



FORMULATION AND EVALUATION OF HERBAL FACE MASK

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ABSTRACT:

This article's primary goal is to create and assess a herbal face mask for radiant skin utilizing natural components in a range of concentrations, including rose water, spinach powder, lemon powder, holy basil (Tulasi) powder, babool gum, orange gel, and charcoal powder and Preservative used in methyl paraben. Face masks made of herbs are used all over the world to protect and treat the detachable mask was created especially for use in beauty salon cosmetic procedures. The Color of face mask is black in colour. It shows lightly caramelized aroma. it is thick and smooth and semi-solid in nature, the pH of face mask is 5.6 which is suitable for skin it does not cause any skin irritation; it has smooth and good spreadability. Peel can be easily removed from skin. Whiteheads, black hair, black heads, dead skin, and herbal cosmetics that combine natural elements without being toxic can all be treated with babool gum. Our skin can benefit greatly from Ayurveda. A face mask should be applied two or three times a week to maintain their effects, as they are typically transient. To improve the product's aroma, rose perfume was added to the analysis. Herbal normalization in herbal facial care. Herbal face care is thought to be a long-lasting and efficient method of improving skin since it clears the skin of dead skin cells and debris from pores. The medication has favorable qualities because it is safe for human skin. The formulation's organoleptic properties were assessed. PH, likelihood, irritability, etc.

KEYWORDS: herbal face mask, formulation, Evaluation, herbal cosmetics, dead skin.

INTRODUCTION:

Throughout the world, people use herbal face masks to protect and repair their faces as well as other body parts like their skin, eyes, hair, heads, and hands. Collaborating with pharmacists to prepare biologically based cosmetics and nutraceuticals. The detachable mask was created especially for use in beauty salon cosmetic operations. Our masks are ready to use and can be applied immediately to the skin. After being applied to the skin, moisture builds up in the layer underneath the elastic mask film, which subsequently solidifies to stop water and air from penetrating. Conversely, the formula's primary constituents have the ability to quickly and deeply permeate the skin to deliver the necessary nutrients to the body. Following the application of Babool gum to the face, a mask and a brief period of moisturizing should be performed. You'll have clean, moisturized skin free of dead skin cells after Roval. After usage, you'll notice its skin-softening and cleansing properties. The removal of the mask has an occlusive effect that progressively speeds up metabolism. Leftovers and a blended texture 5. The peel test Put a 4x4mm picture in your palm. It will take 15 to 20 minutes to dry completely. After 15 to 20 minutes, remove the dried skin from the skin. There were no peeling issues encountered. Crease

