

# Formulation & Evaluation of Herbal Face Pack For Glowing Skin

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**Abstract-** Everybody wants to get a fair and charming skin. Now a day, acne, black heads, pimples are common among persons who suffer from it. According to ayurveda, skin problems are normally due to impurity in blood. Herbal face packs are used to simulate blood circulation, rejuvenate the muscles and help to maintain the elasticity of the skin and remove dirt from skin pores. The aim of this work is to formulate and evaluate an herbal face pack for glowing skin by using natural herbal ingredients. The natural herbal ingredients such as multani mitti, turmeric, sandalwood, neem, orange peel, aloe vera, kaolin, liquorice, methyl paraben, gum tragacanth and rose water. In the present work, we formulated a herbal face pack which can be easily made with the easily available ingredients. After evaluation, we found good properties for the face packs, free from skin irritation and maintained its consistency even after stability storage conditions. Results of the study scientifically verified that herbal face pack having enough potential to give efficient glowing effect on skin. The overall study is useful to substantiate product claims due its useful benefits on the human beings.

**Keywords-** Herbal, Formulation, Multani Mitti, turmeric, healthy, natural.

## I. INTRODUCTION

Since the ancient era, people are aware of the use of plants for the essential needs of a healthy and beautiful skin. Cosmetics are products used to clean, beautify and promote attractive appearance. Skin of the face is the major part of the body, which is a mirror, reflecting the health of an individual. A balanced nutrition containing amino acids, lipids and carbohydrates are required for the skin to keep it clear, glossy and healthy. In ancient times, women were very conscious about their beauty and took special care of their specific skin types.

Even today, people especially in rural areas, and hilly regions go for the natural remedies like plants extracts for various cosmetics purposes like neem, aloe vera, tulsi, orange peel, rose etc.

Herbal cosmetics are the products which are used to purify and beautify the skin.

The main advantage of using herbal cosmetic is that it is pure and does not have any side effects on the human body.

People have rough skin and when they don't take sufficient care, then the skin turns dark due to overexposure to the sun, other pollutants etc. In this article we have formulated herbal face pack to whiten, lighten and brighten the skin naturally for men and women. This face pack has natural skin lightening property and can be easily prepared at home.

Face packs with natural constituents are rich in vital vitamins that are essential for the health and glow of the skin. These substances have been proven to be beneficial for skin in many ways. Natural facial packs are easy to use. They increase the circulation of the blood within the veins of the face, thereby increasing the liveliness of the skin. A good herbal face pack must supply necessary nutrients to the skin, available in the form of free-flowing powder applied facially for the external purpose. It should penetrate deep down the subcutaneous tissues to deliver the required nutrients.

Every type of skin is specific for the requirement of skin pack. Nowadays different types of packs are available separately for the oily, normal and dry skin. Face packs are used to increase the fairness and smoothness of the skin. It reduces wrinkles, pimples, acne and dark circles of the skin. Face packs which are recommended for oily skin prone to acne, blackheads, usually control the rate of sebum discharge from sebaceous glands and fight the harmful bacteria present inside acne lesion.

## Raw Materials

Present research article deals with the formulation and evaluation of herbal face pack for glowing skin by using natural ingredient i.e., multani mitti, turmeric, sandalwood, Rose Petals, milk powder, rice flour, Banana peel & orange peel. They were purchased from local market in the form of dried powder. The powder of Banana Peel, Orange Peel, Rose

Petals was prepared by shade drying commercially. These Raw materials are used in the Herbal face Pack for glowing skin.

## II. MATERIALS & METHODS



### 1. Herbal Ingredients profile

Botanical Name: fuller's earth



### Chemical Composition of Multani Mitti

Multani mitti comprises of hydrated aluminium silicates, magnesium chloride, and calcium bentonite and has a composition similar to bentonite clay.

### Potential Uses of Multani Mitti:

Multani mitti is an excellent remedy for skin bothered by hot temperatures and sunburns. This cooling effect occurs quickly and lasts for a long time. Multani mitti may often be used to improve the complexion. It may also have some effect on scars. It may help with suntan and pigmentation. However, such effects need to be ascertained by further research.

### 2. Turmeric

**Botanical Name:** curcum along a

**Family:** zingiberaceae

**Genus:** curcuma



Turmeric has been used in this preparation due to its blood purifying property and helps in wound healing, because of its antiseptic action. It cures the skin diseases occurring due to blood impurities. It is a very good anti-inflammatory and anti-allergic agent. The phytoconstituents, mainly terpenoids present in it helps to lighten the skin tone. Turmeric delays the signs of aging like wrinkles, improves skin elasticity. It cures pigmentation, uneven skin tone and dull skin.

