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Research paper on: Formulation and Evaluation of Herbal Facepack for Glowing Skin

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ABSTRACT
The aim of this work is to formulate and evaluate an herbal face pack for glowing skin by using natural herbal ingredients.The vast majority of cosmetics available on the market are synthetic and can cause a number of harmful side effects if worn for an extended period of time. One solution to this problem is the use of herbal cosmetics. Multani mitti, turmeric ,orange Peel, rose water, neem, nutmeg, aloe vera gel, etc all of these collected at home and Prepared in dry powder form. The powder of banana peel was prepared by Shade drying commercially,all powdered natural ingredients were sieved using #80mesh, weighed accurately Therefore, we created a herbal facepack in this study that is simple to make using readily available substances. mixed geometrically for uniform formulation and then evaluated for parameters including morphological, physicochemical, Physical, phytochemical, irritancy along with stability examination. Therefore, we created a herbal facepack in this study that is simple to make using readily available substances. It is believed that herbal cosmetics are generally safe and have not any negative side effects. Acne, redness, wrinkles, dark circles, pimples, dry skin, and dead skin are some of the most common skin issues. All of these problems can be lessened by using herbal cosmetics such face packs, washes, lotions, etc.

Keywords: Herbal cosmetics, scrub, softening, cleansing, moisturizing Herbal face pack, formulation, evaluation.

I. INTRODUCTION

People have known since ancient times that plants can be used to meet the basic requirements for having attractive, healthy skin. Products for cleaning, beautifying, and promoting an attractive appearance are called cosmetics. The majority of the face's skin serves as a mirror, reflecting a person's overall health. The skin needs a balanced diet that includes lipids, carbs, and amino acids to stay clear, shiny, and healthy.Even now, many people, particularly in rural and hilly areas, turn to natural medicines such plant extracts for cosmetic purposes, such as tulsi, neem, aloe vera, orange peel, rose, etc. Products used to beautify and cleanse the skin are called herbal cosmetics. The primary benefit of utilizing herbal cosmetics is that they are pure and do not negatively impact human health. Due to excessive exposure to the sun and other pollutants, people's rough skin might turn black if they don't take proper care of it. This article contains a herbal face pack that can be used by both men and women to naturally lighten, brighten, and whiten their complexion. This face pack has natural skin lightening property and can be easily prepared at home.The cost of natural cosmetics is low. These are sometimes less expensive synthetic items. They sold for inexpensive prices and gave discounts. Just enough investigation reveals amazing bargains. According to a WHO estimate, 80% of people worldwide use natural goods for healthcare due to the unfavorable side effects and growing cost of contemporary treatments. The World Health Organization advises and promotes traditional herbal medicines in natural health care programs because of their affordability, accessibility, and relative safety. For all skin types, regular beauty care products are Suitable. 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 acne, blackheads, usually control the rate of sebum discharge from sebaceous glands and fight the harmful bacteria present inside acne lesion.

Benefits of Herbal Facepack:

• Moisturizes and hydrate the skin, herbal face packs supply essential antibacterial properties to skin.

• Face packs remove dead cells of skin and provide a calming and relaxing effect on skin.

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• It helps to reduce acne, pimple, scars and marks depending on its herbal ingredients.
•Usually Neem and Tulsi face masks help reduce development of acne, pimples .
• The scars and marks of skin can be reduced by adding fine powder of sandal, rose petals and orange peel power with acne face pack.
•Facial masks recommended for acne, pimples and blackheads generally control the excessive release of sebum from the sebaceous glands and eliminate harmful bacteria inside the skin.

Advantages of Herbal Facepack :

- Control oil production on skin.
- Control Acne and De-tans your skin.
- Remove blackhead and whiteheads.
- Cleanses your skin.
- Work as an antiseptic.
- Improve texture of skin.
- Natural glow.

Used Material for Herbal Facepack:

1)Multani mitti:

Human skin has become more sensitive and prone to faster aging as a result of greater pollution, allergy, microbes, etc. An effort has been made to synthesize a pack ideal for all skin types.Allthe parameters have been calculated after the synthesis to satisfy the quality standard. Multani mitti helps skin in a number of ways, such as reducing pore size, eliminating whiteheads and pimples, blurring spots, reducing sunburns, cleansing theskin, increasing blood flow, enhancing complexion, and reducing blemishes and acne.

Because they are full of essential nutrients, they also give the look of radiant skin. Multani mitti contains a lot of magnesium chloride.

2)Turmeric

Scientific name : Curcuma longa.

Turmeric's main purpose is to rejuvenate the face. In addition to preventing the onset of wrinkles, it also possesses antibacterial, antiseptic, and anti-inflammatory properties.It works well to cure acne because of its antiseptic and antibacterial qualities, which fight pimples and breakouts to leave your skin looking younger.It also reduces the amount of oil secreted by sebaceous glands.

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3)Aloe Vera
Scientific name: Aloe barbadensis.

Aloe vera is an amazing lotion for the skin. Aloe vera hydrates, revitalizes, and maintains the youthful appearance of skin. Aloe vera's antimicrobial qualities make it an amazing remedy for pimples and skin problems.

Aloe vera powder contains a number of additives, such as sorbitol, sodium palm kemelate, glycerin, Na-palmate, and NaCO3.

4) Orange peel
Scientific name: Citrus reticulate

The citrus natural product orange gives different Supplements, including calcium, potassium, magnesium &L-ascorbic acid.
It makes preparations for oxidative Pressure, skin drying out & free extreme harm. Also, it Forestalls wrinkles, maturing, skin break out & flaws.
Additionally, It prevents acne, blemishes, wrinkles, and aging and has instant glow qualities.