Inhibition Put a small amount of the formula on your skin. A 3x3 cm strip of film is dried, sliced, and then folded repeatedly in the same way until it breaks. Activation length can be expressed as a numerical value. Films don't tear when folded and more. It was taken out really soon. This rapidly improves the appearance of the skin. The skin has to be protected because it is the body's outermost layer and is susceptible to external illnesses. Black hair is one facial issue that this mask might help with. Whiteheads, blackheads, and dead skin, particularly by causing the pores to open and let dirt in. It is going to be taken out before the pores close. Because it has an occlusive effect, its primary function is to enhance metabolism. This makes it impossible to take in the most significant facial traits. Both organic and inorganic products are eliminated, along with a variety of pollutants: [1] The early background of cosmetics. It is impacted by religion, conflict, hunting, and finally health. The health, routine, conditions, care, and habits of an individual all impact how beautiful their skin and hair seem. Overheating can cause the skin to become too dry, which can result in sunburn, pigmentation, wrinkles, freckles, and acne. Severe winters can cause cracks, blisters, infection, and maceration on your skin. Products derived from different plant phytochemicals that might affect skin function and supply nutrients for radiant skin or hair are referred to as "beauty herbs." Natural plants and their products that use their aromatic qualities to make cosmetics are referred to as herbal cosmetics. Having better skin requires understanding the function of our skin and taking the appropriate protective measures. [2] Everyone aspires to have skin that is fair and lovely. These days, dark spots and young individuals are more likely to get dark spots, blackheads, pimples, and dark circles. Ayurveda says that blood impurities are frequently the root cause of skin disorders. Toxins in the blood brought on by a poor diet and way of life are the cause of skin problems. "Mukha lepa" in Ayurveda refers to herbal ointments used to cure hyperpigmentation, acne, and scars on the face. This herbal concoction is referred to as "mukha lepana" when applied to the face. The face benefits greatly from this aesthetic surgery. Ayurveda possesses antibacterial, astringent, therapeutic, cleansing, and nourishing qualities. Since ancient times, people have utilised plants for maintenance, cleansing, and aesthetic purposes. Cosmetics are items that are used to clean, improve, beautify, or alter the skin's look. Create your own skincare products and masks to get silky, smooth, and vivid skin. This medication offers numerous advantages for our skin as well. Using natural face treatments is more convenient and easier. By promoting blood flow in the face muscles, they assist us in taking care of our skin and highlight its advantages. Face masks typically have temporary effects, so to maintain the same appearance, apply one two or three times a week. [3] Commercially available cosmetics have been created to enhance the look of skin through the processes of washing, beautifying, and enhancing attractiveness. Since ancient times, Various herbs are used to control, clean, and beautify them. The majority of the body that shows a person's health is their face skin. [18,19] It is composed of substances like lipids, carbohydrates, and amino acids, among others. Thus, to maintain clear, shiny, and healthy skin, a balanced diet is necessary. [20] The herbal paste used as a facial therapy is known as "mukha lepa" in Ayurveda. This herbal paste is applied to the face to cure pigmentation, scars, markings, and acne. [21] The smooth powder used for facial application is called a face mask. These masks are applied to the face as pastes or liquids, then left to dry and solidify into films. Causing the skin to become tighter, stronger, and cleanser. [22] In order to let all of the water to drain, they are typically kept on the skin for fifteen to twenty-five minutes. This allows the ensuing film to constrict, stiffen, and remove easily. The application of a face mask results in a tightening and warming impact that gives the face a revitalized feeling. Whilst the oil and debris are eliminated from the face's skin by the process of adsorption and colloidal clays utilized in these treatments. Skin debris and accumulated dirt are finally eliminated together with the applied face mask. In simple terms, face masks are additives that provide a few extra advantages. For various skin types, different herbal face masks are employed. Herbal face masks can aid in lowering Dark circles, wrinkles, acne, and zits. Additionally, improve the skin's smoothness and fairness. It also aids in confidence building for an individual. The most effective and practical method for accomplishing this goal is Ayurvedic. [23]

These Masks split broadly into the following categories and come in a variety of shapes and sizes:

1. Plastic masks made of wax, latex, or vinyl.
2. Hydrocolloid masks: Pre-made gel masks.
3. Argillaceous masks: ready-to-use or dry powder; clay or earth based.[18] Present research article deals with the Preparation and Evaluation of herbal face mask for glowing skin at Home by using natural materials i.e., rose water, holy basil, spinach powder, Lemon powder, Babool gum, orange gel, and neem charcoal powder, alovera, coffee Some ingredients are obtained from plants.

ADVANTAGES OF HERBAL FACE MASK:

1. Improve blood circulation and remove any sticking dirt.
2. Nourishes the facial skin.
3. Natural and non-toxic herbal cosmetics are available.
4. It quickly blends in better with your skin.
5. Prior to moisturizing, after washing and toning.
6. Dead skin cells are often removed with masks.
7. They provide a hard exterior.
8. It soothes and calms the skin.

