



# PREPARATION AND EVALUATION OF HERBAL FACE MASK: A REVIEW

<sup>1</sup>Miss. Sayali A. Jadhav, <sup>2</sup>Miss. Sayali B. Jadhav, <sup>3</sup>Mr. Vaibhav B. Bhagwat

<sup>1</sup>Student, <sup>2</sup>Student, <sup>3</sup>Assistant Professor

<sup>1</sup>Vidya Niketan College of Pharmacy, Lakhewadi, Indapur, Pune (MH), India

## Abstract:

The main objective of this article is to formulate and evaluate of herbal face mask for glowing skin by using natural ingredients in varying concentrations, ingredients such as rose water, holy basil (Tulasi) Powder, spinach Powder, lemon powder, Babool Gum, Orange gel and charcoal powder. Herbal facial mask is widely used worldwide to protect and heal the face. The removable mask is specially designed for cosmetic procedures used in beauty salons. Babool Gum can be used to treat black hair black heads, and dead skin, Whiteheads, herbal cosmetics are non-toxic and mix with natural ingredients. Ayurveda has many benefits for our skin. The effects of a face mask are usually short-lived and need to be used two to three times a week to keep the face looking. Rose perfume was added to the analysis to enhance the scent of the product. Herbal facial care using herb normalization. this herbal facial is considered to be an effective and long-lasting way to improve your skin herbal facial care removes waste from the skin pores, removes dead skin, and reveals the skin. The drug has good properties, being non-toxic to human skin. The formulation was evaluated for its organoleptic Properties Probability, irritation, pH, etc.

**Keywords:** herbal face mask, formulation, Evaluation, herbal cosmetics, dead skin.

## INTRODUCTION:

Herbal facial masks are widely used worldwide to protect and heal the face as well as other parts of the body such as skin, eyes, hair, head, and hands. Preparation of nutraceuticals and cosmetics with biological ingredients together with pharmacists. The removable mask is specially designed for cosmetic procedures used in beauty salons. Because our formula is ready to use, our masks can be used directly on the skin. When applied to the skin, moisture accumulates in the layer underneath the elastic mask film and gradually hardens, preventing the penetration of air and water. on the other hand, the basic ingredients in the formula can penetrate the skin and quickly provide the nutrients the body needs. After applying Babool gum to the face, it should be moistened for a short time and a mask should be applied.

After Roval, you will have clean, moisturized skin, free from dead skin cells. Its cleansing and skin-softening effect will appear after use. The occlusive effect of removing the mask gradually accelerates the metabolism. Waste materials and mixed texture 5. Peel test: Place a 4x4mm photo on your hand. Wait 15-20 minutes for it to dry completely. Remove dry skin from the skin after 15-20 minutes. No problems were encountered regarding peeling. Crease Resistance Apply a thin layer of formula to the skin. A piece of film (3x3 cm) is dried, cut, and folded again in the same position until it breaks. A numerical value can be used to determine activation length. Films can be folded and more without tearing. It was quickly removed. This makes the skin look better quickly. Since the skin is the outer covering of the body, it is easy to get infections from outside and therefore it must be protected. This mask can be used to treat facial problems such as black hair, blackheads, dead skin, and whiteheads, especially by opening the pores and allowing dirt to enter. It will be removed before the pores close. Due to its occlusive effect, its main role is to improve metabolism. This eliminates the ability to absorb the most important features of the face. It removes many contaminants as well as products, both organic and inorganic: <sup>[1]</sup> The early history of beauty products. It is influenced by religion, religion, war and hunting, and then health. The beauty of a person's skin and hair is affected by their health, habits, daily life, conditions, and care. Excessive heat can dry out the skin, which can lead to wrinkles, freckles, acne, pigmentation, and sunburn. Harsh winters can damage your skin through infection, maceration, cracks, and sores. The term "beauty herb" refers to products made from various plant phytochemicals that can influence skin function and provide nutrients for radiant skin or hair. Herbal cosmetics refers to natural plants and their products that use their aromatic properties in making cosmetics. Knowing the role of our skin and taking the necessary precautions to protect it is important to have better skin: <sup>[2]</sup> Everyone wants to have beautiful and fair skin. Pimples, blackheads, pimples, and dark circles are now very common among young people and people suffering from dark spots. According to Ayurveda, impurities in the blood are often the cause of skin problems. Skin diseases are caused by toxins in the blood due to poor diet and lifestyle. In Ayurveda, "mukha lepa" refers to herbal ointments used to treat facial acne, pimples, scars, scars, and hyperpigmentation. Applying this herbal mixture to the face is called "mukha lepana". This cosmetic procedure is very good for the face. Ayurveda has nourishing, healing, purifying, astringent and antibacterial properties. Plants have been used for care, cleaning, and beauty purposes

