

To Review On the Face Wash Tablet

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ABSTRACT

People are becoming aware of the use of plants for the essential need for healthy and beautiful skin. Face wash tablets are a novel and innovative approach to skincare, designed to provide the benefits of traditional liquid or gel-based face cleansers in a convenient, portable, and eco-friendly tablet form. These tablets are formulated with active ingredients such as cleansers, exfoliants, and moisturizers that, when activated with water, dissolve to create a lather capable of effectively removing dirt, oil, and impurities from the skin. The compact and lightweight nature of face wash tablets makes them ideal for travel, offering a mess-free alternative to bulky liquid bottles. Additionally, they reduce plastic waste and are often made with sustainable, biodegradable packaging. This abstract explores the formulation, advantages, and potential market applications of face wash tablets, highlighting their contribution to the growing demand for sustainable beauty solutions. Face wash tablets are designed to be cost-effective, small in size and free of harmful preservatives

KEYWORDS: Face wash, Face wash tablets, Foaming ability, Cleansing tablets, Eco-friendly face wash, Sustainable skincare, Cleansing bar, Travel-friendly face wash, Natural face cleanser, Gentle facial cleanser, Compact skincare, Foaming face wash, Vegan face wash, Zero waste skincare, Biodegradable face wash, Hydrating face cleanser, Deep cleansing tablets, Anti-acne face wash, Exfoliating face wash, Gentle facial scrub, Plant-based face wash

I. INTRODUCTION:

Hygiene is a very important thing to consider. Outdoor activities expose the skin to sunlight, bacteria, dust, and pollution that can cause skin problems so that the skin loses elasticity. The skin is the outermost part of the human body, the skin will always be exposed to the surrounding environment, ranging from exposure to sunlight, temperature, and air humidity.

Dusty environments and excessive air pollution can make the skin dull and dirty. This will disrupt the skin's balance. Healthy facial skin is everyone's dream, facial skin needs to be cared for to stay healthy. Facial skin care to keep it clean from dirt can be done by cleaning the facial skin. The face can be cleaned using clean milk or cleansing cream, washing solution or refresher, can also use facial wash.

Cleaning the facial skin only with water without using soap becomes less clean and feels dirt is still attached because water cannot clean oil and dirt completely, so it takes some type of facial wash to clean the face from the dirt attached. The items that are used to wash your face without drying it out are called face washes.

A washing agent is a whole set of facial wash that removes cosmetics, dead skin cells, oil, dirt, and various pollutants from the skin. Facial wash helps unclog pores and ward off skin problems such as skin inflammation.[4]

A cleanser removes dirt, makeup, and extra oil from your face. These contaminants are oil soluble. A facial wash can also be used to get rid of them, but its effectiveness might not be 100%. Ordinary soaps might cause facial skin to dry out because it is so fragile. A face wash is a gentle cleanser that effectively moisturizes the horny layer of the skin without causing any harm to the skin and performs the essential task of keeping skin clean, sterile, smooth, and fresh. So that the skin seems vibrant and youthful.

Essential oils are natural ingredients used in the cosmetic industry that have antimicrobial, antioxidant, anti-acne, anti-inflammatory, anti-aging, skin lightening, and sun protection properties. In recent years, essential oils have become a very popular ingredient for skincare. Many exploit essential oils in skincare by utilizing some of their biological properties to keep the skin youthful, healthy, and fresh and enable its protection from environmental damage.

This aids in pore cleaning and shields the skin from conditions like acne. A cleanser, toner,

moisturizer can all be used as part of a skin care routine. Acne develops more in females than in males, which shows the earlier onset of puberty in females and the severity of the diseases vary depending on the various factors.

➤ **Anatomy and Physiology of Skin:**

The skin is the largest organ of the body, accounting for about 15% of the total adult body weight. It has a surface area of about 1.5 to 2 m² in adults and it includes glands, hair and nails. It performs many vital functions, including protection against external physical, chemical, and biologic assailants, as well as prevention of excess water loss from the body and a role in thermoregulation. The skin is continuous, with the mucous membranes lining the body's surface.