ROLE OF THE MASK:

1. Provides skin moisture.
2. Eliminate extra oil.
3. Enhance friends' perceptions.
4. Removing pollutants and helping to lessen symptoms once more.
5. A facial gaiter is transparent, as can be seen if you compare it to a fabric mask.
6. Reduce the appearance of your pores and unclog them if you have oily skin.
7. By using face masks, you can attain cleaner, tighter, exfoliated, softer, and brighter skin.
8. It can prevent breakouts and calm sensitive skin. [4,5,6,7,8]

DISADVANTAGES OF HERBAL FACE MASK:

1. Could aggravate.
2. Cause sagging skin, wrinkles, and big pores.
3. Most likely a collagen supplement.
4. Sensitivity or allergy.
5. May result in sunburn and dryness:[9]

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, neem charcoal, Alovera, and coffee Some ingredients are obtained from plants. [10]

Rose water: contains 150 grammes of clean Desi Gulab (wild rose), whose pampered petals are arranged in a deep box and a plate that can withstand heat. Cover the area with protective film, preheat a small bowl, a large bowl, and 50% pure water (500 ml). Cover the bowls with a handle and flip them over. Pour the beans into the hole, add an ice cube, shake for 20 to 25 minutes over medium heat, and leave the large bowls in the oven. Burn the rose water and transfer it to a fresh jar to cool it. For glowing skin, mist your face with water that doesn't contain bleach.

[11] It relieves itchiness on the skin. The complexion stays clear and radiant. Preserve your skin and minimize any indications of ageing.

Rose water is a floral beverage made from distilled rose petals, primarily from the Damask rose (*Rosa damascene*) or other rose species. This fragrant liquid has been used for culinary, skincare, and aromatherapy purposes since ancient times. Because rose water is well-known for having mild astringent properties and is a popular natural skin toner, it is utilised in cosmetic goods. It eliminates residual contaminants, tightens pores, and aids in controlling the skin's pH. Rose water's relaxing and anti-inflammatory properties make it a gentle treatment for soothing inflamed skin and reducing redness. Rose water is not only used in cosmetics but also in cooking, adding a delicate floral scent to a range of dishes beverages. It has been used in Middle Eastern and South Asian dishes due to its unique flavor and aroma. Rose water is a lovely aroma that is believed to have qualities that uplift the spirit, promote relaxation, and reduce stress. Rose water is frequently used as a component in cosmetics or as a natural fragrance.^[24, 25]



Fig: - Rose water

Holy basil (Tulasi) powder: The process of making holy basil (Tulasi) powder involves gathering the leaves, cleaning them, and then washing the dry, cold leaves in a blender for a period of four days. After the basil is dried, holy basil is at last prepared.^[12] It facilitates having glowing skin. Keeps blackheads at bay. You have moisturized your skin. It possesses anti-aging qualities. It contributes to smooth skin. Steer clear of free radicals, which harm skin and accelerate the ageing process. Its anti-inflammatory properties lessen swelling and irritation. Basil should not be used by those who are allergic or sensitive.

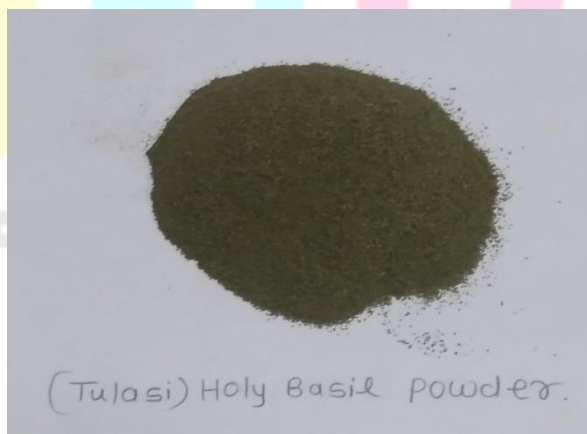


Fig: - Holy basil (Tulasi) powder

Spinach powder: The Vidhya Niketan College of Pharmacy in Lakhewadi is where spinach powder is made. To make this, wash the spinach, pat it dry, then put it in the blender, cover it, process it until it's smooth, and finally strain it. I finally got some powdered spinach.^[13] Spinach aids in the formation of collagen and vitamin

C. It possesses antioxidant and vitamin A qualities. It works wonders as a mask for acne. It helps repair dark areas and lessens scarring. To get rid of dull skin, remove dead skin. It restores the skin's natural radiance and cures the effects of pollution.