since ancient times. Cosmetics are products used to cleanse, beautify, enhance beauty, or change the appearance of the skin. Make your skincare products and masks for smooth, vibrant, silky skin. This medicine also has many benefits for our skin. Natural facial treatments are easier and more convenient to use. They help us care for our skin and show its benefits by stimulating blood flow in the facial muscles. The effects of a face mask are usually short-lived and need to be used two to three times a week to keep the face looking the same. <sup>[3]</sup>

#### ADVANTAGES OF HERBAL FACE MASK:

- 1) Remove adhering dirt and improve blood circulation.
- 2) Nourishes the skin of the face.
- 3) Herbal cosmetics are non-toxic and natural.
- 4) It mixes better with your skin in a short time.
- 5) After washing, toning, and before moisturizing.
- 6) Masks usually remove dead skin cells.
- 7) They give a tough skin.
- 8) It has a relaxing effect on the skin.

#### ROLE OF THE MASK:

- 1) Moisturizes the skin.
- 2) Remove excess oil.
- 3) Improve the image of friends.
- 4) Eliminating impurities and assisting in reducing again symptoms.
- 5) If you compare a fabric mask to a face gaiter, you'll observe that the gaiter is transparent.
- 6) Work well for oily skin to unclog your pores and reduce their look.
- 7) You can achieve clean, tighter, exfoliated, softer, and brighter skin by utilizing face masks.
- 8) It can soothe irritated skin and stop outbreaks. <sup>[4,5,6,7,8]</sup>

#### DISADVANTAGES OF HERBAL FACE MASK:

- 1) May irritate.
- 2) Make wrinkles, sagging skin and large pores.
- 3) Probably a collagen product.
- 4) Allergy or sensitivity.
- 4) May cause dryness and sunburn. <sup>[9]</sup>

#### MATERIAL AND METHODS:

**Plant material:** All the ingredients used for the preparation and evaluation of the herbal face mask are rose water, holy basil, spinach powder, lemon powder, Babool gum, orange gel, and neem charcoal. Some ingredients are obtained from plants. <sup>[10]</sup>

**Rose water:** Rose water is made from 150 grams of clean Desi Gulab (wild rose), pampering petals are placed in a deep box, a heat-resistant plate protective film is pasted there, a small bowl is heated, a big bowl, 50% pure water (500 ml), lid with handle, turn over, pour the beans into the hole, an ice cube, shake for 20- 25 minutes over medium heat, keep the big things there in the oven. Cool the rose water by burning it and putting it in a clean jar. Spray bleach-free water on your face to make your skin glow. <sup>[11]</sup> It is used for skin itching. The skin remains clean and bright. Protect your skin and reduce all signs of aging.



fig: -1 rose water

**Holy basil (Tulasi) powder:** Holy basil (Tulasi) powder is prepared by collecting holy basil leaves, washing or washing the holy basil leaves, and soaking the cold, dry leaves in a blender for four days. The basil is dried and then the holy basil is finally ready. <sup>[12]</sup> It helps to obtain bright skin.

