, Neem will also wash away acne and blackheads. It is the oldest and strongest natural skin product, flushes out the pollutants and tightens pores for a flawless complexion.

Turmeric (*Curcuma longa*)

Synonym-Indian saffron, Haldi

Family- Zingiberaceae

Biological source- Dried rhizomes

Chemical constituents- Turmeric contains about 5% curcumanoids. Curcumanoid contains curcumine-I, curcumine-II, curcumine-III. Turmeric contains about 5% volatile oil. Their volatile oil contains sesquiterpenes, alcohol and ketone and monoterpene.



Uses:-

Haridra has anti-inflammatory and anti-allergic activity.

It is best blood purifier and helps in wound healing.

It possesses best blood purification action so it is used in all disease with blood impurities or skin

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Haridra is rejuvenator of skin and revitalizes skin; delays the signs of aging like wrinkles.

Turmeric is one of the most frequently used spices in India. There's not a day I didn't use turmeric, we use it extensively for cooking, remedies and skin care as well. Curcuma Longa is the botanical name for turmeric. Turmeric is one of the best ingredients for our skin. Turmeric contains antioxidants and components that are anti-inflammatory. These characteristics can give the skin light and luster. Turmeric may also revive your skin by bringing out its natural glow. It also lowers the response of your body to cutaneous wounds. This results in your wounds healing more quickly. It cures the skin diseases occurring due to blood impurities. Turmeric boost collagen production and speed up the body's ability to form new, healthy tissue. It also blocks elastase, an enzyme that attacks your skin's ability to produce elastin. If elastin production slows down, fine lines, wrinkles and sagging are more likely to appear.

Rose petals (Rosa centifolia)

Synonym- Cabbage rose

Family – Rosaceae

Biological source – Dried rose petals

Chemical constituents - It has high quality of phytochemicals like vitamin C, calcium, crude fibers, iron, protein content, phenyl ethanol, geranyl acetate, geraniol, linalool, benzyl alcohol, benzaldehyde.



Uses:-

Antioxidant, Natural coolant, Skin toner, Anti-inflammatory.

It provide cooling effect to the skin.

It helps to treat burns and act as natural coolant for our skin.

Women have been using rose petals and rose water for ages as a part of skincare. Rose petal powder is yet another resource that you can add to your daily skincare routine. Roses are enriched with vitamins C, B, and K and thus gives skin an amazing glow and makes the skin look flawless. Rose petal powder is 100% natural and it acts as a smooth exfoliator. Although, usually exfoliators have a coarse texture, with the help of rose petal powder a smooth paste can be created to get rid of dead skin cells and dirt and cleans your pores. Rose petal powder also has anti-bacterial property which helps you to get rid of the bacteria and removes dirt and excess oil from the pores.

A lot of people use rose water as a natural toner. Rose petal powder can be applied to get rid of pigmentation and even skin tone. Rose petal powder has anti-aging property and prevents your skin from getting wrinkles by tightening the skin. By using rose petal powder, you can have younger-looking skin.

Multanimitti (Calcium bentonite)

Synonym- Fuller's earth, Bleaching clay

Chemical constituents – Hydrated aluminium silicates, magnesium chloride, and calcium bentonite and has a composition similar to bentonite clay



Uses:-

Antiseptic, Skin tightening, Moisturising, Cleanser.

Multanimitti will remove all the impurities and dead skin cells.

Multanimitti will help to make you skin radiant and excellent for aggravated and irritated skin.

Its cooling action soothes the skin, relieves the inflammation caused due to aggravated pitta.

It removes the dirt and dead skin cells accumulated and replace with fresh, radiant and glowing skin.

Multanimitti is also known as fuller's earth, meaning 'mud from Multan'. Fuller's Earth is filled with minerals and mostly contains diverse compositions of hydrous aluminium silicates or clay minerals. Montmorillonite, kaolinite, and attapulgite, and minor quantities of other minerals such as calcite, dolomite, and quartz, are typical components found in Fuller's Earth. Fuller's Earth applies in some areas to calcium bentonite, an altered volcanic ash that is mainly composed of High Technology. Since fuller's earth is a strong absorbent, in filters, decontamination, poisoning control, litter boxes, and as a cleaning agent, this compound sees a range of applications today. Fuller's Earth is useful as a cleanser in cosmetology and dermatology, eliminating grease, debris, and impurities from the skin and even helping to cure acne and other skin issues. Multanimitti may slough dead skin cells away and eliminate black heads. . "Fuller's Earth" is the English name for this clay. Multanimitti can be used to treat several skin and hair conditions without any side effects, and people have long believed in its natural characteristics.

Nutmeg (Myristicafragns)

Synonym- Myristica, NuxMoschata

Family- Myristicaceae Biological source- Dried kernels of the seeds of myrusticafragns.