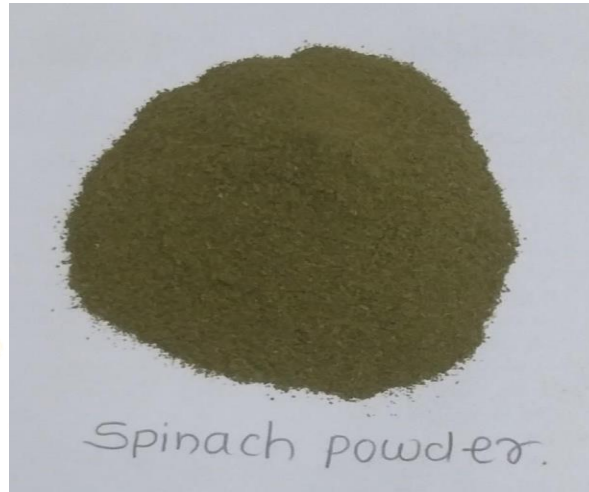


Fig: - spinach powder

Lemon powder: The following is how to make lemon powder: After giving the lemon a quick wash with water, cut it into thin slices or tiny pieces. After removing the seeds, spread the lemon out on a big platter and place it there. Below, it dries for 7-8 days. Lastly, get the powdered lemon.^[14] It possesses antioxidant qualities. It is suitable for use as a face mask or face mask. Natural pigment removal is achieved with lemon powder. As well as tanning. Lemons have a high acid content that can irritate skin, making it dry out and vulnerable to sun exposure. It can be used to improve the appearance of the skin, making it white and clear, and get rid of blackheads, blemishes, and acne scars.

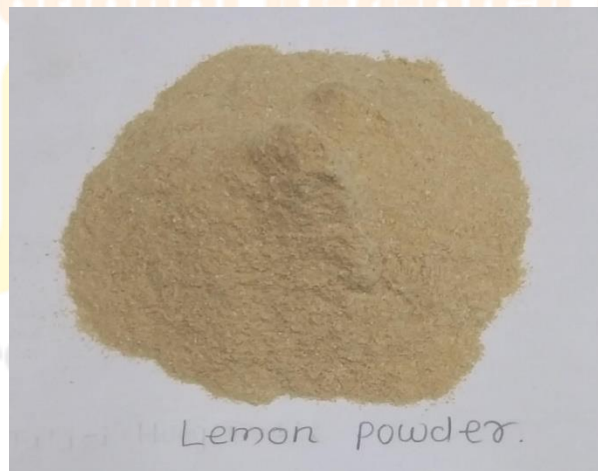


Fig: - lemon powder

Babool Gum: First, purchase the gum from the store. After that, a mixer grinder is used to break the gum into a powder. As a cosmetic softener, it is employed. Antibiotics, as well as antiseptics, might be present.^[1] It could consist of various parts. It can assist in treating skin issues like acne. Furthermore, acne increases skin suppleness and lessens wrinkles.

