



## Formulation Development and Evaluation of Antibacterial Face Pack: An Updated Review

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### ABSTRACT:

Believing that they are safer with fewer side effects than synthetic ones, natural remedies are more acceptable. There is a growing demand for herbal formulations in the world market. The aim of this study is to formulate and assess a polyherbal face pack for cosmetic use, composed of herbal ingredients including Multani mitti, orange peel powder, Rice Powder, neem powder, chandan powder, aloe juice powder, Almond, turmeric powder, fullers earth, and Cicer arietinum powder. Procured from the local market, these ingredients were obtained in dried, powdered form, passed through sieve no. 80, thoroughly mixed, prepared, and then evaluated for their organoleptic, physico-chemical, and microscopical characteristics. The dried powder resulting from this combined formulation exhibited passable flow properties suitable for a face pack.

**Keywords:** Cosmetic, Face Pack, Herbal, Ingredients, Natural, Product Rejuvenates

### Introduction :

Cosmetics are products used to make skin look better by cleaning, beautifying, and enhancing attractiveness. A face pack is a smooth powder or liquid applied to the face, allowed to dry, and then peeled off to tighten, strengthen, and cleanse the skin. Herbal face packs, tailored to different skin types, can reduce wrinkles, pimples, acne, and dark circles while improving fairness and smoothness, boosting confidence. Herbal cosmetics, like face packs, are safe with few side effects and can address common skin issues like acne, pimples, dryness, and dead skin. They rejuvenate muscles, maintain skin elasticity, remove dirt, and improve blood circulation. Being non-toxic, herbal face packs nourish the skin and can be used once or twice a week, less often for normal to dry skin, and more often for normal to oily skin.

### Types of skin :

- Dry skin
- Oily skin
- Combination skin
- Sensitive skin
- Normal skin
- Hyper pigmented skin



**BENEFITS :**

## Benefits of Applying Face Pack

1. Fruit face packs give essential nutrients to the skin, making it healthier.
2. Herbal ingredients in face packs can reduce acne, pimples, scars, and marks
3. Face packs remove dead skin cells, leaving the skin smoother.
4. These masks have a calming effect on the skin, helping it relax.
5. They restore the skin's shine and glow quickly.
6. Using natural face masks regularly improves skin texture, complexion, and brings a glow.
7. Face packs can effectively combat the harmful effects of pollution and harsh climates when used wisely.
8. They help prevent premature aging of the skin.
9. Natural face packs can control the formation of wrinkles, fine lines, and sagging skin.
10. Using natural face packs makes the skin appear youthful and healthy.



The present research article discusses formulating and evaluating a herbal face pack for achieving glowing skin. It utilizes natural ingredients such as Multani Mitti, turmeric, almond, sandalwood, rice flour, and glycerine in dried powder form. These ingredients have been authenticated at the Botany department of PRMSS Anuradha College of Pharmacy. The details of each natural ingredient used in the formulation of the herbal face pack are provided below.

**Multani mitti :**

Multani mitti benefits the skin in various ways, such as diminishing pore sizes, removing blackheads and whiteheads, fading freckles, soothing sunburns, cleansing the skin, improving blood circulation, complexion, reducing acne and blemishes, and giving a glowing effect due to its healthy nutrients. Multani mitti is rich in magnesium chloride.

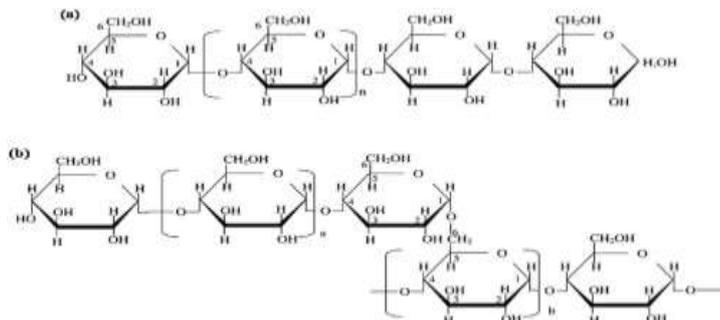
**\*\*Uses:\*\***

- Multani mitti is used as an exfoliant to remove impurities from the skin.
- It effectively removes dead skin cells.



- Suitable for all skin types, it helps to soften the skin.
- Multani mitti possesses natural oil-absorbing properties.
- It enhances skin texture.
- It hydrates the skin.
- Additionally, it helps slow down the signs of aging.

