



A Reserch paper on herbal face pack

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ABSTRACT :

The aim of this work is to formulate and evaluate the herbal face pack for glowing skin by using natural herbal ingredients such as neem, turmeric, sandalwood, aloe vera, rose water. All powdered natural ingredients were sieved using mesh no 120 weigh accurately all the ingredients and mixed. Thus in present work i formulate the herbal face pack by using easily available ingredients in botanical garden as well as available in market. Also after the evaluation of herbal face pack we found good properties for face pack for skin. The face pack that I formulated is free from irritate and no any allergic reactions to the skin and it give smooth effect to our skin and it should be easy to use. It also maintains consistency even after in any storage conditions. The result of study scientifically verified that herbal face pack having enough potential to give the efficient glowing effect on skin. The facial skin is the important part of our body that indicates the person's health. The preparation is applied as a liquid or paste that gives glowing effect to our skin. The pack is usually remaind on our skin for 20 to 25 min they remove all the impurities on our skin and make the skin glowing also absorb the water and remove dead skin.

Introduction

Cosmetic are commercially available products that are improve the appearance of skin and make the skin more glowing by the action of glowing, beautifying, promoting and attractiveness. From the ancient time different types of herbs are used to for the cleaning, beautiful look. The face of skin is important part of body. So the attractiveness and beauty of our skin is very essential and remove dark spot and acne from our skin is very important. Everyone wants to look fair and attractive skin. Today acne, dark circles and tanning, pimple, black spot on our skin is common problem in young people and many people is suffering from those problems According to ayurveda the skin problem is due to impurities in the blood

Objective of herbal face pack

Herbal face packs offer various skin benefits like improved blood circulation, reduced acne and blemishes, and a healthy glow, all while being gentle and free from harsh chemicals.

Here's a more detailed look at the benefits of herbal face packs:

Skin Improvement and Cleansing:

Deep Cleansing:

Herbal face packs help remove dirt, oil, and impurities from the skin, unclogging pores and preventing breakouts.

Exfoliation:

Some herbal ingredients can gently exfoliate the skin, removing dead cells and revealing a brighter complexion.

Improved Blood Circulation:

Herbal face packs can stimulate blood flow to the skin, promoting a healthy glow and radiance. Reduced Acne and Blemishes:

Certain herbs possess antibacterial and anti-inflammatory properties that can help reduce acne, pimples, and blemishes.

Scar Reduction:

Some herbal ingredients can help fade scars and improve skin texture. Detoxification:

Herbal face packs can help detoxify the skin, removing toxins and impurities that can lead to dullness and inflammation.

Precautions should be taken to apply face pack

To ensure a safe and effective face pack application, always cleanse your skin first, avoid the eye and lip areas, apply evenly, follow recommended time, and rinse thoroughly with lukewarm water.

Here's a more detailed breakdown of precautions to take when applying a face pack:

Before Application:

Cleanse your face:

Before applying any face pack, thoroughly cleanse your skin to remove dirt, oil, and makeup, ensuring the mask can penetrate effectively.

Exfoliate (optional):

Exfoliating can help remove dead skin cells and allow the mask to penetrate deeper, but it's not always necessary and can be skipped if your skin is sensitive.

Patch test:

If you have sensitive skin or are using a new product, perform a patch test on a small area of skin to check for any adverse reactions before applying it to your entire face.

Choose the right mask:

Select a face pack that is suitable for your skin type and concern

Ingredients used in herbal face pack

The following ingredients used in herbal face pack

1. 1.Neem
2. 2 . Sandlewood
3. 3.Turmeric
4. 4.Aloe vera
5. Rose water

1. *Neem*

A good neem face pack help us to achieve spotless and well hydrated the skin. It purifies our skin from within to achieve a good and glowing skin. It remove the dark spot, pimple, acne, black circles,grim it also maintains PH. It also contain antioxidant, enzyme, vitamin c b it also reduces pimples and black circles . Italso aid in healing wound and sun damage.The neem is an integeal part in ayurvedic medicine.It have the many advantages for our skin It purifies the blood and so there is no any pimple created

So the neem plays the viral role in the herbal face pack



Uses of Neem

1. It plays important role in medicinal application for skin and oral health.
2. It is used to remove the impure blood and make the blood pure.
3. It is also used in cosmetic.
4. It is used to reduce the pimples.
5. It is used as antibacterial
6. It is used as anti-inflammatory
7. It is used to reduce fungal infection
8. It is used as antibiotic
9. It also have the antiviral properties

2.*Aloe Vera*

Aloe vera in fack pack can smooth moisturizer and reduce the inflammation and making it beneficial for



skin concern like acne, dryness and pimples , redness. It reduces the skin irritation and inflammation . Aloe vera is great moisturizer and it make the skin hydrated and also softer the skin.Aloe vera has anti-inflammatory and antibacterial properties so it reduces the acne and pimples in the skin It can help to lighten the dark spot. Uses of Aloe vera

1. 1.It hydrated our skin and reduce the dryness
2. 2.moisturizing
3. 3.smoothing and moisturizing
4. 4.Antiinflammatory
5. 5.Smoothing
6. 6.Acne treatment
7. 7. Wound healing
8. 8.hyperpigmentation

3. Sandalwood

Sandalwood, or Chandan, is a popular ingredient in face packs due to its numerous skin benefits, including brightening, soothing, and anti-inflammatory properties, making it a natural remedy for various skin concerns.