The integumentary system is formed by the skin and its derivative structures. The skin is composed of three layers: the epidermis, the dermis, and subcutaneous tissue. The outermost level, the epidermis, consists of a specific constellation of cells known as keratinocytes, which function to synthesize keratin, a long, threadlike protein with a protective role. The middle layer, the dermis, is fundamentally made up of the fibrillar structural protein known as collagen. The dermis lies on the subcutaneous tissue, or panniculus, which contains small lobes of fat cells known as lipocytes. The thickness of these layers varies considerably, depending on the geographic location on the anatomy of the body. The eyelid, for example, has the thinnest layer of the epidermis measuring less than 0.1 mm, whereas the palms and soles of the feet have the thickest epidermal layer, measuring approximately 1.5 mm. The dermis is thickest on the back, where it is 30-40 times as thick as the overlying epidermis

➤ **Structure of Skin:**

The human skin structured of following layers-

- Epidermis
- The Dermal-Epidermal Junction
- Epidermal Appendages
- Dermis
- Subcutaneous
- Fat

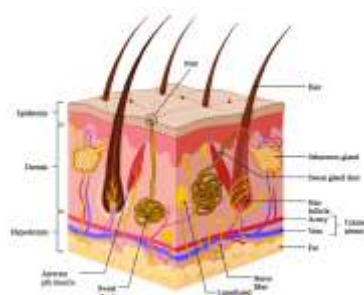


Fig no.1 : Anatomy of skin

➤ **FACE WASH TABLET:—**

A face wash tablet is a facial care product used to clean the skin on the face of make-up, dead skin cells, oil, grime, and other sorts of pollution. It aids in pore cleaning and the prevention of skin conditions like acne. Together with a toner and moisturizer, a face cleanser can be used as a part of skincare routine

❖ **Benefits of Face wash Tablet:**

- Helps keep skin clear and healthy & It makes the skin radiant.
- The combination of dead skin cells and excess oil can clog pores, causing acne, white heads, blackheads and a tired appearance.
- Regular pore exfoliation prevents all of the above skin problems.
- Exfoliation accelerates the blood circulation. It helps to remove dead skin cells and helps new skin cells replace old ones.
- Removes dead skin cells, which means your skin wrinkles more slowly.

❖ **Advantages of Face Wash Tablets:**

- **Eco-Friendly:** Minimal or no plastic packaging, reducing environmental impact.
- **Portability:** Compact and lightweight, making them easy to carry for travel.
- **Reduced Water Content:** Often contain less water, making them less prone to bacterial growth.
- **Cost-Effective:** Generally, they can be more economical over time due to precise usage.
- **Convenience:** Easy to store and less messy than liquid alternatives.

❖ **Disadvantages of face wash tablets:**

- **Dissolution Time:** May take longer to dissolve and create a usable lather.
- **Limited Varieties:** Fewer formulation options compared to traditional liquid face washes.

- **Skin Type Specificity:** May not cater to all skin types as precisely as liquid formulas.
- ❖ **Applications of Face Wash Tablets:**
- **Travel:** Ideal for travel due to their compact and non-liquid nature, bypassing liquid restrictions in carry-on.
- **Daily Skincare:** Suitable for everyday facial cleansing with an eco-friendly approach.
- **Outdoor Activities:** Convenient for camping, hiking, and other outdoor activities where portability is crucial.
- **Zero-Waste Lifestyle:** Perfect for individuals committed to reducing plastic waste and living sustainably.
- **Subscription Boxes:** Popular in eco-friendly and wellness subscription boxes due to their novelty and sustainability aspects.

II. REVIEW OF LITERATURE:

- 2.1. Sindhuja Devaraj has given a review paper on Formulation and Evaluation of Consumer Friendly Face wash Tablet, 2021. Facial Skin is elegant and the ordinary soaps make it to lose texture and make it dry. Face wash is a mild cleanser acts without producing any harshness to skin. The purpose of face wash is to proclaim the cleansing, antiwrinkle, anti-acne, moisturizing and enhance the fairness of skin and thus skin look young and energetic. The present form of face washes available in market were gel and cream state, which should be packed in large collapsible tube or plastic containers in turn difficult for the consumer to carry during their travel and being this face wash are aqueous in nature, it needs preservative to maintain the stability. The objective of this present work is to overcome the drawbacks of synthetic face washes and to prepare herbal face wash tablet. Face wash tablets are formulated to minimize the cost, packaging size and the utilization of harmful preservatives and easily portable. Face wash tablet was prepared with various concentration of ingredients and evaluated for parameters like pH, Irritability, Hardness, Friability, Thickness, Foaming capacity and Accelerated Stability. The present study revealed that the formulated batch produces excellent foam and produce a fine face wash.
- 2.2. K. Misar, 2023 present paper on formulation and development of herbal face wash tablets by using rosa gallica & dead sea mud. Herbal

