



A Review on Herbal Face Pack

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ABSTRACT:

Everyone wants beautiful, alluring skin. Today, acne, pimples and pustules are common among those who suffer from them. According to Ayurveda, skin problems are usually due to contamination in the blood. Herbal face packs are used to fake it. Used. According to Ayurveda, skin problems are usually due to contamination in the blood. Herbal face packs help simulate blood circulation, rejuvenate muscles, keep skin supple, and remove dirt from skin pores. The advantages of herbal cosmetics are their non-toxicity, reduced anti-disease reactions, and the proven usefulness of numerous ingredients.

KEY WORD- Herbal facepack, Cinnamon, Nutmeg, Orange peel, Ritha, Rose water, Healthy skin

INTRODUCTION:

People Use Businesses to Promote Healthy, Radiant, Beautiful Skin Always interested in what is being done. Cosmetics are products used for cleaning, decorating and looking alluring. Cosmetics are over-the-counter products used to improve the appearance of the skin by sanctifying, beautifying, and enhancing its attractiveness. Since ancient times, various sources have been used to cleanse, beautify and take care of people. Since ancient times, women have been very conscious of their beauty and paid special attention to their skin type. In fact, especially in idyllic and hilly areas, people have opted for natural remedies such as plant extracts for their colorful beauty purposes, such as neem, lisa, orange peel, cinnamon and rose. Everyone wants to have beautiful and attractive skin. Acne, pimples, pustules and dark circles are now common among teenagers and those who suffer from them. According to Ayurveda, skin problems are usually due to contamination in the blood. Herbal face packs is inexpensive, has no side effects, and allows you to have naturally beautiful skin. These agents are applied to the face in liquid or paste form and allowed to dry to form a film that tightens, tightens and purifies the skin. They are usually left on the skin 10 to 25 times to allow all moisture to be dematerialized. The effective film thus shrinks and hardens so that it can be removed smoothly. The warming and tightening effect produced by applying face packs creates a pungent sensation of a rejuvenated face, while the colloids and absorbent tones used in these medicines remove dirt and fat from the facial skin. The final removal of the applied face mask removes skin residue and accumulated dirt along with it.

Materials & Methods

Botanical Ingredients Profile

1. Cinnamon Botanical Name: Cinnamon

Family: Lauraceae Genus:

Cinnamon Uses: - Cinnamon has antibacterial properties and helps treat acne. Cinnamon is a powerful antioxidant and helps prevent signs of aging

- Plumps and evens out the appearance of skin
- Cinnamon has anti-inflammatory properties

2. Orange Peel Botanical Name: - Citrus sinensis (Sweet Orange) Citrus aurantium (Bitter)

Family: Rutaceae Genus: Citrus

Uses: - Protects skin from free radical damage. Soothes dry, scaly and itchy skin.

- Moisturizes dry skin. Restore moisture.

- Prevents oxidative stress on skin cells and helps regenerate tired cells for youthful, glowing skin.
- Acts as a whitening agent. - Eliminates tan

3. Neem Botanical Name: - Azadirachta indica

Family: Meliaceae Genus: Azadirachta

Uses:- In a study on hairless mice, neem oil was found to reduce the following signs of aging: show promise as a therapeutic modality for the treatment of Reduces dryness and wrinkles

- Neem oil aids in the healing process of post-operative scalp wounds. Neem oil is excellent for the long-term treatment of acne
- It also has antifungal and antibacterial properties - Reduces scars, heals wounds and minimizes warts and bruises.

4. Ritha Botanical Name:- Sapindus mukorossi

Family: Sapindaceae Genus: Sapindus

Uses:- Saponins are used in the manufacture of soaps as they are excellent ingredients with good cleaning properties. face tonic.

- A mixture of Rita and Bezann powder prepared with water is applied to all areas of the skin to help improve skin radiance and nourishment- Ritha's perfect moisturizing properties keep skin hydrated, prevent over-drying and keep skin glowing.
- Ritha Fruit has powerful anti-inflammatory and antibacterial properties that help treat skin conditions such as acne.

5. Nutmeg Botanical Name: - Myristica fragrans

Family: - Myristicaceae Genus: - Myristica

Uses: - Reduces pigmentation It is an exfoliant. Thus making the skin soft and smooth.

- Treats Oily Skin Nutmeg has antioxidant and anti-aging properties. Hence, it promotes youthful skin.
- Natural facial cleanser

EQUIPMENT :-

1. V SHAPE BLENDER

The V- type blender is used to produce homogeneous solid-solid admixture. Mixing is a common process step in the manufacture of products.

This outfit is also useful for medication of herbal facepack.

2. Mortar and Pestle is a set of two simple tools used from the Stone Age to the present day to prepare materials and substances by grinding them into a fine paste or powder. Used in formulations.

Manufacturing Method

- 1) All the herbal powders required to prepare the face pack were weighed individually and accurately using a digital scale.
- 2) Quantities and compositions are given in the table. Chinese herbs such as cinnamon and orange peel. The neem was transferred to a mortar and pestle and ground.
- 3) Herbs such as Ritha and Nutmeg are ground in a separate mortar and pestle to form a uniform fine mixture.
- 4) The pre-prepared herbal powder mixture was transferred to the fine powder mixture and ground to obtain uniform medicinal powder for face pack. The powder was passed through a suitable sieve.
- 5) The prepared face pack powder was packed in a self-sealable polyethylene bag.

Face Pack Application Instructions

Take prepared face pack powder in a bowl and add rose water. Mix well to create a paste of optimum thickness. It should be applied evenly on the face using a brush. Cover pimples and blemishes. Leave for 20-25 minutes until completely dry

FORMULATION OF HERBAL FACE PACK

| Ingredients | F1 Quantity | F2 Quantity | F3 Quantity | F4 Quantity |
|----------------|----------------|----------------|----------------|----------------|
| 1. Cinnamon | 5g | 10g | 05g | 05g |
| 2. Orange peel | 5g | 05g | 10g | 2.5g |
| 3. Neem | 5g | 2.5g | 2.5g | 10g |
| 4. Nutmeg | 5g | 2.5g | 2.5g | 2.5g |
| 5. Rose water | Q.S | Q.S | Q.S | Q.S |

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