Uses of sandalwood

1.Skin Brightening and Even Tone:

Sandalwood has natural skin-brightening properties that can help reduce the appearance of blemishes, dark spots, and pigmentation, leading to a more even complexion.

2.Soothing and Cooling:

Sandalwood has a naturally cooling effect, which can help soothe irritation, redness, and inflammation, making it ideal for sensitive or sunburned skin.

3.Anti-inflammatory and Acne Treatment:

Sandalwood's anti-inflammatory and antibacterial properties can help calm acne, reduce redness, and soothe irritated skin.

4.Moisturizing and Hydrating:

Sandalwood can help moisturize and hydrate the skin, improving its elasticity and reducing the appearance of wrinkles and fine lines.

5.Tan Removal:

Sandalwood, with its skin-brightening and cooling properties, can help reduce the appearance of tan and soothe sunburned skin, potentially leading to a more even complexion.

Here's how sandalwood can help with tan removal and skin brightening:

Natural Skin Brightening:

Sandalwood contains natural pigments and antioxidants that can help brighten and even out skin tone.

Reduces Melanin Production:

Sandalwood inhibits melanin production, which is responsible for skin pigmentation, potentially leading to gradual skin lightening and an even complexion.

Soothing and Cooling:

Sandalwood has cooling properties that can soothe sunburned skin and reduce inflammation.

Sandalwood can help reduce the appearance of tan and soothe sunburned skin due to its cooling and skin brightening properties.



Scar Reduction:

Sandalwood oil can help nourish the skin, improve elasticity, and even out skin tone, potentially reducing the appearance of scars.

6. Anti-aging:

Sandalwood is rich in antioxidants, which can help prevent wrinkles and maintain the buoyancy and structure of skin cells.

7. Wound Care:

Sandalwood's antiseptic properties can help in wound care and healing.

8. Oil Control:

Sandalwood can help balance excess sebum production in the skin, making it beneficial for oily and acne-prone skin.

4. Turmeric

Turmeric face pack leveraging its anti-inflammatory, antibiotic and antibacterial properties and can help to reduce inflammation aslo reduce hyperpigmentation and increase the natural glow of skin.

Uses of turmeric

1. Anti-aging properties
2. Anti-inflammatory : It is used to reduce the



redness on our skin. It also reduce the irritation and inflammation

Turmeric's anti-inflammatory properties can help soothe irritated skin and reduce redness associated with conditions like acne, eczema, and rosacea. Turmeric can help lighten dark spots, hyperpigmentation, and uneven skin tone, leading to a brighter and more even complexion.

3. 3. wound healing
4. 4 Increase the skin glow
5. 5. prevent Breakout
6. 6. Remove acne
7. 7. Remove tanning
8. Remove blackhead

5. Rose water



The rose water is used in face pack have many advantages such as hydration, soothing and claming the skin and it can also help to reduce inflammation and improve skin complexion. It is used to increase the moisture content in the skin also

Uses of Rose water

Hydration and Soothing:

Rose water is a gentle and natural toner that can hydrate and soothe the skin, making it a good choice for sensitive or compromised skin.

Anti-inflammatory and Antibacterial:

Rose water has anti-inflammatory and antibacterial properties that can help reduce redness, inflammation, and even acne-causing bacteria.

Versatile Use:

You can use rose water in DIY face packs by mixing it with other ingredients like turmeric, aloe vera, sandalwood, honey, or oatmeal to create a range of face packs that brighten, hydrate, calm, rejuvenate, and exfoliate.

Easy to Incorporate:

Rose water is gentle enough to be used frequently and can be incorporated into your skincare routine as a face mist or essence throughout the day for a burst of hydration.

Method of preparation

The powered dried natural ingredients were sieved uniformly weight and mixed geometrical

The following ingredients and their percentage are used

Sr no	Ingredients	Quality
1.	Neem	6gm
2.	Sandlewood	10gm
3.	Turmeric	5gm
4.	Aloe vera	7gm
5.	Rose water	5ml

All these ingredients are used are used to make herbal face pack

Evaluation of herbal face pack

1. organoleptic properties :These properties can be dependent upon the sensitive organ such as eye, nose, tongue. The organoleptic properties its colour Nature odour consistency which were evaluated for its evaluation.

Sr.no	Parameters	Observation
1.	Apperance	Powder
2.	Colour	Slight yellow
3.	Odour	Slight

4.	Smoothness	Smooth
5.	Exture	Fine

2.physiochemical properties :These properties consist of size, shapes, appearance,ph , intensity,density. The ph formulation was found to be neutral.so there properties is essential for physio chemical properties.

3.Irritancy Test

Sr.no	Parameters	Observation
1.	Irritant	No irritation
2.	Erythema	No irritation
3.	Edema	No irritation

Method of preparation of face pack

- 1.Prepare Powder of herbs
- 2.Mix all powder as per formula
- 3.Keep it for 5min
- 4.Use twice in a week

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