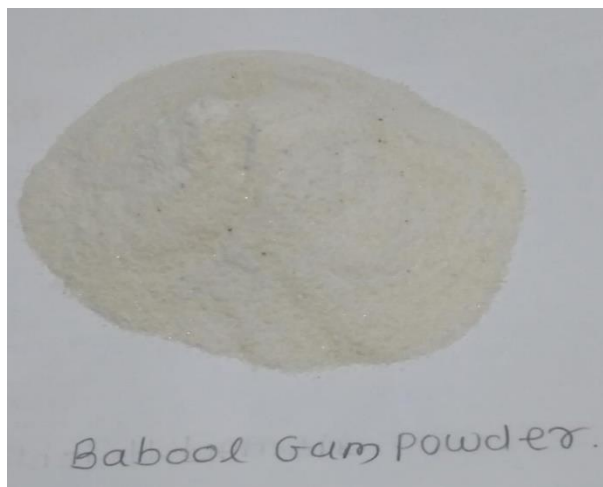


Fig: babool gum Powder

Orange gel: Place 250 ml, 500 ml, and fresh orange juice in a pot, along with 25 grams of sugar and 4 grams of agar. Bring to a boil. Take off the heat and leave for two minutes before adding. To make the juice, blend 250ml of fresh orange and lemon juice with the cooked orange juice. Pour the mixture into a shallow basin and refrigerate for half an hour. Afterward, transfer the mixture to a spoon and stir until it becomes smooth. Lastly, get a gel ready. ^[15] The face gel in orange has vitamin C, which inhibits the synthesis of melanin. Additionally, vitamin C gel firms the skin. Glow Skin Face Gel gives you a more radiant look and brighter complexion. Positive Vibes Orange Gel will leave your skin glowing and gorgeous. Apply a variety of vibrant and fresh ingredients to brighten dullness, blemishes, and dark spots. It possesses antioxidant qualities. Natural citrus fruits have a high acidity level that can lead to skin irritation and rashes. It could make you drowsy, dizzy, and constipated. Vitamin C, calcium, potassium, magnesium, and other minerals can all be found in oranges.



Fig: - Orange gel

Charcoal powder: Vidhya Niketan College of Pharmacy's Lakhewadi Laboratory produced the charcoal powder. To make it, neem bark is burned in a silent oven to produce ash. It increases the mask's efficacy by clearing out pollen and opening the pores. ^[16] One of the strongest substances, activated carbon, is used by them to cleanse and detoxify. Masks for radiant skin draw out and remove impurities, oil, and grime from your skin like magnets. Peel masks made of charcoal could be too abrasive, particularly for those with delicate skin or

certain skin types. This may be extremely painful or result in major skin damage, including infection and scarring. Applying a mask to your skin might aid in removing debris and pollutants. Minimize the development of acne. Your pores may develop into get obstructed by moisture (skin oils) and germs, leading to acne.



Fig: - Charcoal powder

Aloe Vera (Aloe barbadensis):

Aloe Vera is an excellent skin protector. Aloe Vera moisturises, revitalises, and maintains the youthful appearance of the skin layer.

Aloe Vera possesses antimicrobial qualities. Making it perfect for treating pimples and acne. Numerous nutrients, including sorbitol, sodium palmate, sodium carbonate, sodium palm kemelate, and glycerin, are present in aloe Vera powder^[26] Aloe Vera, sometimes referred to scientifically as *Aloe barbadensis* and belonging to the Liliaceae family under the Aloe genus, is well-known for its exceptional skincare qualities. Prominent for its antimicrobial properties, aloe Vera is a remarkable treatment for acne and pimples, offering people with these common skin conditions safe, all-natural remedies^[27,28]. Aloe Vera not only works wonders for acne, but it also works wonders as a skin moisturiser. Because of its moisturising qualities, it's an important component for preserving skin health and avoiding dryness. The numerous vital components included in aloe vera powder further augment the plant's skincare advantages. Aloe vera powder is rich because of ingredients including sorbitol, sodium palmate, sodium carbonate, glycerin, and sodium palm kemelate, which highlight the plant's ability to revitalise and nourish skin^[28,30].

Aloe vera's nutrients is harnessed when it is used into skincare regimes, providing a comprehensive approach to skincare and encouraging a healthy, refreshed complexion.^[29] We harvested aloe vera from the garden. To obtain the pulp, peel off the aloe Vera's outer coat.