#### Rice Powder :

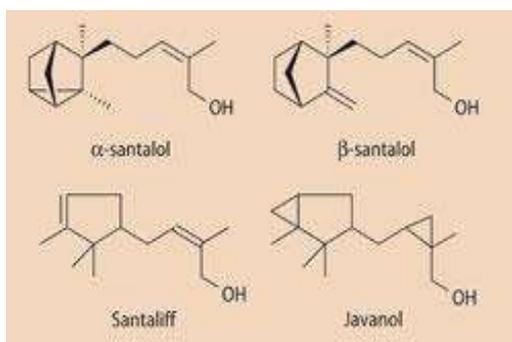


Rice powder's soft texture effectively exfoliates the skin, removes excess oil, and smoothens dryness, giving the skin a polished appearance. It also acts as an anti-acne agent. Asian women have used rice flour for centuries as a natural beauty aid due to its natural anti-aging and oil-absorbing properties, making it suitable for oily, acne-prone, dull, and mature skin. It's also a good anti-inflammatory and skin-whitening agent that soothes sunburned skin and enhances fairness.

#### \*\*Uses:\*\*

- Moisturizes the skin, making it smoother.
- Acts as an anti-aging treatment.
- Repairs various skin types.
- Absorbs excess oil.
- Promotes skin lightening.
- Minimizes the appearance of pores.

#### Sandalwood :



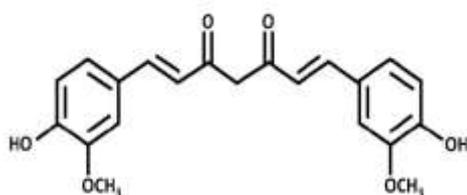
Sandalwood possesses anti-tanning and anti-aging properties along with toning, emollient, and antibacterial effects. It also offers cooling, astringent, relaxing, and therapeutic characteristics.

#### \*\*Uses:\*\*

- Promotes healthy, smooth skin.
- Reduces the appearance of scars and blemishes.
- Heals dry skin.

- Reduces signs of aging and wrinkles.
- Diminishes tanning and pigmentation.

#### Turmeric :

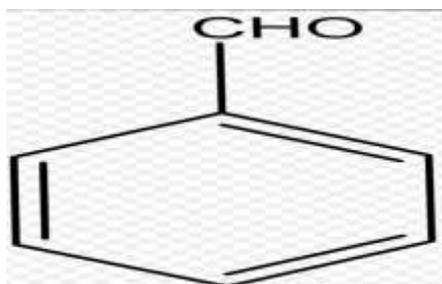


Turmeric is primarily used to rejuvenate the skin, delaying signs of aging like wrinkles, while also boasting antibacterial, antiseptic, and anti-inflammatory properties. It acts as an excellent blood purifier and effectively treats acne due to its antiseptic and antibacterial properties, reducing oil secretion from the sebaceous glands and providing a youthful glow to the skin.

#### \*\*Uses:\*\*

- Improves skin brightness and tone.
- Acts as an effective blood purifier.
- Treats acne by combating bacteria and reducing oil secretion.
- Slows down skin aging.
- Adds a natural glow to the skin.

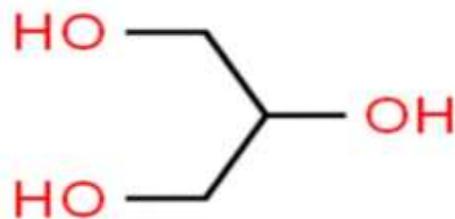
#### Almond :



Sweet almond oil is highly valued in the cosmetic industry, particularly in dry skin creams and anti-wrinkle and anti-aging products. It enhances skin glow and fairness and is utilized in over 280 cosmetic formulations, often in concentrations of up to 50%. Almond oil is a popular choice in aromatherapy and massage therapy due to its suitability for all skin types and its high content of vitamins E and K, which aid in skin regeneration and elasticity.

#### \*\*Uses:\*\*

- Exfoliates and cleanses the skin.
- Improves skin texture and tone.
- Widely used for achieving acne-free glowing skin.
- Moisturizes the skin.
- Serves as a makeup remover.
- Helps reduce the appearance of fine lines and wrinkles.

**Glycerine :**

Glycerin is a non-toxic, odorless, and colorless alcoholic liquid commonly found in animal fats and vegetable oils. Acting as a natural humectant and skin-conditioner, glycerin keeps the skin hydrated, soft, and supple. It also shields the skin from harmful environmental factors, enhancing its texture.

**\*\*Uses:\*\***

- Improves skin barrier function.
- Can be used as a cleanser.
- Provides smoother skin.
- Enhances skin permeability.
- Exhibits anti-aging effects.
- Deeply moisturizes the skin.
- Reduces signs of aging.
- Possesses skin-healing properties.

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