Prevents blackheads. Your skin is moisturized. It has anti-aging properties. It helps to achieve smooth skin. Avoid free radicals that cause the aging process and damage the skin. Due to its anti-inflammatory effect, itching and swelling are reduced. People who are sensitive or allergic should not use basil.



fig: -2. holy basil (Tulasi) powder

**Spinach powder:** Spinach powder is prepared in the laboratory of Vidhya Niketan College of Pharmacy, Lakhewadi. This is prepared with spinach, water the spinach, dry the spinach, transfer the spinach to the blender, cover, blend, and then sift. Finally, I bought spinach powder. <sup>[13]</sup> Spinach supports vitamin C and collagen production. It has vitamin A and antioxidant properties. It is a great mask to combat acne. It reduces scars and helps heal dark spots. Remove dead skin to get rid of dull skin. It reverses pollution damage while giving skin a radiant glow.





fig: - 3 spinach powder

**Lemon powder:** Lemon powder is prepared as follows: Take the lemon, wash the lemon with water, cut it into slices or small pieces remove the seeds, spread the lemon on a large plate, and put the lemon. It dries for 7-8 days below. Finally, prepare the lemon powder<sup>[14]</sup> It has antioxidant properties. It can be used as a facial mask or facial mask. Lemon powder removes pigmentation naturally. And tanning. The high acidity of lemon can irritate the skin, causing it to dry out and cause sun exposure. It can be used to make the skin white and clean, to remove blackheads, blemishes, and acne scars, and to make the skin look better.



fig: - 4 lemon powder

**Babool Gum:** First, buy the gum from the store. After this, the gum is crushed using a mixer grinder to make it into a powder. It is used as a cosmetic softener. It may contain antibiotics, antiseptics, and antibiotics. [1] It may have components. It can help treat skin problems such as acne and pimples. It also helps reduce wrinkles and increase skin elasticity.



fig: - 5. babool gum

**Orange gel:** Put fresh orange, 500 ml fresh orange juice, and 250 ml fresh orange juice in a pot, add 25 grams of sugar and 4 grams of agar, boil for two minutes, remove from the heat, and add. For the juice, add 250ml fresh orange and lemon juice to the cooked orange juice, transfer to a shallow bowl, and chill in the fridge for 30 minutes, then transfer to a spoon and stir until smooth. Finally, prepare a gel.<sup>[15]</sup> The orange facial gel contains vitamin C, which reduces melanin synthesis. Vitamin C gel also makes the skin firmer. Glow Skin Face Gel brightens your appearance

and makes your skin radiant. Your skin will be beautiful and bright after using Positive Vibes Orange Gel. Treat dullness, blemishes, and dark spots with a range of bright and fresh ingredients. It has antioxidant properties.

The high acidity of natural citrus fruits can cause rashes and itching on the skin. It may cause constipation, dizziness, and drowsiness. Oranges can contain vitamin C, calcium, potassium, magnesium, and other nutrients.



fig: - 6. Orange gel

**Charcoal powder:** Charcoal powder was prepared by Lakhewadi Laboratory of Vidhya Niketan College of Pharmacy. It is made by burning neem bark in a silenced oven and making ash. It removes pollen particles and opens the pores, increasing the functionality of the mask.<sup>[16]</sup> They cleanse and detoxify using activated carbon, one of the most potent chemicals. Masks for glowing skin act like magnets and eliminate dirt, oil, and pollutants hidden in your skin. Charcoal peel masks may be too harsh, especially for people with sensitive skin or certain skin types. This can be very painful or cause serious skin damage such as scarring and infection. Using a mask can help remove dirt and pollution from your skin. Reduce acne formation. Your pores can become clogged with bacteria and moisture (skinoils), causing acne.



fig: - 7 charcoal powder

#### METHOD OF PREPARATION:<sup>[1]</sup>

1. First, measure all the ingredients correctly.
2. Using a mortar and pestle, add the rose water and holy basil powder.
3. Mix the above thoroughly.
4. Then add spinach powder, lemon powder, and Babool gum one by one.
5. Grind the mixture after each addition for proper mixing.
6. Add orange gel mixture as needed.
7. Finally, add the charcoal to the mixture prepared and measured above.
8. Rose perfume was added to the analysis to enhance the scent of the product.

table no.1 ingredients list with their quality<sup>[1]</sup>

Sr.No.	Ingredients	Quality
1.	Spinach Powder	10 gm
2.	Holy basil (Tulasi)	3 gm

3.	Lemon Powder	10 gm
4.	Rose Water	2 gm
5.	Babool Gum	10 gm
6.	Charcoal Powder	10 gm
7.	Orange Gel	55 gm
8.	Perfuming Agent	Q. S