formulations have a growing demand in the world market because natural remedies are safer than synthetic ones. People are becoming aware of the use of plants for the essential need for healthy and beautiful skin. The Rosa indica plant has been reported in the literature as having good anti-oxidant, anti-microbial and anti-inflammatory properties. Also, dead sea salt and mud have been known for their therapeutic and cosmetic properties. The aim of this study was to formulate and evaluate the herbal face wash tablet containing Rosa indica and Dead Sea mud. The formulation was carried out with three different trials and the final formulation was evaluated for various functional parameters like color, appearance, consistency, cleansing ability, foaming ability, pH, odour and spreadability. The product was subjected to an accelerated stability study to check the stability of the product with respect to colour, odour, and pH change. Subjective evaluation of the product was also carried out on a panel of human volunteers. The study showed that the herbal face wash tablet gives satisfactory results to the volunteers with an improved skin condition and a good cleansing effect.

- 2.3. Eun Ju Shin, 2019 Present paper on Extraction condition for Rosa petal extracts with anti-skin aging activities. To investigate the effect of extracts from Rosa indica petals on skin whitening and anti wrinkle activity. Tyrosinase activity was attenuated by RPE treatment, concomitant with the reduction of melanin accumulation in human B16F10 melanoma. Treatment of the facial skin of volunteers in a clinical trial with an RPE-containing formulation enhanced skin brightness significantly. The underlying mechanism responsible was determined to be associated with mitogen-activated protein kinase activation. In addition, RPE exhibited anti-wrinkle formation activity of human dermal fibroblasts by suppressing matrix metalloproteinase level. In vivo study, RPE also inhibited solar ultraviolet-stimulated MMP-1 level by c-Jun regulation. Overall, our findings indicate that RPE evokes skin whitening and anti-wrinkle formation activity by regulating intracellular signaling, supporting its utility as an ingredient for skin whitening and anti-wrinkle cosmetic products.

2.4. Bawab. A. 2018 The Dead Sea Mud and Salt: A Review of Its Characterization, Contaminants, and Beneficial Effects. The Dead Sea has been known for its therapeutic and cosmetic properties. The unique climatic conditions in the Dead Sea area make it a renowned site worldwide for the field of climatotherapy, which is a natural approach for the provision of medications for many human diseases including unusual exclusive salt composition of the water, a special natural mud, thermal mineral springs, solar irradiation, oxygen-rich and bromine-rich haze. This review focuses on the physical, chemical, and biological characteristics of the Dead Sea mud and salts, in addition to their contaminants, allowing this review to serve as a guide to interested researchers to their risks and the importance of treatment. Beneficial effects of Dead Sea mud and salts are discussed in terms of therapy and cosmetics. Additional benefits of both Dead Sea mud and salts are also discussed, such as antimicrobial action of the mud in relation to its therapeutic properties, and the potency of mud and salts to be a good medium for the growth of a halophilic unicellular algae, used for the commercial production of β -carotene; Dunaliella.



Fig no.2- Manitheer

❖ **Ingredients:**

- Oats
- Ragi
- Topica starch
- Neem
- Amla
- White turmeric
- Night jasmine leaves
- Lotus
- Rose pettels
- Avarampoo
- Maghizampoo
- Wild turmeric
- Moringa

III. AIM & OBJECTIVES:

3.1 AIM:-To review on the face wash tablets

3.2 OBJECTIVES:-

- The main objective to review o face wash tablet for a better convenience of the consumers in order to reduce the cost and make it available to common for public.
- Provide Convenience: Portable and easy to use. Promote Sustainability: Reduce plastic waste with eco-friendly packaging.
- Enhance Preservation: Longer shelf life without synthetic preservatives.
- Allow Customized Use: Control the amount used to minimize waste.
- Ensure Effectiveness: Cleanse skin and remove impurities effective.

IV. DIFFERENT TYPES OF FACE WASH TABLETS:

1. **Manitheer:**

I. Pure Herbal Powders:

- Face wash tablets are crafted with 100%pure herbal powders, harnessing the power of nature's bounty to cleanse and re juvenate your skin.
- Ingredients like oats, ragi, and floral extracts gently cleanse the skin, removing impurities and excess oil without stripping away its natural moisture.

II. Skin-Nourishing Ingredients:

- Neem, amla, and moringa are known for their antibacterial and antioxidant properties, which help purify the skin, fightacne-causing bacteria, and prevevious breakouts.
- Vitamin C-rich herbs brighten and rejuvenate the complexion, promoting a healthy, radiant glow and reducing the appearance of dark spots and blemishes.

