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Review Article

Formulation Herbal Face Pack: A Comprehensive Review

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ABSTRACT

With organic materials, the goal of this project is to create and test a herbal face mask for glowing skin. A few of the vitamins needed to keep our faces healthy and radiant are part of the Natural Face Pack. Physico-chemical and organoleptic structures, stability and sensitivity tests, and microbial load were among the many criteria used to analyze the altered structure. Multani mitti, turmeric, aloe vera, neem, rose petal powder, sandalwood, and lemon peel are just a few of the natural materials that were purchased from local marketplaces in order to make and evaluate a herbal face pack for cosmetic usage. After meticulously measuring and precisely weighing each powdered natural ingredient, it was combined, sieved through a #120 grit screen, and examined for morphological parameters for the physicochemical, physical, phytochemical, irritancy, and stability analyses. Herbal face packs are used to maintain the skin's suppleness, increase muscle tone, and open up pores on the skin. The focus of this study is the examination and analysis of previous studies on herbal face packs.


INTRODUCTION

Since the beginning of time, people have utilized herbs for human management, cleaning, and aesthetic purposes. Cosmetics include items for cleaning, beautifying, changing one's appearance, and making one look more attractive. and masks provide smooth, radiant, and perfect skin [1]. An Ayurvedic herbal paste called "mukha lepa" is applied to the face to treat acne, blemishes, scarring, and pigmentation. The term "mukha lepana" describes the topic of applying a herbal

mixture to the skin. These days, this procedure is frequently called "cosmetic" [2]. Applying a fine powder on the face is called "face pack." An effective herbal face pack should nourish the epidermis and penetrate the subcutaneous regions. Commercially available cosmetics come in a range of forms and are intended to improve one's look by beautifying, improving attractiveness, and cleansing. Numerous plants have been utilized for a number of reasons since the process of cleansing, regulating, and conserving the mass. The skin of

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the face is the big part of the body that shows how healthy a person is. It consists of materials such as amino acids, lipids, and carbs. Thus, a balanced diet is necessary for the face to remain healthy, clear, and glossy. Ayurveda uses a herbal paste called "mukha lepa" for facial treatments. The skin is treated with the herbal paste to address pigmentation, acne, pimples, scars, and markings. Applying a smooth powder to the skin's surface is known as the face pack. These liquids or pastes are applied to the face, let to dry, and then thinned into a film to provide the skin with a cleansing, tightening, and nourishing effect [4]. For ten to twenty-five minutes, they are usually applied to the skin to let all the water to evaporate. This causes the film to constrict, solidify, and become easily removable. Although the colloidal and adsorption clays utilized in the preparation eliminate oil and grime from the face's skin, the face pack's tightening and warming properties create the sensation of a renewed face. Along with skin impurities and deposited dirt, when the face pack is eventually taken off. Supplements with additional benefits include face creams. Different herbal face packs are utilized for different types of epidermis. Herbal face packs can help reduce wrinkles, acne, pimples, and dark circles. Additionally, they enhance the smoothness and brightness of the skin.

The Positive Aspects of Using Face Pack

1. nourishes the epidermis. The skin receives essential nutrients from fruit face packs.
2. Reduces acne, pimples, scars, and markings based on natural ingredients. To reduce acne and pimples, Neemand tulsii face packs are commonly used. Face packs for acne, pimples, and blackheads normally reduce the excess sebum produced by sebaceous glands and usually eradicate the harmful bacteria present in acne lesions. Acne scars and markings can be lessened by combining fine sandal, rose petal, and orange

lentil powder with an acne face pack.

3. Dead skin cells are usually removed by facepacks.

4. The soothing and soothing benefits of these face masks have an impact on the player's skin.

5. They aided in rapidly regaining the skin's lost shine and brightness.

6. Applying a natural face mask on a daily basis improves skin texture and complexion and makes skin appear smoother.

7. Face packs, when used appropriately, can effectively mitigate the harmful effects of pollution and severe

The Mukhalepa:

Being attractive and having fit skin is something that everyone wants, but not everyone is born with naturally beautiful skin. A characteristic that lends perceptual familiarity to the sight, ear, intellect, artistic talent, or ethical sense is called beauty; it is not merely an optical phenomenon [7]. Unfortunately, acne is a disorder that can cause lifelong scarring if left untreated and disrupts the face from adolescence to adulthood [8]. Although it is not a life-threatening illness, it is a bothersome skin condition that can affect quality of life and create considerable psychological handicap. The market has seen a proliferation of cosmeceuticals marketed as acne cures, but instead of helping the disease, they have made it worse. Nonetheless, there are many examples of Ayurvedic treatments for various skin conditions, with lepa being the most widely used dosage type. The herbal paste called "Mukha Lepa" is used to cure skin disorders such as acne, pigmentation, scars, and markings. The term "MukhaLepana" refers to the application of this herbal mixture to the skin [8]. This well-known beauty treatment is applied to the face, and the "FacePack" silky powder is applied to the face. Different herbal face packs are needed for



