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Formulation and Evolution of Herbalface Pack for Glowing Skin

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Abstract: The aim of this study is to develop and assess an herbal face pack formulated using natural ingredients such as saffron, multani mitti (fuller's earth), turmeric powder, orange peel powder, sandalwood powder, coffee, gram flour, and honey. This herbal face pack is intended to improve blood circulation, revitalize facial muscles, enhance skin elasticity, and cleanse the pores by removing dirt and impurities. Herbal cosmetics are favored for their non-toxic nature, lower risk of allergic reactions, and the long-standing traditional use of many of their components.

The formulated herbal face pack was comprehensively evaluated using a range of parameters, including physical characteristics, rheological behavior, stability, microbial contamination, physicochemical and phytochemical properties, antibacterial activity, and other relevant factors. The primary objective of this formulation is to address common skin concerns such as dark spots, acne marks, pimples, scars, dark circles, and the accumulation of dead skin cells by enhancing blood circulation and promoting skin rejuvenation.

Upon evaluation, the face pack exhibited favorable attributes, including being non-irritating to the skin, easy to apply and wash off, and leaving the skin feeling smooth and radiant. It also retained its consistency and efficacy under various stability storage conditions. Scientific analyses of the herbal formulation confirmed its effectiveness in cleansing the skin, enhancing its natural glow, reducing blemishes, and clearing clogged pores.

The findings from this evaluation underscore the potential of the herbal face pack as a beneficial skincare product with proven therapeutic and cosmetic benefits.

Keywords: Skin, Herbal face pack, Formulation, Evaluation, Stability, Phytochemical properties, Antibacterial activity, Skin rejuvenation

I. INTRODUCTION

The concept of beauty is deeply rooted in human history, with clear and radiant skin considered a hallmark of attractiveness and good health. Herbal remedies have been used since ancient times to enhance beauty, as noted in Ayurvedic texts. These remedies focus on improving skin tone, reducing pigmentation, and treating common skin issues like acne, pimples, dark circles, and blackheads. Ayurveda attributes most skin problems to blood impurities caused by poor diet and lifestyle, and recommends herbal medicines for blood purification to restore skin health.

Facial skin, being the most exposed and sensitive part of the body, often reflects a person's overall health. In ancient times, women paid special attention to their skin type and used natural products accordingly. Even today, especially in rural and hilly areas, people prefer herbal cosmetics due to their purity and lack of side effects. These cosmetics help purify the skin naturally and are composed of biomolecules like amino acids, lipids, and carbohydrates, which require balanced nutrition for the skin to remain healthy and radiant.

Herbal face packs, known in Ayurveda as Mukhalepa, are made from fine powders and mixed into pastes that are applied to the face. These packs supply nutrients to the skin, help eliminate wrinkles, acne, and pigmentation, and enhance fairness and glow. They are most effective when matched to specific skin types—oily, dry, or normal—and used regularly. Herbal face packs are not only preventive but also curative in nature, offering an Ayurvedic solution for various skin conditions.

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These natural face packs are preferred over chemical-based products because they are non-toxic, non-allergic, and free from preservatives. They improve blood circulation, rejuvenate the skin, and promote elasticity. Available in different forms like clay-based, gel-based, and wax-based masks, they work by forming a film on the face that tightens as it dries, pulling out dirt and impurities. Though the effects are temporary, consistent use two to three times a week can maintain glowing and healthy skin.

Benefits of Natural Face Packs [15][16][17]:

- 1. Nourish the skin by providing essential nutrients required for skin health.
- 2. Reduce acne, pimples, scars, and marks, promoting a clearer complexion.
- 3. Remove dead skin cells, allowing fresh and healthy skin to emerge.
- 4. Provide a soothing and relaxing effect, calming the skin and mind.
- 5. Restore the skin's natural glow in a short period of time.
- 6. Improve skin texture and complexion with regular use.
- 7. Protect the skin from pollution and harsh climates when used judiciously.
- 8. Prevent premature aging of the skin.
- 9. Control the formation of wrinkles, fine lines, and sagging.
- 10. Maintain a youthful and healthy appearance of facial skin.

