



## **Formulation and Evaluation of Herbal Face Pack**

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### **ABSTRACT :**

The purpose of this study is to create and assess a herbal face pack that uses natural herbal components to promote bright skin. Everyone aspires to have lovely, light skin. Herbal face masks or packs are used to clean up pores on the skin, preserve skin elasticity, and improve blood circulation. Natural medicines are more widely accepted because of the belief that they are safer and have less adverse effects than manufactured ones. Herbal formulations are becoming more and more popular on the global market. We bought dried powders of natural herbal substances from the local market, including Rice flour, Moong dal powder, Almond, Chandan powder, Multani mitti, Orange peel powder, Rose water.

**Keywords:** Herbal face pack, Moong dal, Natural ,Cosmetic, Herbal ingredients,

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### **Introduction:**

Cosmetics are items that are used to clean, beautify, and enhance the appearance of skin. Herbal cosmetics, such as face packs, can treat common skin conditions like acne, pimples, dryness, and dead skin. They are also safe and have little adverse effects. Herbal face packs are safe and nourishing for normal to oily skin types; use them once or twice a week for normal to dry skin types and more frequently for normal to oily skin types. Cosmetics are meant to be applied to the human body in order to cleanse, beautify, decorate, encourage attractiveness, and/or change the way skin looks. These substances are frequently used in different kinds or forms to enhance the appearance of the skin.

The primary benefit of utilizing herbal cosmetics is their purity and lack of adverse effects on human health. For both men and women, we have created a natural herbal face pack in this article that will lighten, brighten, and whiten skin. Due to its many advantages over chemical-based face packs, herbal face packs are increasingly widely used. They don't cause allergies, toxicity, or habit formation. They have longer shelf life and are natural in every way. There are no extra preservatives in them.

Cosmetics are products that are used to make skin look better, cleaner, and more attractive. Common skin issues like acne, pimples, dryness, and dead skin can be treated using herbal cosmetics, such as face packs. They also don't have many negative side effects and are safe. For normal to oily skin types, herbal face packs are safe and nourishing; use them more regularly for normal to oily skin types and once or twice a week for normal to dry skin types. Applying cosmetics to the human body is intended to cleanse, beautify, decorate, promote attractiveness, and/or alter the appearance of the skin. To improve the look of the skin, these chemicals are commonly utilized in various forms.[5][6][8]

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### **Aim And Objective:**

**Aim:** Formulation and Evaluation of Herbal Face Pack

**Objective:**

- Calming effect on the skin
- Skin's shine and glow quickly
- Remove dead skin cells
- Can reduce acne, pimples, scars
- No side effects

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**Benefits:**

1. Fruit face packs provide the skin with vital nutrients, improving its health.
2. The use of herbal substances in face packs can lessen marks, scars, acne, and pimples.
3. Dead skin cells are removed by face packs, making the skin smoother.
4. The skin is soothed and made to relax by these packs.
5. They swiftly bring back the radiance and shine of the skin.
6. Regular use of natural facial packs enhances the complexion, texture, and radiance of the skin.
7. When used properly, face packs can successfully prevent the negative effects of pollutants and severe weather.[1][7]

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**MATERIALS AND METHODS:**

All of the natural components utilized in this study, including Rice flour, Moong dal powder, Almond, Chandan powder, Multani mitti, Orange peel powder, Rose water. were bought as dried powders from the local market.

The information about the plant material used to make the face pack is listed below;

**Green gram:**

Moong dal, or green Gramme, is an especially potent wonder fixer. In addition to its medicinal properties, you can use it as part of your daily routine to treat skin ailments including dry skin and irritation. By nourishing and exfoliating your skin, green grammes revitalize it. It brightens the skin's surface and gets rid of dead skin cells. It is abundant in vitamins A and C, which make the skin look glossy. Regular blanching of green gramme can aid in the elimination of tan lines. In addition to being relaxing and cool, it also possesses germicidal qualities that may aid in healing.[4]

**Multani mitti:**

Multani mitti benefits skin in a variety of ways, including minimizing pore sizes, eliminating whiteheads and blackheads, fading freckles, relieving sunburns, cleaning skin, enhancing blood circulation, improving complexion, minimizing acne and blemishes, and giving skin a radiant appearance because it contains healthy nutrients. Its richness in magnesium chloride is Multani Mitti.[2]