Turmeric, sometimes called Indian saffron or the golden spice, is a tall plant that grows in Asia

### 3. Sandalwood

Botanical Name: Santalum album

Genus: Santalum



Sandalwood has an anti-tanning and anti-aging property. It also helps skin in many ways like toning effect, emollient, antibacterial properties, cooling astringent property, soothing and healing property.

### Potential Uses of Sandalwood for Wounds:

Owing to its potential anti-microbial actions (i.e., anti- bacterial, anti-fungal, and anti-viral actions) along with its anti-inflammatory effects, sandalwood may help in wound healing and is used for the same. However, more research is required to prove such claims. Potential Uses of Sandalwood for

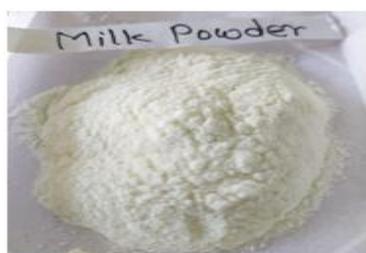
#### 4. Rose Powder

Botanical name- *Rosa Damascena* mill1 Family – Rosaceae  
Genus - *Rosa* l



Powder made from dried rose petals can be used to treat acne scars, lighten pigmented skin, and even out skin tone. Additionally, you can use this powder to whiten your skin while nourishing it with vitamins C and E. Rose petals also have anti-bacterial properties

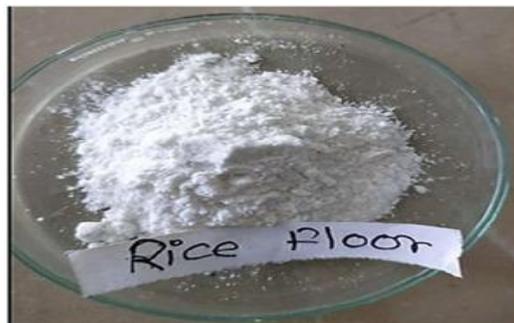
#### 5. Milk Powder



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 powdered 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 tan.

#### 6. Rice Flour

Botanical Name - *Oryza sativa* family - *Sativa*  
genus-*Oryza sativa*



Rice flour can be applied to cure some forms of skin ailments. In Indian subcontinent, rice water is duly prescribed by Ayurvedic practitioners as in undigested form. It aids the growth. Allow it to dry and wash off with lukewarm water. Honey has anti-bacterial properties that may help fight acne. Oats may help remove the excess oil on your face. This face pack can soothe your inflamed skin if you have persistent acne.

#### 7. Orange Peel Powder

Botanical name - *Citrus sinensis* family – rutaceae  
Genus-*Citrus*



Orange peel is a covering of 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.

#### 8. Banana Peel Powder

Botanical name - *Musa acuminata*  
family - musacea  
genus - *musa*



Banana peel has both antifungal and antibiotic components. The natural antibiotic acts against Mycobacterium, Norepinephrine, dopamine, and serotonin are also present in the ripe peel and pulp.

#### Methods of Preparation:

Sr.No	Constituent	ScientificName	Percentage%
1.	MultaniMitti	Calciumbenzoate	15
2.	Turmeric	Curcuma longa	15
3.	Sandalwood	Santalum album	10
4.	RosePowder	Rosa spp	05
5.	MilkPowder	-----	15
6.	Riceflour	Oryza sativa	20
7.	Orangepeel	Citrus sinensis	10
8.	Banana peel	Musa acuminata	10

#### Prepared face pack

Step – 1 all the required herbal powders for the face pack preparation were accurately weighed individually by using digital balance.

Step – 2 The herbal drugs such as multani mitti, turmeric, sandalwood, orange peel, banana peel, rice flour, rose powder, milk powder were transferred to mortar and pestle and triturated.

Step – 3 Previously prepared mixture of herbal powders was transferred to the mixture of fine powders and triturated to obtain uniform drug powder of face pack.

Step – 4 The powders were passed through sieve no.#120-180.

Step – 5 The prepared face pack powder was packed into a self-sealable container, labelled and used for further studies.

#### 3.1 Procedure for application of face pack

The pack should be applied daily on wet face, forming a paste of it in water with optimum thickness. It should be applied evenly on the face with the help of a brush. It should be left for 15 minutes for complete drying. Then it should be removed with the help of a wet sponge

#### Herbal facepack Uses

1. It cleanses the skin removes the dead skin sediments from the pores.
2. Glow up also caters a highly effective blood purification and antiallergic treatment.
3. It reduces Pimples, Acne, white heads, Black heads and blemishes.
4. It sucks the excess oil in case of excess oil secretion and reduces dermal manifestation.
5. An herbal face pack is used to rejuvenate the muscles, maintain the elasticity of the skin, remove adhered dirt particles and improve the blood circulation.
6. The benefits of herbal based cosmetics are their nontoxic nature.
7. This face pack supplies vital nourishment to the skin.

