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A REVIEW ON HERBAL FACE PACK

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ABSTRACT

The human body's most delicate barrier against environmental pollutants is the skin. Masks and face packs made of herbs are used to clear impurities from pores, protect the skin's suppleness, stimulate circulation, and revitalize the skin. It takes a lot of labor to make herbal face pack using several herbal powders. Advantages of using natural cosmetic is numerous: they are entirely not harmful, reduce reactions to allergies and contain numerous ingredients which have been shown to be secure and efficient throughout time. Therefore, even though we discovered certain advantageous aspects the facial packs in our research, further it is necessary to conduct optimization study to evaluate the face packs' potential advantages when used as personal cosmetics. The purpose of this endeavor is to develop and assess a face pack made of herbs that promotes Using natural herbal compounds to achieve radiant skin. I purchased organic herbal materials like rice flour, papaya powder, milk powder, turmeric, sandalwood, saffron, and Multani Mitti in dried powder form from a close by market. Commercial papaya powder is made by shadedrying the fruit powder. To guarantee a consistent composition, all natural powder ingredients were precisely measured, sieved through a #80 mesh sieve, then geometrically blended. The powder was examined for stability, physiochemical, and morphological factors. As a result, we created a natural face pack that doesn't interfere with our current work.

KEYWORDS： *Cosmetic, Face Pack, Formulation, Evaluation, Papaya Powder, Turmeric, Rose Petal Powder, Neem Leaves Powder, Orange Peel, Aloe Vera.*

INTRODUCTION

In general, cosmetics are defined as readily available products that aim to clarify, enhance, encourage beauty, or change the skin's look. Many herbs have long been used for their management, cleansing, and aesthetic purposes. In the body, the skin is the biggest organ and among other things, contains products like fats, carbohydrates, and amino acids, which can be used as indicators of a person's health. As a result, maintaining the health, simplicity, and gloss of the skin requires a balanced diet. anti-inflammatory properties that could stop conditions caused on by redness, inflammation, etc. from getting worse. Different face types require different types of face packs, which are powders used in facial formulations. In order to reveal skin that has been enhanced, tightened, and cleansed, the preparation is applied to the face as a paste, let to air out, and then wiped off.[1] People have known for ages how important it is to employ programs for maintaining healthy skin. Cosmetics are products that are utilized for make one look better, cleaner, and more attractive. A diet high in fats, amino group, and organisms is necessary to maintain the skin's brightness, shine, and health. Ladies are taking great care to maintain their skin types and were particularly aware of their beauty. Numerous individuals, particularly in steep and rural regions, still use organic medicines including plant portions such as those found in orange peels, sandalwood, aloe vera, turmeric, multani mitti, and other for a variety of cosmetic purposes. Cosmetics made with herbs are meant to purify and enhance the appearance of the skin. The primary benefits of using cosmetics made from herbs are their naturalness and lack of harmful consequences for the body.

Advantages of Herbal Face Pack

1.They help with rapidly recovering the skin's lost luster and smooth.
2.They help in preventing the indications of premature aging.
3.A natural face pack give skin a youthful, healthy tone.
4.Due to its herbal components it can assist with reducing acne,pimple, scars.

Disadvantage of Herbal Face Pack

1.Not every face should be treated with the same face pack because the skin on our faces changes in different parts.
2.The drying time for face packing is sometimes very long.
3.It could irritate you.
4.It can be difficult to use a face pack on someone who has dry skin.

Benefits of using a facial pack

Give the skin nutrition. Fruits for the face provide the skin needed nutrients. Depending on the medical substances it contains, it helps to reduce acne, scars, and markings. Neem and Tulsi based face pads regularly help in the reduction of acne and pimples. Suggested packs for blackheads, acne, and acne regularly remove risky bacteria from wound and regulate the sebum secretion from the sebaceous glands. Using powder sandals, petals of roses and

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orange-colored lenses using face pack for acne will help reduce skin scars and markings. Regular application of the skin's texture and tone are enhanced by using natural masks by bringing light to it. To aid in preventing the skin from quickly aging. Using the natural contours of the face can help effectively control wrinkles, fine lines, and thin skin. Skin that has natural facial pockets is healthier and younger.

Use of Ingredients

1. Papaya Powder



Figure 1 : Papaya Powder

It can also be used to soothe damaged skin and treat sunburns because it is rich in healing enzymes. Papaya Powder's flavonoids promote to the skin's increased production of collagen, giving it a supple, firm, and soft tone. Papaya face packs are well-liked for their all-natural skincare properties, particularly when the skin is brightened and revitalized.

- **Synonym :**

Papayotin , vegetable pepsin .

- **Biological Source:**

Papine is dried & purified latex of the green fruits & leaves of carica papaya.

- **Family:** Caricaceae
- **Chemical constitution:-**

Saponins, tannins, flavonoids,glycosides .

- **Uses:-** 1.Reduce dead skin cells

2.Uses a lightening effect on the skin

2. Multani Mitti



Figure 2 : Multani Mitti

Dead skin cells is a specific kind of impurities which multani mitti helps to remove. Multani Mitti improves skin in several ways, includes reducing pore dimensions, removing blackheads, healing sunburns, cleansing the skin, increasing blood circulation, improving complexion, reducing acne and blemishes, and providing skin a glowing appearance as it has essential nutrients.

- **Oil Control**

It is beneficial for those who battle excessive sebum production because it helps control the Amount of oil produced on the skin.