### FORMULATION OF HERBAL FACE MASK: <sup>[17]</sup>

When non-herbal medicines are used in skin care products, herbal get more. From customers. I still work out regularly. Information should be used when using herbs to prevent changes in milk quality. The production process of skin care products is the same as the production process of synthetic cosmetics. Although non-herbal remedies are still frequently used, herbal remedies in skin care products are increasingly accepted by consumers. Information should be used when using herbs to prevent changes in milk quality. The making process of herbal cosmetics is the same as synthetic skin products. Formulations are based on the selection of visual emulsifiers, the best combination of ingredients, and the manufacturing process designed to achieve the desired results. Excessive processing of botanical ingredients does not affect their bioactivity in beauty products, but their effects will still be checked after use on the skin. Manufacturers must ensure the quality of products and products by conducting quality tests. Formulations are based on the selection of visual emulsifiers, the best combination of ingredients, and the manufacturing process designed to achieve the desired results. Excessive processing of botanicals does not affect their bioactivity in cosmetics, but their effects should be evaluated after use on the skin. Manufacturers must ensure the quality of products and products by conducting quality tests. Organoleptic properties, pH, viscosity, cooling, and light stability are among other factors examined. The main problem with herbal ingredients is that they can be contaminated and are not fit for human consumption.

### EVALUATION OF HERBAL FACE MASK: <sup>[1]</sup>

**1. Organoleptic Characteristics:** Upon visual inspection of the product, we found the following: -

**Color:** Black

**Smell:** Scent

**State:** Semi-solid

**Consistency:** Thick and Smooth

**1. pH Value:** Use a digital pH meter to measure the pH price of this herb. Face and result 5.9.

**2. Irritation Test:** To check for allergic reactions such as skin swelling, itching, and redness, apply the formula to the back of your hand and leave it for 15 minutes.

**3. Probability test:** Place the microscope on the prepared gram and place it on the label. After 2 minutes, place a 5-gram weight on the observation glass, temper the sample, and measure its diameter.

**4. Peeling test:** Stick the 4x4mm formula film on the back of your hand. Wait 15-20 minutes for it to dry completely. Remove dry skin after 15-20 minutes. Peeling is easy. No problems were found.

**5. Folding resistance:** Use the formula on the skin. A piece of film (3x3 cm) is dry cut and folded repeatedly in the same position until it breaks. The value of this number can be used to determine folding strength. Films can be folded and more without tearing.

### RESULT AND CONCLUSION:

#### RESULT: <sup>[1]</sup>

table 2: the prepared off-face mask was evaluated and data was reported in table

Sr.No.	Test	Result
1.	Color	Black
2.	Odor/ Smell	Science
3.	Consistency	Thick and Smooth
4.	State	Semi-solid
5.	PH	5.9
6.	Irritancy test	No irritation effect show
7.	Probability test	Smooth and light to spread
8.	Peel of test	Peel removed from the skin easily without breaking
9.	Folding endurance	20

**CONCLUSION:**

Today's people want a treatment with outside effects for many skin problems. Cosmetics can be made with plants. There are no negative effects. The use of herbs is becoming more accepted because they are considered safer and have fewer side effects than preparations made from synthetic materials. This herbal facial is considered to be an effective and long-lasting way to improve your skin. Therefore, the current arrangement of work-study programs is effective. Efforts are being made to create herbal facial treatments with natural ingredients such as spinach powder, holy basil, lemon powder, rose water, Babool gum, charcoal powder, and orange gel. The present study also found that the formulation exhibited good flow properties and had higher stability at room temperature. According to evidence, it does not affect most skin types. This herbal mask also has a positive effect, making people feel more comfortable when using it. The drug has good properties, being nontoxic to human skin and not causing inflammation or irritation on the skin. According to research, this herbal facial care removes waste from the skin pores, removes dead skin, and reveals the skin. Epidermal cells. It is also supportive and protective of Skin contact with the surrounding environment.