Chemical Constituents -Nutmeg contains of 5 to 15% Volatile oil, Lignin, Stearin, Starch, Gum, Colouring matter, and 0.08% of an acid substance. The Volatile oil contains Clemicine, Myristicin, Geraniol, Borneol, Pinene, Camphene, and Dipentene. It also contains Eugenol, Safrol, p-Cymene and Isoeugenol in small quantity.



Uses:-

It reduces pigmentation

Mildly abrasive nature makes nutmeg a great exfoliator for skin. Hence it makes skin gentle and smooth And Treats oily skin.

Nutmeg has Anti-oxidant and Anti-ageing properties. Hence it promotes youthful skin.

Natural toning cleanser.

Nutmeg, or jaiphal, is an exotic spice that is known for its sweet aroma and is used for the preparation of various dishes. Originally from Indonesia, it is the seed of an evergreen tree called *Myristicafragrans*. One of the most amazing benefits of nutmeg is that it has the ability to even out discolorations and pigmentation on your face. Dark spots, pigmentation and freckles appear due to excessive exposure to the ultra-violet rays of the sun, hormonal changes, progressing age, side-effect of medications or a certain skin condition. Nutmeg tends to restore moisture while stimulating dull skin, further reduces signs of ageing. It's always good to use this natural ingredient than opting for a store-bought beauty product to treat your skin effectively.

IV. METHODS OF PREPRATION

Procedure for formulation of face pack

1. The powdered ingredients were sieved using #44 mesh.
2. All ingredients weighed accurately.
3. All weighed ingredients were mixed geometrically for uniform mixing.
4. This was then stored in air tight container for evaluation

Table 1: Composition of face pack.

Sr. No.	Constituents	Scientific Name	Family Name	Percentage (%)
1.	Rose Petal powder	<i>Rosa centifolia</i>	Rosaceae	15%
2.	Multanimitti	Calcium bentonite	-	30%
3.	Sandal wood powder	<i>Santalum album</i>	Santalaceae	25%
4.	Orange peel powder	<i>Citrus reticulata</i>	Rutaceae	12%
5.	Neem powder	<i>Azadirachta indica</i>	Meliaceae	8%
6.	Turmeric	<i>Curcuma longa</i>	Zingiberaceae	5%
7.	Nutmeg powder	<i>Myristicafragrans</i>	Myristicaceae	5%

Procedure for application of face pack

1. face pack should be applied on wet face.
2. for oily skin add potato juice/ lemon juice, for dry skin add rose milk/ rose water.
3. from a paste with optimum thickness.
4. it should be applied evenly on the face with the help of brush.
5. it should be left for 15-20 minutes for complete drying.
6. then it should be removed with the help of a wet sponge or wash with warm water.

Precaution to be taken while applying face pack

1. Choose the face pack according to your skin type. Take opinion of natural therapist or concerned skin expert before applying face pack.
2. The face pack should not be left on face more than 20-25 minutes. Keeping for very long time may result in formation of wrinkles, sagging of skin and enlargement of open pores.
3. Apply face pack twice in a week. Don't try to peel or scratch the dried face pack. This may harm underlying skin.
4. Spray water (lukewarm water) on face before removing dried face pack. After removing the mask, roll an ice cube on facial skin. This helps to close open pores and tightens skin. It also tones and soothes the skin

V. EVALUATION OF FACE PACK

Organoleptic evaluation

The evaluation of the herbal face pack by its colour, odor, appearance, texture etc. The external characters of the formulation were examined based on the method described .

Physicochemical evaluation

Physicochemical parameters were determined, including the determination of pH, Ash value, Moisture content.

Physical evaluation

The Flow property of the dried powder of combined form was evaluated by performing Angle of repose by funnel method, Bulk density and tapped density by Tapping Method.

Irritancy test

Mark an area on the left-hand dorsal surface. Definite quantities of prepared face pack were applied to the specified area and time was noted. Irritancy, erythematic, edema was checked if any for regular intervals up to 24 hr. and reported.

Stability studies

Stability testing of prepared formulation was conducted by storing at different temperature condition. The Formulation were stored at different temperature conditions like, room temperature and 40C and were evaluated for physical parameter like color, odor, pH, consistency and feel.

VI. CONCLUSION

Natural remedies are more acceptable in the belief that they are safer with fewer side effects than the synthetic ones. Herbal formulations have growing demand in the world market. It is a very good attempt to establish the herbal face pack containing different powder of plants. Thus in the present work, we found good properties for the face packs and further optimization studies are required on this study to find the useful benefits of face packs on human use as cosmetic product.

In order to improve blood circulation, rejuvenate the muscles and help preserve the elasticity of the skin and eliminate dirt from the skin pores, natural face packs or masks are used. The benefit of herbal cosmetics is their non-toxic nature, minimizing the utility of certain products for allergic reactions and time-tested use.

In the 21th century, the demand for herbal formulation has been increased day to day. So we try to establish the herbal face pack containing the natural ingredient of plants. Thus in present work we found good properties of herbal face pack and further optimization studies are required on this study to find useful benefits of herbal face pack on human.

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