



Formulation and evaluation of herbal face pack for glowing skin

Sampada Umaji Gavali, Batra J.R. Sanket Baburao salve

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. The powder of banana peel was prepared by shade drying commercially, all powdered natural ingredients were sieved using #120 mesh, weighed accurately and mixed geometrically for uniform formulation and then evaluated for parameters including morphological, physicochemical, physical, phytochemical, irritancy along with stability examination. 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. Results of the study scientifically verified 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.

Keywords:

Skin, Herbal face pack, Formulation, Evaluation

1. Introduction

Since ancient times, people have recognized the value of plants for maintaining healthy and beautiful skin. Cosmetics, by definition, are products used to clean, beautify, and enhance physical appearance [1]. Among various body parts, the facial skin is especially important as it reflects an individual's overall health and well-being.

A balanced diet rich in amino acids, lipids, and carbohydrates is essential to keep the skin clear, glossy, and healthy. Historically, women were particularly conscious about their beauty and paid close attention

to their skin types [2]. Even today, especially in rural and hilly regions, many people prefer natural remedies—using plant extracts such as neem, aloe vera, tulsi, orange peel, and rose—for cosmetic purposes.

Herbal cosmetics are natural products used to purify and beautify the skin. The key benefit of these products is their purity and minimal side effects. Environmental pollutants and overexposure to the sun can make skin rough and dark when not properly cared for .

This article presents the formulation of an herbal face pack designed to naturally whiten, lighten, and brighten the skin for both men and women . These face packs are rich in essential vitamins that promote healthy and glowing skin. Natural facial packs also enhance blood circulation in facial veins, increasing the skin's liveliness and vitality [5]. Moreover, they are easy to prepare and apply at home, making them both effective and convenient.

It Should penetrate Deep down the subcutaneous tissues to deliver the required Nutrients. Every type of skin is specific for the requirement Of skin pack. 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 to acne, blackheads, usually control the rate of Sebum discharge from sebaceous glands and fight the Harmful bacteria present inside acne lesion. 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, nonallergic and non-habit Forming. They are natural in every aspect, having larger Shelf life. They have no added preservatives. They can be Easily formulated and stored over a larger span of time. Present research article deals with the formulation and Evaluation of herbal face pack for glowing skin by using Natural materials i.e., multani mitti, turmeric, sandalwood, Saffron, milk powder, rice flour, orange peel, banana peel.

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

1 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.

.2 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 antiinflammatory 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.

3.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.

4 .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.

5.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

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Imperfections naturally. This facial pack helps in fading suntan

6.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 surface

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7 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.

7. 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. [14]

*Methods of preparation

The powdered dried natural ingredients were Sieved using #120 mesh, weighed accurately and mixed Geometrically for uniform formulation mentioned in Table The prepared face pack (Figure 9) was then stored in An air tight container for evaluation of various parameter

Table1: Composition of Herbal face pack

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

Procedure for application of face pack

The pack should be applied daily on wet face,Forming a paste of it in water with optimum thickness. It Should be applied evenly on the face with the help of a Brush. It should be left for 15 minutes for complete drying. Then it should be removed with the help of a wet sponge.

Evaluation of face pack

1 Morphological Evaluation

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

It refers to the evaluation of the herbal face pack By its color, odor, appearance, texture etc. The external Characters of the formulation were examined based on the Method described by Siddiqui et .al.

.2 Physicochemical evaluation

S. No	Parameter	Observation
1	pH	6.92
2	Loss on Drying	2.09
3	Ash content	89 ± 0.352
4	Particle size (µm)	24.3±2.5

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

.3 Physical evaluation

S. No	Parameter	Observation
1	Tapped density	1.428gm/ml
2	Bulk density	1.08gm/ml
3	Angle of repose	32.610
4	Hausner's ratio	1.322
5	Carr's index	21.94%

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 Phytochemical evaluation.

S. No	Parameter	Observation
1	Carbohydrates	+
2	Alkaloids	+
3	Glycosides	+
4	Tannins	+
5	Volatile oil	+

The aqueous extract of the herbal face pack was Evaluated for the presence of different phytoconstituents as Per the standard procedures.

5 Irritancy test.

S. No	Parameter	Observation
1	Irritation	No
2	Redness	No
3	Swelling	No

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.

6. Stability studies.

S. No	Parameter	Room temperature	40°C
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

Stability testing of prepared formulation was Conducted by storing at different temperature conditions for The period of one month. The packed glass vials of Formulation stored at different temperature conditions like, Room temperature and 40°C and were evaluated for physical Parameters like color, odour, pH, consistency and feel.

Advantages of Herbal Face Packs

Fewer side effects compared to chemical alternatives.

Biodegradable and eco-friendly.

Often multifunctional: anti-aging, anti-acne, and brightening effects.

Limitations and Challenges

Variability in plant quality and concentration.

Lack of standardized formulations.

Possible allergic reactions in sensitive skin types.

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 bloodCirculation, rejuvenate the muscles and help to maintainThe elasticity of the skin and remove dirt from skin pores. It Is a our good attempt to formulate the herbal face pack Containing natural herbal ingredients such as multani mitti, Turmeric, sandal wood, saffron, milk powder, rice flour, Orange peel and banana peel. 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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