



## Review on Herbal Face Pack

<sup>1</sup>Gangurde Rajeshwari R, <sup>2</sup>Bhangale Charushila J.

<sup>1,2</sup>Pravara Rural Education Society's, College of Pharmacy for Women, Chincholi, Nashik, Maharashtra.

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### ABSTRACT

Now a day, human skin has become more sentient for faster aging atopic dermatitis, acne and many more skin related problem, which mainly arise due to increased pollution, allergy, microbes, etc. Acne and dull skin are the common problem arising in various people.

The objective of this work is to make a review on a herbal face pack. acne dull skin, uneven skin tone can be treat by using herbal ingredients like: orange peel, sandalwood, Multani mitti, aloe Vera, turmeric, rose petal powder, Cinnamon ,neem were collected from local market or directly from natural sources. The ingredient have been reported in this research paper having good anti – inflammatory , anti – oxidants and anti –microbial activity .

The face pack were evaluated for various parameters like color, appearance, pH, consistency, wash ability, antimicrobial activity. Herbal face packs or masks are used to stimulate blood circulation, rejuvenates them muscle and help to maintain the elasticity of the skin and removes dirt from skin pores. Thus in the present work, we found good properties

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**Keywords:** Introduction, Manufacturing Method, Applications ,benefits

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### INTRODUCTION

Since the ancient era, people are aware of the use of the plans for the essential need of the healthy and beautiful skin. Cosmetic are products that are used to clean, beautify and enhances ones look.[1]

From the ancient time, different herbs are used for cleaning, beautifying and to manage them. Face skin is the major part of the body, which indicates the health of an individual [2]

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 paste 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 foe 10 to 25 minutes to allow all the water to evaporate, the resulting film thus contracts and hardens and can easily be removed. The warmth and tightening effect produced by application of face pack

produces the stimulating of a rejuvenated face, while the applied face pack is eventually removed skin debris and deposited dirt gets removed with it.[1]

Cosmetics are defined as products used for the purpose of cleansing, beautifying, promoting attractiveness or altering one's appearance. The natural face pack contain some vitamins which are essential for health and glow of skin. The herbal face pack act by improving blood circulation in the veins of skin but the effect of facial face packs generally temporary, so for regular glow it should be used 2-3 times a week.[3]

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### HISTORY OF HERBAL FACE PACK

The concept of facial Pack wasn't alien to the ancient science of Ayurveda. In fact, Ubtan masks composed of various herbs, roots and flowers are considered to be the first ever cosmetic product in the world. These were then mixed in varied proportions to suit different skin types. The primary focus was on plant-based ingredients such as Turmeric, Coconut, Aloe Vera, Neem and other botanical extracts to improve skin, inside-out. Cut to this day, and these are still the go-to ingredients in our DIY beauty potions.

Ever since antiquity, Egyptians have been known to be quite the beauty enthusiasts. From bathing in Donkey milk to slathering on honey, there are numerous ingredients that women used daily to enhance their appearances. The first Egyptian face masks were formulated out of clay. It is said that Cleopatra (the paragon of beauty) applied a dead sea mud face mask to draw out impurities. Additionally, she also applied egg white face masks to tighten the pores. Oh, and there were also crocodile dung face masks that supposedly bestowed a youthful appearance. [1]

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## MATERIAL

1. Haridra (Curcuma Longa)
2. Shwet Chandan (Santalum Album)
3. Green Tea
4. Gram Flour
5. Saffron
6. Neem
7. Multani Mitti
8. Rose petals
9. Aloe vera
10. Tulsi
11. Orange peel powder

### Haridra (Curcuma Longa)

It is an effective remedy for allergy care in the Ayurveda discipline. The anti-inflammatory properties reduce swelling and relax the skin from within. Due to its antibacterial and antifungal effects, it helps in getting healthy skin by reducing acne, dark spots, and scarring. It has skin-lightening properties that [help with pigmentation](#). [2]

### Shwet Chandan (Santalum Album)

Sandalwood is commercially known as the East Indian sandalwood and its oil the East Indian sandalwood oil. [3]

In the form of oil or powder, sandalwood is able to soothe inflammatory skin conditions like eczema, dermatitis and psoriasis, as well as calm irritated skin and flatten breakouts. In Ayurvedic texts, it is known to relieve the pitta dosha, which means that it has cooling properties.

### Green Tea

Green tea has antioxidant, anti-inflammatory, and antimicrobial properties. They have shown improvement in treating [acne](#) and oily skin. [4]

Green tea contains vitamin E that is known for its ability to nourish and hydrate the skin. It not only moisturises the skin, but also brightens and repairs it. This ingredient helps to reverse sun damage and fades dark spots, pimple spots, and other skin irritations caused by environmental aggressors.