Ideal Properties of a Face Pack [18][19]:

- 1. It should be non-irritating and non-toxic.
- 2. It should be stable both physically and chemically.
- 3. It should be free from gritty particles.
- 4. It should have pleasant odour.
- 5. It should be capable of producing significant cleaning of the skin.
- 6. It should produce a sensation of tightening of the skin after application.
- 7. It should form a smooth paste.

Precautions to Follow While Using a Face Pack:

- 1. The face pack should be used according to your skin type.
- 2. Consult a skin expert before using any natural therapy on the face.
- 3. Keep the face pack on for a maximum of 20-30 minutes, then wash the face thoroughly to remove all residues.
- 4. Ensure the face is completely dry before applying the face pack.
- 5. Do not scrub the face vigorously.

6. Avoid applying the face pack near the eye area, as the skin around the eyes is very delicate and may be damaged during removal.

AIM:

To prepare a herbal face pack for glowing skin using natural and chemical-free ingredients.

OBJECTIVES:

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- 1. To develop a natural and chemical-free face pack using herbal ingredients.
- 2. To provide essential nutrients that nourish and rejuvenate the skin.
- 3. To enhance the natural glow and brightness of the skin.
- 4. To effectively cleanse the skin by removing dirt, oil, and dead skin cells.
- 5. To reduce common skin problems such as acne, pimples, scars, and dark spots.
- 6. To improve skin texture, tone, and overall appearance.
- 7. To prevent premature aging by reducing wrinkles and fine lines.

8. To ensure the product is non-toxic, non-irritating, and suitable for all skin types.

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9. To evaluate the face pack for safety, stability, and effectiveness.

LITERATURE REVIEW

J. Prathyusha, N. S. Yamani (2019)

According to the study by J. Prathyusha and N. S. Yamani (2019), cosmetics significantly contribute to a confident and happy lifestyle. Currently, there is a growing preference for herbal cosmeceuticals due to their lack of side effects. Individuals with oily skin often experience issues such as acne, blackheads, and whiteheads, making exfoliation a crucial part of their skincare routine. In this study, the authors developed three different gel-based formulations (F1, F2, and F3) specifically for oily skin. These formulations included natural ingredients such as turmeric, aloe vera, cinnamon, potato starch, activated charcoal powder, honey, green tea, lemon juice, onion, walnut shell, coconut oil, beetroot juice powder, along with sodium lauryl sulfate and water. The products were assessed based on several parameters including physical appearance, viscosity, pH level, spreadability, skin irritation potential, ease of washing, and stability. The evaluation yielded positive and satisfactory results across all the tested criteria.

Vidya Keshav Kakad (2022)

Many commercially available skincare products tend to cause skin dryness with prolonged use, which can lead to reduced skin vitality and issues such as acne and redness. A suitable remedy for this concern is the use of scrubs made entirely from herbal ingredients, which help cleanse, soften, moisturize, and enhance the complexion of the skin. The use of natural substances to treat acne, reduce wrinkles, and regulate oil production is referred to as natural or herbal cosmetics. These herbal cosmeceuticals typically include plant-derived components that offer antimicrobial, antioxidant, and anti-aging benefits. Herbal cosmetics are considered among the safest options for daily use, as they are free from side effects. Cosmeceuticals are products that actively affect and improve the biological functions of the skin. Millikan, Larry E. Cosmetology (2012)

Exfoliation is the process of removing old and dead skin cells from the skin's outer layer. This can be done using two primary techniques: mechanical exfoliation and chemical exfoliation. In recent times, there has been an increase in the number of individuals seeking dermatological treatment for skin issues such as acne, rosacea, stretch marks, sun damage, and skin cancer. Regular exfoliation improves the skin's texture and appearance by facilitating the shedding of dead surface cells. Herbal exfoliants contribute to achieving soft, smooth, and refreshed skin, and also help in delaying the early signs of aging.