Finally, the pulp was ground in a grinder to produce aloe vera gel. Aloe vera moisturises, renews, and maintains skin freshness over time. Because of its antimicrobial qualities, aloe vera is a great remedy for pimples and acne^[31,32] Enzymes, vitamins A and C, extreme anti-aging, antioxidant qualities, and a strong medicinal component are all present in it. It will make it easier to cure skin conditions like burns and give dry skin plenty of moisture^[33]



Fig: - Alovera

Coffee powder: In addition to its anti-aging benefits, coffee provides calming effects. It also offers protection against inflammation reduction and helps with acne and dark circles after sunset [34,35]



Fig: - Coffee powder

Preservative (Methyl Paraben): Under the IUPAC designation methyl 4-hydroxy benzoate, one of the parabens compounds is the methyl ester of p-hydroxybenzoic acid, with the chemical formula $C_8H_8O_3$. The chemical structure of methyl paraben is depicted in Scheme 2 [36]. It comes in white crystal form, but light grey or light tan industrial use grades are also possible. When a color comes into contact with air or light, it oxidizes and darkens. Methyl paraben has a modest solubility in chloroform and is soluble in water, methanol, and ether [37].

Methyl paraben uses:

Almost a century of safe usage of parabens as preservatives in food, medicine, and personal care Cosmetics and personal care sectors [38]. Parabens, which comprise methyl, ethyl, and propyl parabens, Cosmetic items may

contain butyl paraben, isopropyl paraben, and isobutyl paraben. Hair care, shaving, and moisturizers. Despite certain rumors to the contrary, the majority of the Parabens are present in deodorants and antiperspirants [39]. Some preservatives, such as methyl parabens, utilized in cosmetics to prevent the growth of microorganisms (such as bacteria and fungi), as well as to Customers and to uphold the integrity of the product.

METHOD OF PREPARATION:^[1]

Trituration Method:

1. Start by accurately measuring each component. And went through sieve no. 120 with all of the ingredients.
2. Add the holy basil powder and rose water using a mortar and pestle.
3. Fully combine the ingredients listed above.
4. Next, gradually add the Babool gum, coffee powder, lemon powder, and spinach powder.
5. To ensure adequate mixing, grind the mixture after each addition.
6. As needed, add the alovera mixture and orange gel.
7. Lastly, include the charcoal into the previously measured and prepared mixture.
8. Add the Preservative of methyl paraben.
9. To improve the product's smell, rose perfume was added to the analysis.



Image of the herbal face mask

FORMULATION OF HERBAL FACE MASK: ^[17]

Herbal products are more popular when they contain non-herbal medications. From clients. I continue to exercise frequently. When utilising herbs to prevent changes in the quality of milk, information should be utilised. The manufacturing method for skin care products is identical to that of synthetic makeup. Consumer acceptance of herbal cures in skin care products is growing, despite the continued usage of non-herbal therapies. When utilising herbs, knowledge should be applied to avoid alterations in the quality of the milk. Herbal cosmetics are made in the same way as synthetic skin care products. Formulations are created by choosing the right visual emulsifiers, combining the right chemicals, and using a manufacturing process that will provide the intended effects. The bioactivity of botanical elements in beauty products is unaffected by excessive processing; nonetheless, their effects on the skin will be verified after usage. Manufacturers are required to undertake quality tests to guarantee

the quality of their products. The optimal combination of chemicals, the manufacturing technique intended to produce the desired effects, and the choice of visual emulsifiers are the foundations of formulations. Botanicals processed too much don't lose any of their bioactivity in cosmetics, but their effects on the skin should be assessed after usage. By doing quality checks, manufacturers must guarantee the caliber of their products. Among the other variables investigated include pH, viscosity, cooling, and light stability in addition to organoleptic properties. The primary issue with herbal substances is that they are not always pure and can become polluted.

Sr.No	Ingredients	Quantity
1)	Spinach Powder	3gm
2)	Holy basil powder	1gm
3)	Rose water	1.5gm
4)	Babool gum Powder	5gm
5)	Charcoal powder	3gm
6)	Orange gel	10gm
7)	Lemon powder	3gm
8)	Coffee powder	2gm
9)	Alove Vera	2gm
10)	Perfuming agent	Q.S
11)	Preservative	Q.S

Table no.1 ingredients list with their quality ^[1]

EVALUATION OF HERBAL FACE MASK:^[1]

1. **Organoleptic Features:** After examining the goods visually, we discovered the following: -

Color: Black

Aroma: lightly caramelized

State: Semi-solid

Uniformity: Thick and Smooth

2. **pH Value:** To determine this herb's pH value, use a digital pH meter. Face and outcome 5.6

3. **Irritation Test:** Apply the formula to the back of your hand and let it sit for 15 minutes to check for allergic reactions, such as skin swelling, itching, or redness.

