



## **A Review on Different Use in Harbal Face Pack**

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### **ABSTRACT:**

Many individuals aspire to achieve clear and radiant skin. Currently, issues such as acne, blackheads, and pimples are prevalent among those affected. According to Ayurvedic principles, skin problems often stem from impurities in the blood. Herbal face packs are employed to enhance blood circulation, rejuvenate the skin's muscles, maintain its vitality, and cleanse the pores of dirt. The objective of this study is to develop and assess an herbal face mask designed to promote luminous skin using natural ingredients. This face pack incorporates essential vitamins that contribute to the health and glow of the skin. The focus of this project is to formulate and evaluate a herbal face pack aimed at achieving glowing skin through the use of organic components. The formulation includes various vitamins necessary for maintaining facial health and radiance. The modified structure was analyzed through several criteria, including physicochemical properties, organoleptic characteristics, stability and sensitivity assessments, as well as microbial load evaluations.

### **Introduction :**

Cosmetics are utilized almost universally and regularly in various forms to enhance beauty. The term "cosmetic" originates from the Greek word "kosm tikos," which signifies the ability to arrange or skillfully decorate. Cosmetics are substances applied to the human body for purposes such as cleansing, beautifying, enhancing attractiveness, and altering appearance without impacting the body's structure or functions. Since ancient times, herbs have been employed for cleansing, beautifying, and managing human aesthetics. Cosmetics serve to clean, beautify, enhance attractiveness, or modify one's appearance. Masks contribute to achieving silky, luminous, and flawless skin. The Ayurvedic term "Mukha Lepa" refers to the herbal paste applied to the face to treat pigmentation, scarring, marks, and acne, while "Mukha Lepana" denotes the application of a herbal mixture to the skin.

This research article focuses on the formulation and evaluation of a herbal face pack designed for glowing skin, utilizing natural ingredients such as Multani Mitti, turmeric, sandalwood, neem, aloe vera, and orange peel. Herbal face packs assist in reducing wrinkles, pimples, acne, and dark circles, while also enhancing skin fairness and smoothness. Furthermore, they contribute to boosting an individual's confidence. Ayurveda is recognized as an effective and beneficial approach to achieving these goals.

Over time, the popularity of skincare products has significantly increased. Individuals use a variety of products to protect their bodies, enhance their appearance, and prevent body odor, including foot powder, lipstick, mouthwash, and complexion treatments. The best Ayurvedic solutions for glowing skin are sought after, as everyone desires radiant and luminous skin. It is essential to indulge your skin with homemade face packs for an instant glow. For those with acne-prone skin, special care is necessary, which can be achieved with the most effective face packs for pimples. The skin on the face is a delicate area that requires comprehensive care, especially as exposure to pollution can make it susceptible to acne and pimples.

### **Advantages:**

1. They facilitate the rapid restoration of light absorption and enhance skin luminosity.
2. The consistent application of natural masks brightens the complexion, enhances skin tone, and alleviates inflammation.
3. They strengthen the underlying musculature.
4. They help maintain the skin's elasticity.
5. They effectively remove trapped debris.
6. They promote increased blood circulation.
7. They nourish the facial epidermis.
8. They provide essential nutrients to the skin.

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**Disadvantages:**

1. A single face pack may not be suitable for all individuals.
2. Different areas of the face exhibit varying skin types.
3. The drying process of facial packs can sometimes be prolonged.
4. They may lead to skin irritation, occasionally resulting in redness.
5. Applying a facial pack can be challenging for individuals with dry skin.

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**Benefits of Applying Face Packs:**

Face packs nourish the skin by delivering vital nutrients. They can help diminish acne, pimples, scars, and blemishes, particularly when formulated with herbal ingredients. Face packs containing neem and tulsi are particularly effective in reducing acne and pimples. Those designed for acne, pimples, and blackheads typically regulate excess sebum production from sebaceous glands and eliminate harmful bacteria associated with acne lesions. Scars and blemishes can be minimized by incorporating fine powders of sandalwood, rose petals, and orange lentils into acne face packs. Additionally, face packs aid in the removal of dead skin cells and provide a soothing and relaxing effect. They help restore the skin's lost radiance and glow in a short period. Regular use of natural face masks enhances skin glow and improves overall texture.

