



Formulation And Evaluation Of Herbal Face Pack 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 natural herbal ingredients such as multani mitti, turmeric, sandalwood, saffron, milk powder, rice flour, orange peel were purchased from local market in the form of dried powder. Thus, 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.

INTRODUCTION

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.

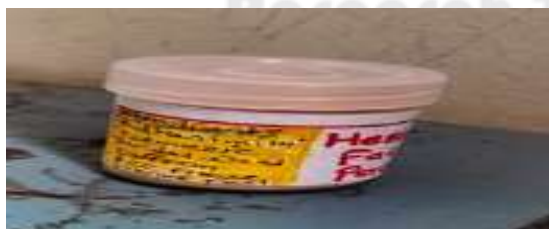


Fig. Herbal Face Pack

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. The leftover marks of skin can be reduced by incorporation of fine powders of sandalwood, rose-petals and dried

orange peels. Herbal face packs are nowadays being used on a large scale, due to the various benefits of them over chemical based packs. They are non-toxic, non-allergic and non-habit forming. They are natural in every aspect, having larger shelf life.

OBJECTIVE

- As due to increased pollution, allergy, microbe's etc. human skin has become more sensitive and prone to faster aging. An attempt has been made to synthesize a pack ideal for all skin types. After the synthesis, all the parameters have been calculated in order to meet up the quality standards.
- To formulate and evaluate a cosmetic preparation poly herbal face pack made from herbal ingredients.
- Herbal face packs or masks are used to stimulate blood circulation, rejuvenates and help to maintain the elasticity of the skin and remove dirt from skin pores.
- To moisturize, cleanse, tone and rejuvenate your skin. Masks are designed for each skin and age type.

MATERIALS AND METHODS

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, saffron, milk powder, rice flour and orange peel. They were purchased from local market in the form of dried powder. The powder of banana peel was prepared by shade drying commercially. All ingredients authenticated at Botany department of M. B. Patel Science College, Sakoli (M.S.). The details of the natural ingredient used for the formulation of herbal face pack are mentioned below.

Ingredients of formulations

• Multani Mitti

Multani mitti helps skin by different ways like diminishing pore sizes, removing blackheads and

whiteheads fading freckles, soothing sunburns, cleansing skin, improving blood circulation, complexion, reducing acne and blemishes and gives a glowing effect to a skin as they contain healthy nutrients. Multani mitti is rich magnesium chloride.



Fig. Multani mitti

Turmeric

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.



Fig. Turmeric Powder

• Sandal wood

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.



Fig. Sandalwood Powder

• Saffron

Mainly consists of dried stigmas and upper parts of styles of plant known as *Crocus sativus*, belonging to the family Iridaceae. It is rich in carotenoid glycosides, mainly containing terpenoids. It lightens the skin tone and provides fair and glowing skin.



Fig. Saffron

• 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.



• Rice Flour

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 of useful bacteria for normal bowel movements an effective ointment to cool off inflamed skin surfaces.



Fig. Rice Flour

• Orange peel

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.

• Banana peel

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

The powdered dried natural ingredients were sieved using #120 mesh, weighed accurately and mixed geometrically for uniform formulation mentioned in The prepared face pack was then stored in an air tight container for evaluation of various parameter.

Sr. No	Constituent	Scientific Name	Percentage
1.	Multanimitti	Calcium bentonite	15
2.	Turmeric	<i>Curcuma longa</i>	15
3.	Sandalwood	<i>Santalum album</i>	10
4.	Saffron	<i>Crocus sativus</i>	05
5.	Milk Powder	-----	15
6.	Rice flour	<i>Oryza sativa</i>	20
7.	Orange peel	<i>Citrus sinensis</i>	10
8.	Banana peel	<i>Musa acuminata</i>	10



Herbal Face Pack

BENEFITS AND PRECAUTIONS

1. Nourishes the skin. Fruit face packs supply essential nutrients to skin.
2. Helps to reduce, acne, pimple, scars and marks depending on its herbal
3. Ingredients.
4. Face packs usually remove dead cells of skin.
5. These face masks provide a soothing and relaxing effect on skin.
6. They help to restore the lost shine and glow of skin in short span of time.
7. Regular use of natural face masks bring glow to skin, improve skin texture and complexion.
8. The harmful effects of pollution and harsh climates can be effectively combated with judicious use of face packs.
9. They help to prevent premature aging of skin.
10. Formation of wrinkles, fine lines and sagging of skin can be effectively controlled by using natural face packs.

PRECAUTIONS TO BE TAKEN WHILE APPLYING FACE PACK

1. Select the face pack according to your skin type. Take opinion of natural therapist or concerned skin expert before applying face pack.
2. 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.
3. Apply face pack once in a week. Don't try to peel or scratch the dried face pack. This may harm underlying skin.
4. 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.

5. Do not scrub face vigorously. This may result in eruption of pimples and dark spots. Stay away from heat when you have applied face pack.

RESULT AND DISCUSSION

Organoleptic Evaluation

Herbal face pack was evaluated for organoleptic parameters showed in the table 2. The colour of formulation was Brown. 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.

S. No	Parameter	Observation
1.	Color	Brown Colour
2.	Odour	Pleasant
3.	Appearance	Smooth, fine
4.	Texture	fine
5.	Smoothness	smooth

Physical Evaluation and Physicochemical Evaluation

The particle size of formulations was in the range of $22.3 \pm 2.25 \mu\text{m}$. The pH of formulation lied near to neutral. The ash content and moisture content was within limit.

Herbal face pack was evaluated for physical parameters (powder property) 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.

Sr. No.	Parameter	Observation
1	Tapped density	1.428gm/ml
2	Bulk density	1.08gm/ml
3	Angle of repose	32.61°
4	Hausner's ratio	1.322
5	Carr's index	21.94%

Irritancy Test

The results of irritancy test were shown in Table 4. The formulation showed no irritation, redness, edema and Inflammation during irritancy studies. This formulation is safe to use for skin.

Sr. No.	Parameters	Observation
1	Irritant	No Irritation
2	Erythema	No Irritation
3	Edema	No Irritation

Stability studies

The stability studies showed a slight change in pH of formulation which was stored at 40°C and no changes were observed at room temperature and at 35°C there was no change in color and odor at other mentioned conditions of stability.

S.No	Parameter	Room temperature	400C
1.	Color	No change	No change
2.	Odour	No change	No change
3.	PH	6.92 ± 0.12	6.87 ± 0.13
4.	Texture	Fine	Fine
5.	Smoothness	Smooth	Smooth

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. 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. Herbal ingredients opened the way to formulate cosmetics without any harmful effect.

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