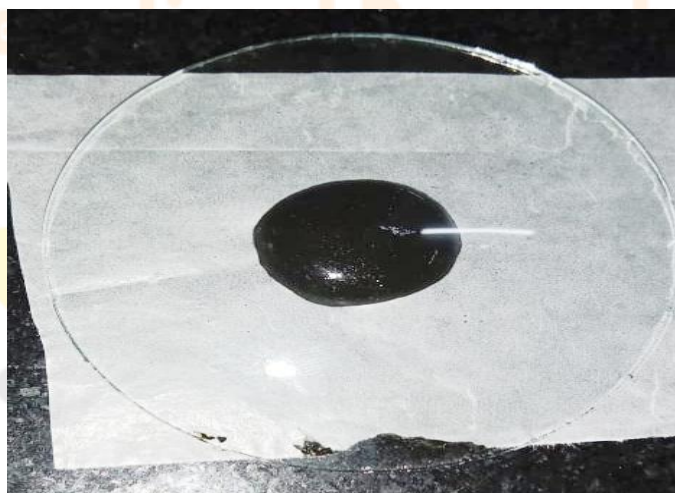
4. **Probability test:** Set up the microscope so that it is on the labeled prepared gram. After two minutes, temper the sample, measure its diameter, and insert a 5-gram weight on the observation glass.

5. **Peeling test:** Apply the 4x4mm formula film on the back of your hand to perform the peeling test. It will take 15 to 20 minutes to dry completely. After 15 to 20 minutes, remove any dry skin. Peeling is simple. There were no issues discovered.

RESULT AND DISCUSSION: -

Sr. No.	Test	Result
1.	Color	Black
2.	Aroma	Lightly caramelized
3.	Uniformity	Thick and smooth
4.	State	Semi solid
5.	PH	5.6
6.	Irritancy test	No irritation effect shows
7.	Probability test	Smooth to spread
8.	Peel off test	Peel removed from skin easily

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



Probability test.



Irritation test



pH -5.6

CONCLUSION:

This herbal facial is thought to be a long-lasting and efficient method of skin improvement. For this reason, the way work-study programmers are now set up works well. With natural components including spinach powder, holy basil, lemon powder, rose water, babool gum, charcoal powder, alovera, coffee powder, and orange gel, addition of Preservative of methyl paraben attempts are being made to make herbal face treatments. The Rose water complex stay clear and radiant. Rose waters relaxing and anti-inflammatory property make it a gently treatment for soothing inflamed skin and reduce redness. Tulasi powder contribute to smooth skin and it possesses Anti aging qualities. Spinach Powder show in skin hydration. To get rid of dull skin, removed dead skin. Suntan protection property of the lemon powder, it is possessing Anti-oxidant property. babul gum shows the anti aging qualities. Furthermore, acene increase skin and lessens wrinkles. Anti-oxidant properties show in orange gel it could make you drowsy, dizzy, and constipated. Bacteria removal properties of charcoal powder. It increases the masks efficacy by clearing out pollen and opening the pores. Alovera is an excellent skin protector and alovera possesses antimicrobial activity. Coffee provides calming effect, in addition to its Anti-aging benefits. It also protection against inflammation reduction. Preservative add the methyl paraben. Its used in almost safe use of paraben as Preservatives in food, medicine, and personal care cosmetics and personal care sectors. Additionally, the formulation showed good flow characteristics and was more stable at room temperature, according to the current study. Research indicates that this herbal face mask clears dead skin, clears

waste from pores, and reveals skin. Cells on the skin. Additionally, it protects and supports skin contact with the environment.

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