different types of skin. Ayurveda is in great demand in the cosmetics sector because of its unique approach to beauty and its long-lasting, cost-effective, and side-effect-free beauty treatments. formulation, which alludes to the attractiveness and captivating appearance of the facial texture, was developed with the previously mentioned considerations in mind following a comprehensive search of historical Ayurvedic classical textbooks and research papers from the modern sciences. Everyone on the planet may aspire to beauty, which is the attribute that delights the senses. Some people are made gorgeous, while others are born attractive [9]. It is human nature to desire attractive, healthy skin and a pleasant personality. Very few people, however, are born with perfect skin. People's well-being and appearance are constant concerns. Beauty is not merely a visual experience; it is a trait that provides a perceptual experience to the auditory, visual, intellectual, aesthetic, or moral senses. The quality that gives pleasure its meaning or senses' fulfillment is this. Herbal remedies for beauty are addressed in detail in Ayurvedic literature. Whole or partial herbal extracts have long been used to treat a wide range of ailments affecting the skin, hair, and appearance. Because of its unique view of beauty and its long-lasting, cost-effective, and side-effect-free beauty treatments, Ayurveda is becoming more and more popular in the cosmetics sector. "Facepack" is the term for the plant paste used in Ayurveda to treat acne, pimples, scars, markings, and pigmentation (Mukha Lepa). using a mukha lepa (face pack), one of the most popular, effective, and age-old methods for cleaning and enhancing the condition of the skin. It is left to dry or set in order to cleanse the skin and produce a brief tightening effect so improving the skin's appearance. Different face packs are needed for different types of skin. Mukha Lepas helps us take care of our four epidermis and shows its worth by encouraging blood flow via the veins in our faces.

Mukha Lepas is helpful for treating and preventing any skin conditions [10]. Products used for cleaning, beautifying, enhancing beauty, or changing appearance are referred to as cosmetics[11]. Various plants have been utilized for management, cleaning, and beauty since ancient times. The primary body area that reveals a person's health is their face skin[12],[13]. The herbal paste, known as "mukha lepa" in Ayurveda, is applied as a facial treatment. This herbal paste is applied to the face to cure pigments, scars, markings, pimples, and acne.[14],[15] Skin debris and accumulated dirt are gradually removed together with the applied face pack. Herbal face packs make skin smoother and more fair. By applying herbal face packs in accordance with our skin type, we can maximize their benefits. These face packs are the greatest ayurvedic remedy for promoting fairness and enhancing skin radiance. One of the most traditional and elegant ways to cleanse skin is using a face pack. Ayurveda describes a variety of face packs with astringent, antibacterial, cleansing, healing, and nourishing qualities. Herbal face packs for naturally achieving fair skin are less expensive and come with no negative side effects.[16], Everyone aspires to have lovely, light skin. These days, acne, dark circles, pimples, and black heads are frequent in young people and those who have it. Ayurveda states that blood impurities are typically the cause of skin issues. Skin-related disorders are brought on by toxins that have accumulated in the blood as a result of poor diet and lifestyle choices. Ayurveda describes a variety of plants and medications for blood purification. In Ayurveda, "mukha lepa" refers to the herbal paste that is applied to the face to heal acne, pimples, scars, markings, and pigments. "Mukha lepana" is the term for the method of applying this herbal mixture to the face. This type of beauty treatment is well-known as facial[17]. The skin must receive the nutrients it needs from a quality herbal face



pack. The necessary nutrients should be delivered via penetrating the subcutaneous tissues. Herbal face packs are necessary for different skin types.[18] Skin that is velvety, glowing, and smooth is achieved with homemade natural face packs and masks. In Ayurveda, face packs are used to lessen dark circles, wrinkles, acne, and zits. They also improve the skin's smoothness and fairness[19] The essential vitamins needed for our skin's health and radiance are present in the natural face packs. These compounds also show numerous advantages for our skin. Using Natural Facial Packs is relatively easy and less complicated. By improving blood circulation in the face's veins, they not only aid in skin care but also demonstrate the value of the product.[20]

ADVANTAGES

- Strengthen the musculature.
- Preserve the skin's suppleness.
- Eliminate debris that has become stuck.
- Increased vascular flow.
- It nourishes the facial epidermis.
- It provides the epidermis with essential nutrition.

DISADVANTAGES

- Some people might find it potent plant odor offensive.
- Can be a little tricky to wash off; has a tingling feeling on the skin that might be a little uncomfortable
- Has parabens, so it doesn't have all-natural components.