Chanchal D. and Saraf S. (2009)

The main goal of the present study was to create a polyherbal scrub formulated within a gel base. The use of natural substances to address skin concerns such as acne, wrinkles, and excess oil production falls under the category of natural or herbal cosmetics. These herbal cosmeceuticals generally consist of plant- based ingredients known for their antimicrobial, antioxidant, and anti-aging properties. Due to their minimal risk of adverse effects, such herbal products are widely regarded as safe for daily application. Cosmeceuticals are recognized for their ability to positively influence the skin's biological functions. In this particular formulation, green apple, cinnamon, millet, sandalwood, neem, turmeric, and honey served as the primary active components and were blended into a gel base using different grades of carbopol. Other ingredients, including propylene glycol, triethanolamine, methyl parahydroxy benzoate, and sodium lauryl sulfate, were also incorporated. The final product was assessed for several parameters such as appearance, pH level, viscosity, spreadability, ease of washing, and potential skin irritation. The findings confirmed that the formulation satisfied all necessary criteria, supporting its effectiveness as a herbal scrub designed to promote healthy and glowing skin.

II. MATERIALS AND EQUIPMENTS:

2.1. MATERIALS:

The following natural ingredients are utilized in the preparation of a herbal face pack aimed at enhancing skin health: saffron, orange peel, multani mitti (fuller's earth), turmeric powder, honey, coffee, gram flour, and sandalwood powder. These components contribute to the effectiveness of the herbal formulation.

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2.1.1. Saffron

Alternate Names: Hay saffron, Amber, Blond, Gold, Kesar

Botanical Source:Saffron is derived from the dried stigmas and the upper parts of the styles of the Crocus sativus L. plant. This plant is a member of the Iridaceae family.

Chemical Components:Crocin,Picrocrocin,Essential oils,Waxes

Applications:

- 1. Naturally enhances the skin's glow
- 2. Helps in reducing the appearance of dark spots



Fig. Saffron.

2.1.3. Multani Mitti

Other Names: Fuller's earth, Bentonite clay

Origin: Multani Mitti is a naturally occurring substance rich in various minerals including magnesium, silica, quartz, calcium, iron, calcite, and dolomite. It was originally used in an old method for cleaning wool, where it served as a slurry to remove grease and dirt from the fabric.

Chemical Composition: This substance primarily consists of hydrated aluminum silicates, magnesium chloride, and calcium bentonite, which gives it a chemical profile similar to that of bentonite clay.

Applications: Multani Mitti is valued for its ability to purify the skin. It improves blood flow, clears out blackheads and whiteheads, and assists in controlling acne.





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2.1.4. Turmeric Powder

Other names: Curcumin, Curcuma longa, Haldi

Natural source: Obtained from a rhizomatous herbaceous perennial plant that belongs to the ginger family and is native to the tropical regions of South Asia.

Plant family: Zingiberaceae

Chemical composition: Primarily contains three types of curcuminoids— curcumin, demethoxycurcumin, and bisdemethoxycurcumin. It also includes volatile oils such as tumerone and altantone.

Uses: Known for its antiseptic and antibacterial properties, it is also used for blood purification, reducing pigmentation, and fading acne scars.



Fig. Turmeric powder

2.1.5. Honey

Other names: Madhu, Mead, Sweet, Mel, Purified Honey

Natural source: A natural substance produced by honeybees from the nectar of flowers.

Biological family: Apidae

Chemical composition:

1) Typically consists of 80 to 85 percent carbohydrates

2) 15 to 17 percent water

3) Around 0.3 percent proteins 4) Approximately 0.2 percent ash

5)Also contains trace amounts of amino acids, phenolic compounds, pigments, and vitamins Uses:

1. Acts as a natural moisturizer

2. Helps cleanse the skin by removing excess oil and impurities



Fig. Honey

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2.1.6. Coffee powder

Other names: Caffeine, Cappuccino, Brew, Decaffeinated Coffee, Joe

Natural source: Derived from the Coffea genus, which includes around 125 species of flowering plants primarily found in tropical regions of Africa.

Plant family: Rubiaceae

Chemical composition: Mainly contains caffeine, tannins, fixed oils, carbohydrates, and proteins.

Uses: Functions as an antioxidant, helps exfoliate the skin, possesses anti- inflammatory properties, and contributes to making the skin softer, smoother, and more radiant.



Fig.coffee powder

2.1.7. Gram Flour

Other Names:Besan,Chickpea Flour,Garbanzo Bean Flour

Natural Source:

Gram flour is obtained by grinding chickpeas, which are a type of legume. Chickpeas are extensively cultivated in India, making gram flour a staple in Indian households.