**Sandal wood (Santalum alba):**

Santalum alba, or sandal wood Anti-aging and anti-tanning properties are found in sandalwood. Additionally, it has numerous benefits for skin, including toning, emollient, antibacterial, cooling, astringent, relaxing, and healing qualities.[2]

**Orange peel (Citrus reticulate)**

Oranges are citrus fruits that are rich in several nutrients, including calcium, magnesium, potassium, and vitamin C. It shields the skin from oxidative stress, free radical damage, and dehydration. Additionally, it prevents wrinkles, blemishes, acne, and ageing. It also provides an instant shine.[2]

**Rice Powder :**

The gentle texture of rice powder smoothes dryness, eliminates excess oil, and efficiently exfoliates the skin, leaving the skin looking polished. It has anti-acne properties as well. Because of its inherent anti-aging and oil-absorbing qualities, rice flour has been utilised by Asian women for ages as a natural beauty aid for their greasy, acne-prone, dull, and mature skin. It also improves fairness and soothes burnt skin. It is a good anti-inflammatory and skin-whitening agent.[1]

**Almond Powder:**

In the cosmetics sector, sweet almond oil is highly prized, especially for use in anti-aging and wrinkle creams for dry skin. It is used in over 280 cosmetic compositions to improve skin tone and brightness, frequently at concentrations of up to 50%. Due to its high vitamin E and K content, which promote skin flexibility and regeneration, and its compatibility for all skin types, almond oil is a popular choice in aromatherapy and massage treatment.[1]

**Rose water:**

Rose water toning can aid in removing accumulated grime, oil, and debris from your skin. It supports the preservation of the skin's PH equilibrium. Rose water's astringent qualities unclog your face's pores and shield you from acne, whiteheads, and blackheads.[3]

**Formulation table:**

Sr.No.	Ingredients (In powder form)	Quantity	Scientific Name
1.	Green gram (Moong dal)	4gm	Vigna radiate
2.	Multani mitti	1 gm	Bentonite Clay
3.	Sandalwood	1 gm	Santalum Album Linn
4.	Rice Flour	2gm	Oryza sativa
5.	Almond Powder	1.5gm	Prunus Dulcis Mill
6.	Rose water	QS	Rosa damascena
7.	Orange peel	0.5gm	Citrus reticulata

**METHOD OF PREPARATION:**

1. Every ingredient is ground into a powder and weighed in accordance with the amounts indicated in the formulation table above.
2. 4 gm of Moong dal powder, 2gm Rice Flour and Almond Powder are mixed in a Mortar using a pestle.
3. After that, add the remaining ingredients one at a time and blend well.
4. While mixing, incorporate enough rose water in sufficient quantity.
5. After that, every component is thoroughly combined to produce a smooth texture.
6. Next, an airtight container was filled with the prepared Face Pack.

**Results:****Physical parameters:**

The various face pack formulations were made and assessed for the physical characteristics listed in Table Free flowing properties were displayed using the flow property parameter.

Sr. No.	Parameters	Observation
1.	Colour	Dusty rose
2.	Odour	Pleasant
3.	Appearance	Smooth
4.	Texture	FIne
5.	Smoothness	Smooth

**Stability studies:**

Stability tests were conducted on the prepared herbal face pack, and the findings are displayed in the Table. Color, aroma, texture, smoothness, and pH changes were noted.

Sr. No.	Parameters	Room temperature
1.	Colour	No Change
2.	Odour	No Change
3.	Texture	Fine
4.	Smoothness	Smooth
5.	PH	6

**Irritancy test**

An irritancy test was performed on the prepared herbal face pack, and the results are displayed in Table During irritancy testing, the herbal face pack formulation did not exhibit any signs of redness, swelling, or irritation.

Sr. No.	Parameters	Observation
1.	Irritation	No
2.	Redness	No
3.	Swelling	No

**Discussion:**

The created face pack was smooth and fine in texture, with a dusty rose colour and a nice scent, according to the results of several evaluation properties. The particles' good flowability was shown by their flow characteristics. There were no symptoms of swelling, rashes, or redness during the irritability test. whereas the formulation's pH was 6.

This indicates that the face pack is suitable for application on skin because it is close to skin pH. The skin is easily cleansed of the formulation and shows no indications of staining.

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**Conclusion:**

The use of herbal components in cosmetic formulations allowed for the development of safe formulas. Herbal face packs are regarded as a long-lasting and effective method of improving skin look. Therefore, the current work represents a very good attempt to develop a herbal face pack using substances that are readily available in nature. The study as a whole is helpful in supporting commercial claims about their advantages for people.

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