Objectives

Pollution, allergies, microbes, and other factors have made human skin more sensitive and prone to aging more quickly. A pack that is suitable for all skin types has been created. After the synthesis,

all the parameters were computed to meet the quality requirements.

Used Materials:

1. Multanimitti

Increased pollution, allergies, microorganisms, and other factors have made human skin more sensitive and prone to aging more quickly. A pack that fits all skin types has been created. To meet the quality requirement, all the parameters have been determined after the synthesis. The human skin is more sensitive and prone to aging more quickly. due to increased pollution, allergies, microorganisms, etc. A pack that is suitable for all skin types has been created. Multani Mitti helps the skin in many ways, such as shrinking pores, getting rid of blackheads and whiteheads, fading freckles, healing sunburns, cleansing the skin, and improving appearance in general. They increase blood circulation, enhance complexion, reduce acne and blemishes, and give the face a radiant appearance because they contain healthy nutrients. Multani Mitti has a high concentration of magnesium chloride..



Fig 1. Multanimitti

2. Turmeric

Face rejuvenation is turmeric's main purpose. It has other properties, such as antibacterial, antimicrobial, and anti-inflammatory properties, in addition to postponing wrinkles. Shiere is the best spot to find blood purifiers. Acne can be

effectively treated using its antiseptic and antibacterial qualities, which fight breakouts and pimples to give your skin a youthful look. Furthermore, it reduces sebaceous glands'



Fig 2. Turmeric

3.AloeVera

Aloevera is an excellent face moisturizer. Aloevera hydrates, revitalizes, and preserves the skin's inherent vibrancy. Because of its antimicrobial properties, aloe vera is the ideal remedy for acne and skin imperfections. Aloe vera powder contains calcium, glycerin, sodium carbonate, sodium palm kernelate, sodium palate, and sorbitol.



Fig 3. Aloe Vera

4.Sandalwood.

Turmeric is mostly used to rejuvenate the face. It does more than only delay wrinkles; it also has antibacterial, antimicrobial, and anti-inflammatory qualities. For blood purifiers, Shiere is the ideal

place to look. Using its antiseptic and antibacterial properties, acne can be efficiently treated to prevent breakouts and pimples and restore a youthful appearance to your skin. It also lessens the sebaceous glands'



Fig 4. Sandalwood

5. Orange-Peel

Among the many nutrients included in citrus fruits are calcium, potassium, magnesium, and vitamin C. It protects against free radical damage, skin dryness, and oxidative stress. It also gives you an immediate glow and keeps wrinkles, blemishes, acne, and aging at bay



Fig 5. Orange-Peel

6.Neem

Nemes is very helpful for oily and acne-prone skin because it is antibacterial and anti- inflammatory. Numerous chemical components have anti-inflammatory, anti-oxidant, and antibacterial qualities that prevent acne.



Fig 6. Neem

7.Nutmeg

Nutmeg is widely used for its antibacterial, anti-inflammatory, antiseptic, and analgesic qualities. Fine lines, wrinkles, and other signs of aging are lessened with its help. Furthermore, it helps to lessen the visibility of acne marks.



Fig 7. Nutmeg

DISCUSSION AND RESULT:

Physical Parameters:

Different formulations of face packs were created and evaluated based on physical characteristics. The flow property measure showed clear free-flowing character. The colors used in the formulation changed due to variations in the makeup of the components. The color of was greenish yellow, and the colors of were slightly yellow. Being able to tolerate the odor of manufactured formulations is ideal for cosmetic formulations. The particles' sizes ranged from

22.5-2.85m to 26.4-5.44m in the calculations. The neutral range is near the Hofall formula, which lies between 6 and 7. The amounts of moisture and ash were within the allowed limits.

Irritancy test:

When turmeric powder was added to formulations test subjects experienced slight discomfort. Developed by reducing the concentration of turmeric, formulations did not produce redness, edema, inflammation, or irritation during irritancy testing. It is safe to use this mixture on the skin.

Stability Studies:

According to the stability tests, the formulation's pH was marginally altered at 40°C but not at ambient temperature or 35°C. Figure 3. A month of stability tests at 40°C revealed a little in the formulation's odor, but no color or odor change occurred under the other stability settings mentioned.

CONCLUSION:

The perception that natural medicines are safer and have fewer adverse effects than synthetic ones makes them more acceptable. There is an increasing demand for herbal formulations worldwide. In addition to helping to keep the skin supple and clean the pores, herbal face packs are used to increase blood flow and revitalize the muscles. We made a good effort in creating the herbal face pack with natural herbal materials including rice flour, turmeric, saffron, multani mitti, sandal wood, milk powder, and banana and orange peels.

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