Plant Family: Fabaceae (also known as the legume, pea, or bean family)

Chemical Composition:

Gram flour consists of the following approximate constituents by percentage: Moisture: 11.2 percent

Protein: 22.5 percent

Fat: 5.2 percent

Carbohydrates: 58.9 percent

Uses:

A) Cosmetic Use:1.Helps reduce acne and pimple marks

2. Acts as a natural tan-removal agent

3. Aids in lightening the skin tone

B) Culinary Use (implied):

Although not specified here, it is worth noting that gram flour is widely used in Indian cooking for dishes like pakoras, chillas, and sweets.



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Fig. Gram Flour

2.1.8. Sandalwood Powder

Other Names:Kalabham, Chandanam Powder

Natural Source:

Sandalwood powder is derived from the heartwood of the stems and roots of Santalum album Linn., which is a small evergreen tree. This tree is highly aromatic and native to the Indian subcontinent.

Plant Family:Santalaceae (commonly known as the sandalwood family)

Chemical Composition:

Sandalwood powder contains approximately 2 to 5 percent volatile oil. The essential constituents of this oil include:

- 1. Alpha-santalol (a sesquiterpene alcohol)
- 2. Beta-santalol (another isomeric sesquiterpene alcohol) 3.Santenone (a ketone compound)
- 4. Aldehyde santalol

Uses:

- 1. Acts as an antimicrobial agent, helping to prevent bacterial infections
- 2. Reduces acne and related skin irritations
- 3. Helps combat tanning and promotes an even skin tone
- 4. Provides a cooling effect on the skin 5. Functions as an astringent, tightening skin pores
- 6.Has soothing and healing properties, often used in skin care preparations and face masks



Fig. sandalwood powder.

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EQUIPMENTS: LIST OF EQUIPMENTS

SR.NO	LIST OF EQUIPMENTS	
1	Digital pH meter	
2	Spreadability slides	
3	Soxhlet apparatus	
4	Funnel	
5	Bulk or tapped density apparatus	

Method of Preparation: A precise amount of each herbal powder ingredient was weighed and finely ground using a sieve number 120. All the ingredients were then blended thoroughly using the geometric dilution method to ensure uniform mixing. The final mixture was transferred into a self-sealable polyethylene bag, properly labeled, and stored for further experimental studies.

FORMULA: FORMULA FOR THE FACE PACK AND ROLE OF THE INGREDIENTS.

SR NO.	INGRE DIENTS	QUANTITY GIVEN	QUANTITY TAKEN	USES
1	Saffron	11.2	9.1	Natural glower to the skin, lightens the dark spots on skin
~	Orange peel	9.4	3.2	Anti-aging, anti-acne and source of vitamin-C
	Multani mitti	6.3	3.1	Cleansing skin, improves blood circulation, removes black and white heads and reduces acne.
<u>.</u>	turmeric powder	2.0	0.9	Antiseptic, anti-bacterial, blood purifying activity, remove pigmentation and acne marks.
	honey	4.8	2.8	Moisturizer, removes the dirt and oils from the skin
6	coffee	4.2	2.3	makes skin smooth, soft & brighter
	flour	9.2	4.6	Anti-oxidant, exfoliate the skin, anti- inflammatory,
- °	od sandalwo	3.1	1.3	Reduces the black spots of acne & pimples, tan removal agent, lightening the skin ton stc.

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FORMULATION: [16]

All ingredients should be finely powdered by passing them through sieve number 120.

Accurately weigh all herbal powders, including orange peel powder, sandalwood powder, turmeric powder, and coffee. Blend these powders thoroughly using a mortar and pestle to obtain a uniform mixture.

Separately, weigh precise amounts of Multani mitti (also known as Fuller's earth), saffron, and gram flour. Mix these together thoroughly using trituration to form a consistent blend.

Combine this mixture with the previously prepared herbal powder blend and continue triturating until a homogeneous face pack powder is achieved.

Steps for preparing and applying the face pack on the skin:

Take the required amount of the prepared face pack powder in a bowl. Add either honey or rose water and mix until a smooth paste is formed.

Apply the mixture evenly over the facial skin, ensuring it covers areas with acne and blemishes.

Leave the mask undisturbed on the face for approximately 15 to 20 minutes, allowing it to dry completely. Once fully dried, rinse the face gently with lukewarm or cold water.