III. Sustainable and Travel-Friendly:

- Our face wash tablets come in a compact, travel-friendly format that's perfect for on-the-go use.
- By eliminating the need for bulky plastic bottles, our tablets reduce waste and minimize your environmental footprint making them a sustainable choice for eco-conscious travelers.

IV. Non-Foaming and Chemical-Free:

- Unlike traditional foaming cleansers that can strip the skin's natural oils and pH balance, our non-foaming formula gently cleanses without causing dryness or irritation. This pH balanced formula helps retain natural moisture and keeps the skin soft and healthy
- Free from harsh chemicals, sulfates, and synthetic fragrances, our face wash tablets are safe and gentle for all skin types, including sensitive skin.

❖ Why to Choose Herbal Face Wash Tablets?

- **Natural Beauty:** Experience the transformative power of pure herbal ingredients, carefully selected to nourish and revitalize your skin.
- **Convenience Redefined:** Our travel-friendly tablets make skincare effortless, whether you're at home or on the go.
- **Sustainable Skincare:** Join us in our commitment to sustainability by choosing eco-friendly products that promote a healthier planet.
- **Gentle and Effective:** Say goodbye to harsh chemicals and hello to a natural skin care solution that's gentle yet effective for your skin.

2. Feather and bone :

Feather and Bone face wash tablets are a product designed to offer a more eco-friendly and sustainable way to cleanse your skin. These tablets typically contain natural ingredients and are packaged in a way that minimizes plastic waste. To use them, you dissolve a tablet with water, which creates a gentle, foaming face wash. The concept behind face wash tablets is to reduce packaging waste and provide a more concentrated form of product that lasts longer than liquid face washes. The ingredients often focus on being gentle on the skin and environmentally conscious.



Fig no.3 - Feather and bone

❖ Ingredients:

- Sodium Bicarbonate (Baking Soda)
- Citric Acid
- Cocamidopropyl Betaine
- Glycerin
- Essential Oils
- Kaolin Clay
- Sodium Lauryl Sulfate

❖ Why to use feather and bone face wash tablets?

Feather and Bone face wash tablets are designed to offer a convenient, eco-friendly, and effective alternative to traditional liquid face washes.

- **Eco-friendly:** These tablets often come in sustainable, minimal packaging, reducing plastic waste and promoting a more environmentally conscious skincare routine.
- **Convenience:** They are compact and easy to carry, making them ideal for travel. You don't need to worry about spills or leaks.
- **Customizable Usage:** You can easily adjust the amount of product you use based on your skin's needs by dissolving a tablet in water.
- **Effective Cleansing:** Like traditional face washes, these tablets typically contain a combination of gentle cleansing agents and natural ingredients, designed to cleanse the skin without stripping moisture.
- **Long Shelf Life:** Since they are dry tablets, they tend to have a longer shelf life compared to liquid cleansers, which can degrade over time.

3. Squeaky clean:

Face wash tablets that combine charcoal and mint, alover and liquorise , tomato and shea butter are an innovative skincare product designed to provide deep cleansing while refreshing and soothing the skin. Absorbs dirt, excess oil, and toxins. Helps to unclog pores and detoxify the skin. Improves skin clarity and prevents breakouts. Also provides a refreshing, cooling effect on the skin.



Fig no.4- Squeaky clean (charcoal and mint)



Fig no.5 - Squeaky clean (alovera and liquorise)



Fig no.6- Squeaky clean (tomato and shea butter)

❖ **Ingredients:**

- Charcoal and mint
- Licorice and aloe vera
- Tomato and shea butter
- Glycerin
- Citric Acid
- Sodium Bicarbonate
- Cocamidopropyl Betaine
- Essential Oils
- Sodium Lauryl Sulfat
- Colorants and Fragrances
- Other Plant Extracts or Oils

❖ **Why to use squeaky face wash tablets?**

Squeaky face wash tablets are designed to provide a convenient, eco-friendly alternative to traditional liquid or foam facial cleansers. Here are some reasons people choose to use them:

- **Travel-Friendly:** Tablets are compact, making them easy to pack and carry when traveling, as they don't count as liquids in your luggage.
- **Eco-Friendly:** Many face wash tablets come in recyclable or compostable packaging, helping to reduce plastic waste compared to traditional bottled products.
- **Long-Lasting:** Since they are concentrated, one tablet can last longer than liquid products, potentially saving money in the long run.
- **Customizable Ingredients:** Some face wash tablets offer natural, minimal ingredients, making them ideal for those looking to avoid harsh chemicals or fragrances.
- **Foamy and Effective Cleansing:** When activated with water, the tablets often dissolve into a foamy cleanser that can effectively remove dirt, oil, and makeup from the skin.