### Gram Flour

It's a natural exfoliant that provides an even skin tone. It deeply cleanses and brightens your skin. Gram flour contains zinc that fights dark spots, reduces blemishes, and early signs of ageing. In addition to that, it controls sebum production and soothes inflamed skin.

### Saffron

Saffron activity is an anti-inflammatory derived from crocetin and crocins compounds (21). Both of these compounds have strong antioxidants shown through their inhibition in producing pro-inflammatory cytokines [5]

Conclusion Saffron has various activities, as an antioxidant, anti-UV, anti-inflammatory, perfume, face toner, anti-wrinkle, anti-aging, anti-dark spot, and can provide color pigments. So that Saffron has the potential to be used in the manufacture of cosmetics. [6]

### Neem

It has an anti-inflammatory, antiseptic activity and highly beneficial for oily and acne prone skin. It is commonly used in antibacterial agents [7].

The antibacterial properties of neem fight acne-causing bacteria, which helps in the treatment and prevention of acne.

### Multani Mitti

Multani Mitti are easily available and helps in diminishing pore sizes, removing blackheads and whiteheads fading freckles, soothing sunburns, cleansing skin, improving blood circulation, complexion, reducing acne and blemishes and gives a glowing effect on skin as they contain healthy nutrients [9]. Multani mitti is a best natural source of magnesium chloride [8].

### Rose Petals

Rose petal powder is rich source of anti-bacterial properties along with the positive effects of Vitamin K, C and B. It contains somenumber of antioxidants.[10]

Rose powder helps to prevent premature aging.

Rose powder serves the purpose of a natural moisturizer.

The powder of roses helps to soothe the redness on your skin.

This powder helps to promote collagen production in your skin.

Reduces Sebum Production.

It helps to tone uneven skin.

#### **Aloe vera**

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 powder contains several nutrients like glycerin, sodium palmate, sodium carbonate, sodium palm kemelate, sorbitol[11]

#### **Tulsi**

It has anti-inflammatory, anti-bacterial and anti-fungal properties, Tulsi works like wonders to give you acne free skin. It kills the acne causing bacteria and disinfects the pores. Additionally, basil leaves are also helpful in purifying blood that helps get rid of acne as well as other skin infections.[12]

#### **Orange peel powder**

Orange is a citrus fruit which contains different nutritional source such as vitamin C, calcium, potassium and magnesium. It prevents the skin from free radical damage, skin hydration and oxidative stress. Also it has instant glow property, prevent acne, blemishes, wrinkles and aging[13]

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### **METHOD OF PREPRATION**

The powdered dried natural ingredients were sieved using #120 mesh, weighed accurately and mixed geometrically for uniform formulation . The prepared face pack was then stored in an air tight container for evaluation of various parameter.[14]

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### **APPLICATION OF HEBAL FACE PACK**

The pack should be applied on wet face, For Oily skin add curd/Tomato Juice/Potato Juice/lemon Juice For Dry skin add Row milk/Rose Water/ Normal Water forming a paste with optimum thickness. It should be applied evenly on the face with the help of a brush. It should be left for 15-25 minutes for complete drying. Then it should be removed with the help of a wet sponge/Or Wash your face with Lukewarm water.[16]

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### **IDEAL CHARACTERISTIC OF HERBAL FACE PACK**

1. A good herbal face pack must supply necessary nutrients to the skin
2. Available in the form of free-flowing powder applied facially for the external purpose.
3. It should penetrate deep down the subcutaneous tissues to deliver the required nutrients.
4. Every type of skin is specific for the requirement of skin pack.
5. It shouldn't irritate or be toxic to Skin.[15]
6. It should show rapid effect on skin.
7. It should be easily available.
8. It should be a cost friendly.
9. Appearance must be suitable to every skin type.
10. It shouldn't cause any redness or rashes on skin
11. It must be stable at every ideal temperature.

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## BENEFITS OF HERBAL FACE PACK

1. Herbal face pack has therapeutically beneficial ingredients for the body.
2. The usage of herbal face pack hydrates the skin.
3. The usage of this face packs often removes impurities to freshen the skin.
4. It is non irritant.
5. It is 100% of pure herbs.
6. It is clinically and ophthalmologically approved.
7. Herbal cosmetics are safe for use as compare to synthetic cosmetics.
8. Herbal face pack is use in any age group.
9. It also prevents impurities from getting into skin & clarifies.
10. Herbal face pack are enhancing the shine & fortifying the skin muscles & nerves.

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## CONCLUSION

Natural remedies are the best treatment of any disease, because these are safer than the synthetic ones. At a time, people need treatment for various skin problems without side effects, so natural remedies are best option for this. The herbal face pack is used to rejuvenate the muscles, maintain the elasticity of the skin, remove adhered dirt particles and improve the blood circulation

herbal face pack having enough potential to give efficient crystal clear, Healthy and glowing effect on skin. The overall study is useful to substantiate product claims due its useful benefits on the human beings.

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