Evaluation and Result:

1. Morphological Evaluation: Morphological evaluation involves the assessment of key physical characteristics such as color, odor, appearance, and texture. These attributes help in identifying and describing the external features of the formulation.

SR.NO	PARAMETER	OBSERVATION
1	Colour.	Pale Yellow
2	<u>Odour</u>	Pleasant
3	Appearance	Smooth
4	Texture	fine
5	Smoothness	Smooth

2. Physicochemical Evaluation: Physicochemical evaluation involves the analysis of various physical and chemical properties of the ingredients used in the face pack formulation. Key parameters assessed include ash value, moisture content, pH level, and extractive value. These tests help ensure the quality, stability, and consistency of the formulation.

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SR.NO	PARAMETER	OBSERVATION
1	<u>Ph</u>	6.93
2	Loss on Drying	2.8
3	Ash content	88 ±0.352
4	Particle size (µ m	24.3+2.5

3. Phytochemical Evaluation: The aqueous extract of the herbal face pack was analyzed to identify the presence of various phytochemical constituents, including carbohydrates, alkaloids, glycosides, tannins, and volatile oils. These compounds contribute to the therapeutic and functional properties of the formulation.

SR. NO	PHYTOCONSTITUENTS	OBSERVATION
1	Carbohydrates	+
2	Alkaloids	+
3	Tannins	+
4	Glycosides	+
5	Volatile oil	+

4. Physical Evaluation: Physical evaluation includes the assessment of particle size using microscopic techniques. The flow properties of the dried powder are determined by measuring the angle of repose using the funnel method. Additionally, bulk density and tapped density are evaluated using the tapping method to understand the packing and compressibility characteristics of the powder.

SR.N O	PARAMETER	OBSERVATION
1	Tapped Density	1.428gm/ml
2	Bulk Density	1.08gm/ml9
3	Angle of Repose	32.610
4	<u>Hausner's</u> ratio	1.322
5	<u>Catt's</u> index	21.94%

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Stability Studies: [23]

Stability testing of the prepared face pack formulation was carried out by storing the product under various temperature conditions for a duration of one month. The formulation was kept at room temperature, 35 degrees Celsius, and 40 degrees Celsius. During this period, it was assessed for changes in physical characteristics such as color, odor, consistency, and overall feel.

SR.NO	Parameter	Room temprature	40° C
1	Colour	No Change	No Change
2	Odour	No Change	No Change
3	Ph	6.92 ± 0.12	6.87±0.13
4	Texture	Fine	Fine

Irritancy Test: This formulation is intended solely for external application. During irritancy studies, it demonstrated no signs of irritation, such as redness or swelling, indicating that it is safe for use on the skin.

[⊕] sr.no	Parameter	Observation
1	Irritation	No
2	Redness	No
3	Swelling	No
4	Edema	No

Preparation of Herbal Face Pack for Glowing Skin.

IV. CONCLUSION

Natural remedies are generally preferred due to the belief that they are safer and have fewer side effects compared to synthetic alternatives. The global demand for herbal products, including herbal face packs, is steadily increasing. Herbal face packs are known to enhance blood circulation, rejuvenate facial muscles, maintain skin elasticity, and cleanse pores by removing dirt and impurities. These face packs are viewed as a sustainable and effective method to

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improve skin appearance. They help make the skin soft and smooth by eliminating dead cells along with accumulated dirt and pollutants.

Since herbal face packs are gentle and non-irritating, they are suitable for all skin types, including oily, dry, and sensitive skin. In this study, we developed a face pack using natural herbal ingredients such as saffron, orange peel, multani mitti (Fuller's earth), turmeric powder, honey, coffee, gram flour, and sandalwood powder. Upon evaluation, the face pack demonstrated favorable properties, caused no irritation, and maintained its consistency under stability conditions. It delivers essential nutrients to the skin and is effective in reducing acne, pimples, scars, and blemishes. Additionally, it exfoliates the skin and provides a soothing, calming, and cooling sensation.

Regular use of this herbal face pack helps restore the natural glow of the skin within a reasonable time and improves skin texture and complexion. With pollution and extreme weather conditions negatively impacting the skin, consistent use of this face pack can help mitigate such effects. However, further research is required to explore additional cosmetic benefits of these herbal formulations.

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