V. DISCUSSION :

Face wash tablets are an innovative concept in skincare, offering a convenient and eco-friendly alternative to traditional liquid face washes. These tablets are small, solid formulations that you activate by mixing them with water. Once dissolved, they create a lather that can be used to cleanse the face, much like a regular face wash.

➤ **Advantages of Face wash Tablets:**

- **Portability:** Since they're compact, face wash tablets are travel-friendly. They don't leak or take up much space, making them ideal for those on the go.

- **Sustainability:** Many face wash tablets come in eco-friendly packaging, often in recyclable or biodegradable containers, helping to reduce plastic waste. They also tend to have fewer preservatives and chemicals compared to liquid face washes.
 - **Customization:** Face wash tablets can be formulated for different skin types, offering a wide variety of ingredients that target specific concerns like acne, dryness, or sensitivity.
 - **Concentration:** Tablets are concentrated, meaning you're typically using fewer chemicals or water in their formulation. This can often result in a more potent product compared to some liquid alternatives.
 - **Long Shelf Life:** Solid tablets usually have a longer shelf life because they don't contain water, which can harbor bacteria and fungi like liquid products might.
- **Challenges of Face wash Tablets:**
- **Price:** Depending on the brand and ingredients, face wash tablets can sometimes be pricier than their liquid counterparts.
 - **Ease of Use:** Some users might find it awkward to use a tablet compared to just squirting a liquid face wash from a bottle. It may take some time to get used to the process of dissolving the tablet.
 - **Availability:** Face wash tablets are still relatively new to the market, so they might not be as widely available as liquid or cream-based face washes.
 - **Effectiveness:** While they offer a similar cleansing function, the texture and feel might differ from traditional face washes. Some people may prefer the rich, creamy lather from liquids and might find tablets less luxurious.

➤ **How They Work:**

To use a face wash tablet, you typically crush or dissolve it in water. The tablet contains ingredients like surfactants (cleansing agents), oils, and other active components. Once activated, it forms a lather, which you can use to cleanse the face in the same way as a traditional face wash.

Overall, face wash tablets are a promising innovation for skincare, especially for those looking for a more sustainable, portable, and effective alternative to liquid face washes. However, it may take a little while for them to become mainstream as more people get accustomed to this novel product format.

VI. RESULT :

Face wash tablets are a newer type of skincare product designed to make facial cleansing more convenient and portable. These tablets are typically activated with water, transforming into a foamy cleanser that can be used like a traditional face wash.

Results might expect from face wash tablets are :

- **Clean Skin:** Like most facial cleansers, face wash tablets remove dirt, oil, and impurities from the skin, leaving it clean and refreshed.
- **Convenience:** The tablets are easy to carry around, making them ideal for travel or for those who prefer minimalist skincare routines.
- **Gentle Formula:** Many face wash tablets are formulated to be gentle on the skin, with some containing soothing ingredients like aloe vera, chamomile, or other botanical extracts. However, it depends on the brand and ingredients used.
- **Eco-Friendly:** Since they often come in minimal packaging (such as biodegradable or recyclable materials), face wash tablets can be more environmentally friendly than traditional liquid cleansers.
- **Moisturizing and Hydrating:** Some face wash tablets are designed to also hydrate and nourish the skin, although this varies from brand to brand.

As with any skincare product, results can vary depending on the skin type and the specific ingredients in the tablet.

For best results, look for tablets suited to your skin type (e.g., oily, dry, sensitive, etc.) and ensure the ingredients align with your skin's needs.

VII. CONCLUSION:

From the above study, it can be concluded that the face wash tablets can be a user-friendly single-use tablet and produces good foam, and gives cleansing and soothing effect to the skin with a good skin condition.

It's a Novel approach to the cosmetics field having significant impact on skin

Face wash tablets offer a convenient, eco-friendly alternative to traditional liquid cleansers. They are portable, lightweight, and easy to use, making them ideal for travel and on-the-go skincare routines. These tablets effectively cleanse the skin by dissolving into a foam that removes dirt, oil, and impurities. Additionally, they are often

formulated with natural ingredients, catering to various skin types. Overall, facewash tablets provide an innovative and sustainable solution for those seeking an efficient, space-saving product in their skincare regime

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