



## **To Study Effect of Coffee and Neem Face Pack to Alluring Skin.**

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### **ABSTRACT:**

This face pack made by herbs using coffee, honey, neem powder, alovera, turmeric. The main ingredients in this pack is neem and coffee. These all are formulation was found free from skin irritation. Cofee shows many benefits on face like reduce dark circles, remove dark spots, anti-aging and anti-tanning properties. Neem powder shows anti-acne and anti-septic properties, it reduces inflammation of skin, they even remove dirt from skin pores. This face pack makes skin adorable. Spread this smooth paste on face for bright complexion, reduce skin problems, stimulate blood circulation, maintain elasticity and tightening of skin. The prepared face pack is evaluated in many evaluation parameter like organoleptic parameter, washability, stability studies and this all are give results in their better ways. So we found effective and healthy properties in face pack.

**Keywords:** alluring, adorable, organoleptic, formulation, face pack.



**Fig 1. Face pack**

### **Introduction:**

In now days everyone want to look adorable and inspire with great affection. There is very polluted air, heavy sun rays and because of that we all suffering from many skin issues like acne, pimples, tanning, wrinkles and many more. To hide or remove them we use synthetic cosmetic products which are deleterious for skin (1,9). It consists of materials such as amino acids, lipids, carbohydrate, , etc... So that a balanced nutrition is required for the skin to keep it clear, glossy and healthy. In Ayurveda, the herbal paste is called as "Mukha lepa" used for as a facial therapy. This herbal paste smeared on face to treat acne, pimples, scars, marks and pigments. (2,5) Face pack are basically additives delivering some additional benefits. Different types of herbal face pack are used for different types of skin. Herbal Face Pack are used to reduce wrinkles, pimples, acne, dark circles and also increases the fairness and smoothness of face. (3,7)The concept of dalk (massage) is the most common and widely practiced for restorative, preventive as well as therapeutic purposes. Massage is an oldest practice, which was used almost all the civilization in the history and evidence of this are present in the several manuscript (4,6)

### Advantages of Face Pack :

1. Nourishes the skin. As provide essential nutrients to skin.
2. Helps to reduce, acne, pimple, scars and marks from the skin.
3. Face packs usually remove dead cells of skin.
4. These face pack provide a soothing and relaxing effect on skin.
5. They help to restore the lost shine and glow of skin in short period of time.
6. Regular use of natural face pack bring glow to skin, improve skin texture and complexion.

### MATERIALS AND METHODS :

All the natural materials used in the present study i.e. coffee, neem, alovera, honey and Turmeric.

The details of the material used for the formulation of face pack are **mentioned:**

#### Coffee ( *Coffee Arabica rubiaceae*):

It helps significantly curtail photoaging effects and increase the skin's elasticity scrubbing coffee grounds can helps to remove dead skin cells and unclog pores.

#### Neem powder (*Azadirachta indica*):

Neem is anti-inflammatory, antiseptic and highly beneficial for oily and acne prone skin. An anti-acne effect is due to anti-microbial, anti-inflammatory and anti-oxidant activities of different chemical constituents.

#### Aloe (*Aloe barbadensis*):

Aloe vera is a great moisturizer intended for a skin. Aloe vera rejuvenates skin, hydrates this and keeps skin layer looking fresh all the time. Aloe vera has anti-microbial property rendering it ideal to deal with acne and pimples. Aloe vera contains several nutrients like glycerin, sodium palmate, sodium carbonate, sodium palm kemelate, sorbitol, etc.


#### Turmeric (*Curuma longa*):





Turmeric is mainly used to rejuvenate the skin. It delays the signs of aging like wrinkles and also possesses other properties like antibacterial, antiseptic and anti-inflammatory. It is best source of blood purifier. It is effective in treatment of acne due to its antiseptic and antibacterial properties that fight pimples and breakouts to provide a youthful glow to your skin. It also reduces the oil secretion by the sebaceous glands.<sup>9,10</sup>

#### Honey:

Light humectant and nutrient used as a thickening agent to give body to facial masks, creams and lotions. It includes anti-oxidant and anti-aging properties.

**Table no.1: material tables**

Sr no.	Name	Figure	Medicinal use
1.	Coffee	 <p>Fig 2: Coffee</p>	Anti-aging benefits. Reduced inflammation., Acne treatment, Dark circles, etc.

2.	Neem powder	 <p data-bbox="443 566 547 593">Fig 3: neem</p>	Antibacterial, antifungal, anti septic
3.	Alovera gel	 <p data-bbox="443 1025 564 1052">Fig 4: alovera</p>	Anti-inflammatory, Antimicrobial property protects the skin from the damage
4.	Turmeric	 <p data-bbox="443 1395 580 1422">Fig 5: Turmeric</p>	Antibacterial. antifungal, also adds glow to the skin
5.	Honey	 <p data-bbox="443 1854 555 1881">Fig 6: honey</p>	Moisture from air and binds it to skin

**Formulation of coffee and Neem face pack:****Table no.2 Formulation table**

Sr no.	Name of ingredients	Scientific name	Taken quantity (For 30 gm)
1.	Coffee	Coffee Arabica	10
2.	Neem	Azadirachta indica	7
3.	Alovera	Aloe barbadensis	5
4.	Turmeric	Curcuma longa	3
5.	Honey	Apps mellifica	5

**Method of Preparation:**

For preparation of coffee face pack collect all the ingredients. Check their compatibility with each other. Weigh all ingredients accurately then ground all ingredients into fine powder by using sieve #80. All ingredients were mixed in mortar pestle. Prepared face pack was packed in tightly closed container and labeled it.

**Fig 7: Prepared face pack****Discussion:**

In coffee and Neem face pack we studied about many natural ingredients including coffee, neem, alovera, turmeric, honey with their ideal properties which helps to reduce skin problems and give fair complexion. In that we also focus on their advantages, methods of Preparation and formulation table shows quantity too. So finally we detect that this face pack is good and healthy for all skins.

**Fig 8: complexion difference**

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**Conclusion:**

In the present scenario, people need cure for various skin problems without side effects. Herbal ingredients opened the way to formulate cosmetics without any harmful effect. This coffee and Neem face pack is shown as sustaining way to advance the appearance of skin. It removes dirt and excess oil from skin pores. Main purpose of coffee and Neem face pack is to stimulate blood circulation. This face pack includes natural materials such as coffee, neem, alovera, turmeric, honey. In that main ingredients are coffee and Neem.

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