#### 5. Precautions to be taken while applying face pack:-

- Select the face pack according to your skin type. If you have any serious skin concerns, take opinion of natural therapist or concerned skin expert before applying face pack.
- The face pack should not be left on face more than 15 to 20 minutes. Keeping for very long time may result in formation of wrinkles, sagging of skin and enlargement of open pores.
- Apply face pack once in a week.
- Don't try to peel or scratch the dried face pack.
- Do not scrub face vigorously. This may result in eruption of pimples and dark spots.
- Avoid applying face pack near "eye zone". The skin around eye is very delicate. The process of removing face pack may damage the sensitive skin around eyes.
- Stay away from heat when you have applied face pack
- This may harm underlying skin. Spray water (which is at room temperature) on face before removing dried face pack. After removing the mask roll an ice cube on facial skin. This helps to close open pores and tightens skin. It also tones and soothes the skin

#### Evaluation of Facepack

##### 1. Morphological Evaluation

It refers to the evaluation of the herbal face pack by its color, odor, appearance, texture etc. The external characters of the formulation were examined based on the method described by Siddiquietal.

##### 2. Physicochemical evaluation

Physicochemical parameters were determined, including the determination of extractive value, ash value, pH and moisture content.

### 3. Physical evaluation:-

Physicochemical parameters were determined, including the determination of extractive value, ash value, pH and moisture content.

### 4. Irritancy test.:-

Mark an area (1sq.cm) on the left-hand dorsal surface. Definite quantities of prepared face packs were applied to the specified area and time was noted.

Irritancy, erythematic, edema, was checked if any for regular intervals up to 24 hrs and reported.

### 5. Stability studies.

Stability testing of prepared formulation was conducted by storing at different temperature conditions for the period of one month. The packed glass vials of formulation stored at different temperature conditions like, room temperature and 40°C and were evaluated for physical parameters like color, odour, pH, consistency and feel.

S.No	Parameter	Observation
1	Color	Pale yellow
2	Odour	Pleasant
3	Appearance	Smooth, fine
4	Texture	Fine
5	Smoothness	Smooth

## III. RESULT AND DISCUSSION

Following evaluation parameters were performed to ensure superiority of prepared face pack.

### 1. Morphological Evaluation

Herbal face pack was evaluated for morphological parameters showed in the Table. The colour of formulation was pale yellow.

The odour of prepared formulations was pleasant and good acceptable which is desirable to cosmetic formulations.

Texture and smoothness was acceptable as per requirement of cosmetic formulations.

### 2. Physicochemical Evaluation

Herbal face pack was evaluated for physicochemical parameters showed in the Table. The pH of formulation was found close to neutral. The ash content and moisture content was within limit. The particle size of formulations was found in the range of  $24.3 \pm 2.5 \mu\text{m}$ .

Physicochemical Evaluation

Sr. No	Parameter	Observation
1.	pH	6.92
2.	Loss on Drying	2.9
3.	Ash content	$89 \pm 0.352$
4.	Particle size ( $\mu\text{m}$ )	$24.3 \pm 2.5$

### 3. Irritancy Test

The results of irritancy test were shown in Table.

The formulation showed absence of irritation, redness and swelling during irritancy studies. This formulation has safe to use on skin.

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

### 4. Stability Studies:

The results of stability were shown in Table. No change in color, odour, texture and smoothness was observed at mentioned conditions of stability except pH. The stability studies showed a slight change in pH of formulation at 40°C

Sr. No	Parameter	Room Temperature	40°C
1.	Color	Nochange	Nochange
2.	Odour	Nochange	Nochange
3.	PH	6.92±0.12	6.87 ±0.15
4.	Texture	Fine	Fine
5.	Smoothness	Smooth	Smooth

#### IV. CONCLUSION

Natural remedies are more acceptable in the belief that they are safer with fewer side effects than the synthetic ones. Herbal formulations have growing demand in the world market. Herbal face packs are used to stimulate blood circulation, rejuvenate the muscles and help to maintain the elasticity of the skin and remove dirt from skin pores. It is a our good attempt to formulate the herbal face pack containing natural herbal ingredients such as multani mitti, turmeric, sandal wood, saffron, milk powder, rice flour, orange peel.

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