5)Neem
Scientific name: Azadirachta indica
Due to its anti-inflammatory and antibacterial properties, neem is very helpful for oily and acne-prone skin.
Numerous chemical components have antibacterial, anti-inflammatory, and antioxidant qualities that have an anti-acne effect.

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6) Nutmeg

Scientific name: Myristica fragrans.

Nutmeg is extensively used for its analgesic, anti-inflammatory, Antiseptic, and Anti-bacterial properties. It assists in minimizing fine lines, creases, and other aging symptoms. Additionally, it aids in minimizing the appearance of acne marks.

7) Rose Water

Rose water is used in a lot of beauty products because of its ability to reduce the signs of ageing. When applied to an area, rose water plumps the skin and improves the appearance of wrinkles. Rose water also tightens the skin, meaning that your skin looks firmer and more radiant.

8) Honey

Honey can contribute to glowing skin due to its moisturizing, exfoliating, and antibacterial properties, helping to hydrate, brighten, and soothe the skin.

Method of Preparation

1)Collectall the herbal ingredients and drying for 10 days in the shed.

2)After drying make a powder of all the ingredients in a mortar and pestle.

3)The powdered dried natural ingredients were sieved using #80 mesh, weighed accuratelyas mentioned in Table 1.

4)To ensure homogeneous and even mixing, all powder ingredients were also combined geometrically.

5)The prepared face pack was then stored in an air tight container for evaluation of various parameter.

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6)Below is a representation of each ingredient's quantity.

Table 1: Composition of Herbal Facepack

Sr.No	Ingredients	Scientific name	Powder quantity
1	Multani mitti	…….	15g
2	Turmeric	Curcuma longa	15g
3	Aloe Vera	Aloe barbadensis	10g
4	Orange Peel	Citrus reticulate	15g
5	Neem	Azadirachta indica	05g
6	Nutmeg	Myristica fragrans	10g
7	Rose Water	……..	q.s
8	Honey	……	q.s

Prepared herbal facepack

Procedure for application of face pack

1)Take 5 grams of powder mixture made up of Neem leaves, Orange peel, Multani mitti, Turmeric, Aloe vera, Nutmeg.
2)To create a smooth paste, add 3-4ml of rose Water, small amount of honey or plain h2o.
3)Apply this paste all over your face, give it should be left for 15 minutes for complete drying.
4) Gently scrape pack off skin once powder has dried, then rinse it off with h2o.
5)When gently massaged into the skin for a few minutes, face pack also functions as a scrub.

Evaluation of face pack

1)Morphological Evaluation

Herbal face packs were assessed for the morphological characteristics listed in table below. The formulation was a light-yellow colour. It is desirable for cosmetic formulations that the created formulations have a pleasant and agreeable smell. The texture and smoothness met the criteria for cosmetic compositions.

2)Physicochemical Evaluation

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

3)Physical Evaluation

The particle size was tested by microscopy method. The flow property of the dried powder of combined form was evaluated by performing Angle of Repose by funnel method, bulk density and tapped density by Tapping Method.

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

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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 offormulation stored at different temperature conditions like, Room temperature and 40C and were evaluated for physical parameters like color, odour, pH, consistency and feel.

II. 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 2.
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 formulation.

Table 2: Morphological Evaluation

Sr.No	Parameters	Observation
1	Color	Pale yellow
2	Odour	Pleasant
3	Appearance	Smooth,Fine
4	Texture	Fine
5	Smoothness	Smooth

2)Physicochemical Evaluation

Herbal face pack was evaluated for physicochemical parameters showed in the Table 3.
The pH of formulation was found close to neutral. The ash content and moisture content was within limit. Theparticle size of formulations was found in the range of 24.3±2.5µm.

Table 3:Physicochemical Evaluation

Sr.No	Parameters	Observation
1	PH	6.94
2	Loss on drying	2.7
3	Particle size (µm)	24.3

3)Physical Evaluation

Herbal face pack was evaluated for physical parameters (powder property) showed in the Table 5.
Rheological findings justified the flow (powder) properties of the herbal face pack. It was found to be a free-flowing and non-sticky in nature.

Table 4:Evaluation of flow properties

Sr.No	Parameters	Observation
1	Tapped density	1.555gm/ml
2	Bulk density	1.076gm/ml
3	Hausner's ratio	1.445
4	Carr's index	30.80%

4)Irritancy test

The results of irritancy test were shown in Table 6. The formulation showed absence of irritation, redness and swelling during irritancy studies. This formulation have safe to use on skin.

Table 5:Irritancy test

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

5)Stability studies

The results of stability were shown in Table 7. 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 40C.

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Table 6: Stability test

Sr.No	Parameters	Room Temp.	40C
1	Colour	No Change	No Change
2	Odour	No Change	No Change
3	PH	6.94	6.87
4	Texture	Fine	Fine
5	Smoothness	Smooth	Smooth

III. CONCLUSION

Natural remedies are more acceptable in the belief that they are safer with fewer side effects than the synthetic ones. The need for herbal formulations is rising globally. The purpose of herbal face packs is to promote blood flow, revitalize muscles, preserve skin suppleness, and clear the pores of filth. Our effort to create a herbal face pack using natural herbal ingredients like multani mitti, turmeric, aloe vera, nutmeg, orange peel, rose water, and honey is commendable. After evaluation, we found good properties for the face packs, free from skin irritation and maintained its consistency even after stability storage conditions. It has been revealed 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.

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