- **Acne Treatment**

By thoroughly cleaning the pores, Multani Mitti's antibacterial qualities help lessen acne and Blemishes.

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3. Sandal Wood



Figure 3 : Sandal Wood

- **Synonym**

East Indian sandal wood.

- **Biological source**

Obtained by distillation from heart-wood of santalum alum.

- **Family:-** Santalaceae.

- **Uses:-**

Sandalwood has anti-aging and anti-tanning properties. Its multiple skinbenefitting qualities Also include toning, emollient, antimicrobial, cooling, and therapeutic effects.

4.Saffron



Figure 4 : Saffron

This prevents skin from breaking out and external infection-causing bacteria by acting as a natural Brightening, toner, and antibacterial agent. Saffron helps to cure skin damage, lessen acne, Pimples, and other blemishes, remove scars and discoloration, and restore firmness, elasticity, and Age to the skin.

- **Synonym**

Saffron, kesar.

- **Biological source**

Dried stigma and upper parts of styles of crocus sativus

- **Family**

Iridaceae

- **Uses:-**

1. It is rich in carotenoid glycosides, mainly has terpenoids.
2. It provide shiny skin tone .

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5. Milk Powder



Figure 5 : Milk Powder

It preserves dry, rough skin nourished for long periods of time, allowing it highly beneficial for the skin.It provides the skin a youthful appearance and helps in offering deep nourishment to the face. It bleaches the skin to naturally remove imperfections

- **Hydration**

Milk powder deeply moisturizes the skin, which makes it perfect for dry skin.

- **Skin Brightening**

It contributes to a more even skin tone by reducing pigmentation and dark patches.

6.Rice Flour



Figure 6 : Rice flour

Applying rice flour can help treat various skin conditions. In the Indian subcontinent, Ayurvedic practitioners appropriately administer rice water in its undigested state. It promotes the development of beneficial bacteria for regular bowel motions and works as an efficient ointment to soothe irritated skin .

Skin Brightening

- Vitamin B and antioxidants included in rice flour can aid to level out skin tone and brighten dull skin.
- **Oil Absorption**

It is a great component for oily or acne-prone skin since it absorbs excess oil.

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7. Rose Petal Powder



Figure 7 : Rose Petal Powder

Rose petal powder contains a lot of antimicrobial properties in addition to the health benefits of vitamins B, C, and K. Antioxidants are present in good amounts as well .

- **Natural Toner**

Balances the pH of the skin and tightens pores.

- **Brightens Skin**

Consistent use can help lighten dark spots and provide a glowing complexion.

- **Moisturizing**

Hydrates and nutrition leave the skin soft and supple.

- **Uses**

Use this face pack 2-3 times a week for great results; it works well on all skin types, but it works especially well on dry or sensitive skin.

8. Neem Leaves Powder



Figure 8 : Neem Leaves Powder

- Moreover, neem leaf powder can help in controlling sebum production. You may achieve a matte Finish and a natural glow on your skin with this oily-skin face pack. Rose water relaxes the skin, While lemon juice will help decreasing oiliness because neem leaf powder has so many benefits For the skin, it is commonly used in facial packs made of herbs.
- **Synonyms**

Melia azadirachta

- **Biological source:-**

It consist of leaves and other arial parts of Azadirachtea indica.

- **Family**:-Meliaceae .
- **Chemical Constituent**

The most various important constituent is nimbolininimbin, nimbidin, nimbidol, sodium nimbinate, gedunin etc.

Uses:-

1. Neem is anti-inflammatory.
2. Antibacterial, antifungal, antiseptic.
3. Antiinflammatory .

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9. Turmeric



Figure 9 : Turmeric

The primary application of turmeric is renewal of the skin. In addition to having antimicrobial and Inflammatory-reducing qualities, also delayed appearance wrinkles and other indicators of aging. It is the best source of purifying blood. Because of its antiseptic and antibacterialqualities, which Combat breakouts acne and give your skin a more youthful appearance. Beneficial in treating acne.

- **Synonyms**
  Curcuma longa
- **Biological source**
  Turmeric is the dried rhizome of Curcoma .
- **Family**
  Zingberaceae
- **Uses**
  The herbal remedy contains turmeric because of its blood-purifying properties and its antibacterial effect, which aids in wound healing. It improves skin conditions brought on by blood impurities. It is an excellent anti-allergic and anti-inflammatory drug

10. Lemon Peel



Figure 10 : Lemon peel

- Because it contains a lot of vitamin C, organic lemon peel powder works great for naturally Removing pigmentation and sun tan lines. It can be used to scrub and lighten skin, erasing dark Circles, blemishes, and signs of acne by making the skin tone darker.
- **Brightens Skin**

By lowering pigmentation and dark spots, the high vitamin C level in vitamin C helps lighten and Brighten the skin.

- **Exfoliation**
  Lemon peel powder's natural exfoliating qualities, which include citric acid, aid in dead skin cells Is being removed from the skin, leaving it feeling smooth and renewed.

CONCLUSION

People require side-effect-free treatments for a range of skin conditions. Herbal face masks are regarded as a long-lasting and effective method of improving skin look.Therefore, the materials

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used to produce the current work include naturally occurring elements such as rice flour, milk powder, saffron, papaya peel, turmeric, sandalwood, and neem leaves extract. It is proposed that the developed formulation had the properties of a typical cosmeceuticals formulation for skin care and was physico-chemically stable .

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