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**COMPLEXION:**

Face packs designed for acne, pimples, and blackheads typically help regulate excessive sebum production from sebaceous glands while eliminating harmful bacteria from acne lesions. By combining finely powdered ingredients with rose petals, orange lentils, and sandalwood, one can effectively reduce scars, acne, and skin markings. Depending on their herbal composition, these face packs can significantly lessen the appearance of acne, pimples, scars, and blemishes. Regular application of natural face masks enhances the skin's texture and tone, imparting a radiant glow. Additionally, the adverse effects of pollution and harsh weather conditions can be effectively mitigated through the judicious use of face packs.

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**DIFFERENT FORMULA HERBAL FACE PAC****Herbal Ingredients Profile****1. Orange peel :**

Dig .1

The orange, a citrus fruit, is rich in various nutrients such as calcium, potassium, magnesium, and vitamin C. It serves as a protective agent against oxidative stress, skin dehydration, and damage caused by free radicals. Furthermore, it aids in the prevention of acne, blemishes, wrinkles, and signs of aging, while also imparting an immediate glow to the skin. The peel of the orange is utilized in herbal applications.

**2. Turmeric:**



Dig.2

Turmeric is recognized for its anti-inflammatory and anti-allergic properties. It acts as an excellent blood purifier and supports wound healing. Due to its effective blood purification capabilities, it is employed in treating various ailments associated with blood impurities. Additionally, turmeric rejuvenates the skin and helps delay the appearance of aging signs, such as wrinkles, making it a valuable anti-inflammatory and anti-allergic agent.

### 3.Multani mitti:



Dig :3

In light of increasing pollution, allergies, and microbial exposure, human skin has become more sensitive and susceptible to accelerated aging. A concerted effort has been made to develop a face pack suitable for all skin types. Comprehensive assessments have been conducted during the formulation process to ensure adherence to quality standards. This product is intended for use as a herbal face pack.

### Banana peel



Dig.4

Banana peels possess both antifungal and antibiotic properties. The natural antibiotics present in banana peels combat microorganisms, while compounds such as norepinephrine, dopamine, and serotonin contribute to the benefits of the ripe peel and pulp. The outer covering of bananas, or banana peels, is not only safe to consume but also offers numerous health advantages. They are high in fiber, which aids in digestive health by regulating digestion and

alleviating constipation and diarrhea. Additionally, banana peels are a source of vitamin A, essential for maintaining eye health. They are frequently incorporated into herbal face packs, serving as one of the key ingredients.

#### 4. Aloe Vera (*Aloe barbadensis*):



Dig.5

Aloe Vera Is An Excellent Moisturizer Made For The Skin. Aloe Vera Rejuvenates The Skin,

Hydrates This And Keeps The Skin Layer Looking Fresh All The Time. Aloe Vera Has Anti-Microbial Properties That Make It Ideal For Acne And Acne. Aloe Vera Powder Contains Several Nutrients Such As Glycerin, Sodium Palmate, Sodium Carbonate, Sodium Palm Kemelate, Sorbitol, Etc.

#### 5.Milk powder



Dig.6

Milk Powder Is Very Beneficial For Skin, As It Provides Nourishment For Dry, Rough Skin For The Longer Duration. Milk Cream Either In The Form Of Owdered Raw Milk Or Milk As Such Provides A Brilliant Shine To Skin. This Is Beneficial In Hydrating The Face Deeply And Makes Skin Youthful, Lustrous And Flawless. It Bleaches The Skin To Remove Dark Spots, Pigmentation, Acne Etc. This Pack Also Removes Blackheads, Whiteheads, And Other Skin Imperfections Naturally. This Facial Pack Helps In Fading Sun

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## CONCLUSION

The text may underscore the significance of natural products in dermatological applications, particularly focusing on specific herbs that have demonstrated potential in enhancing skin health, including their anti-inflammatory, anti-aging, and antimicrobial properties. The conclusion could also highlight the necessity for additional scientific investigation to substantiate traditional claims and identify optimal formulations. Furthermore, it may advocate for the standardization and regulation of herbal cosmetics to guarantee their safety and effectiveness for consumers.

In the current context, individuals seek remedies for various skin issues without experiencing adverse effects. Herbal ingredients provide a pathway to create cosmetics that are free from harmful consequences. Herbal face packs are regarded as a sustainable and effective method to improve skin appearance. Therefore, this work represents a commendable effort to develop a herbal face pack utilizing naturally sourced ingredients such as Multani Mitti, turmeric, aloe vera, sandalwood, orange peel, neem, and nutmeg. It is proposed that the formulated product exhibited both physico-chemical and microbiological stability, embodying the characteristics of a standard cosmeceutical formulation for skincare.

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