**ACKNOWLEDGMENT:**

I would like to convey my acknowledgment and respect to those who helped us with the fulfillment of this report, I'm also especially grateful to my parents who assisted me and advised me. Special thanks to our guidance teacher Mr. Vaibhav B. Bhagwat sir whose help, stimulating suggestions, and cheering helped me in all time of compose this report. I also sincerely thank him for the time he gave for reviewing and correcting my numerous mistakes.

**REFERENCE:**

1. Priyanka Shukla<sup>1</sup>, Prof. Dr. Shashank Tiwari<sup>2</sup>, Sadhana Singh<sup>3</sup>, Shadab<sup>4</sup> & Aman Yadav<sup>5</sup> "Formulation and Evaluation of Activated Charcoal Peel Off Mask" Priyanka Shukla et al/*J. Pharm. Sci. & Res.* Vol. 15(2), 2023, 1020-1024.
2. A. Fathima, Sujith Varma, P. Jagannath, M. Akash; "General Review on Herbal Cosmetics" *International Journal of Drug Formulation and Research*; 2011; Volume 2; Issue 5; Pg. no. 140-165.
3. Mr. K.G Bhutkar and Mrs. M. Shah; "Formulation and Evolution of Herbal Antibacterial Face Pack"; *Journal of Emerging Technologies and Innovative Research*; 2019; Volume 6; Issue 5; Pg. no. 77-82.
4. <https://www.dermaessentia.com>.
5. <https://www.garnier.in/skin/skin care tips>.
6. <https://www.colorab.edu/today>.
7. <https://www.healthline.com/health>.
8. <https://iamherbalifenutrition.com>.
9. <https://www.healthshots.com/beauty>.
10. Priyanka Shukla<sup>1</sup>, Prof. Dr. Shashank Tiwari<sup>2</sup>, Sadhana Singh<sup>3</sup>, Shadab<sup>4</sup> & Aman Yadav<sup>5</sup> "Formulation And Evaluation of Activated Charcoal Peel off Mask" Priyanka Shukla et al/*J. Pharm. Sci. & Res.* Vol. 15(2), 2023, 1020-1024.
11. [facebook.com/food-Tempts-105127317855939](https://www.facebook.com/food-Tempts-105127317855939).
12. Sandhya Rashmi kitchen.
13. [shop.globalfoodbook.com](https://shop.globalfoodbook.com) and 5 more links. [youtube.com/channel/UCINMbLOaWn5jiywUrtlau...](https://www.youtube.com/channel/UCINMbLOaWn5jiywUrtlau...) - website - [globalfoodbook.com](https://www.globalfoodbook.com). - Pinterest - [Pinterest .com/globalfoodbook](https://www.pinterest.com/globalfoodbook). - Facebook - [Facebook .com/globalfoodbook](https://www.facebook.com/globalfoodbook). - Twitter [twitter.com/globalfoodbook](https://twitter.com/globalfoodbook).
14. [guruutube 3424.blogspot.in](https://www.guruutube3424.blogspot.in) and 1 more link- <https://soulguru.com>.
15. [instagram.com/chefstudio](https://www.instagram.com/chefstudio) and 4 more links- [instagram.com/chefstudio](https://www.instagram.com/chefstudio). - website - [chef.studio](https://www.chef.studio). - [Youtube.com/channel/UC020...](https://www.youtube.com/channel/UC020...) - [Facebook.com/chefstudioofficial](https://www.facebook.com/chefstudioofficial). - [twitter.com/chefstudio](https://twitter.com/chefstudio).
16. [Onyxrecipes.com](https://www.onyxrecipes.com) and 4 more links- [Onyxrecipes.com](https://www.onyxrecipes.com). - [Instagram com/joyceeonyx](https://www.instagram.com/joyceeonyx). - [web.facebook.com/joyceeonyx](https://www.facebook.com/joyceeonyx). - [pinterest.com/joyceeonyx](https://www.pinterest.com/joyceeonyx). - [twitter.com/joyceeonyx](https://twitter.com/joyceeonyx).
17. A. Fathima, Sujith Varma, P. Jagannath, M. Akash; "General Review on Herbal Cosmetics"; *International Journal Of Drug Formulation And Research*; 2011; Volume 2; Issue 5; Pg. no. 140-165.