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Review Article

Harnessing the Power of Herbal Face Packs for Skincare: A Review of Traditional and Modern Approaches

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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. 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.

INTRODUCTION

Acne, black heads, pimples, and dark circles are now very frequent among young people and those who have the condition. According to Ayurveda, blood impurities are typically the cause of skin issues. Skin-related disorders are brought on by toxins that have accumulated in the blood due to inappropriate diet and lifestyle. Ayurveda describes a number of herbs and medicines for

purifying the blood. Blood purifiers include beneficial herbs like aloe vera, neem, orange peel, etc. In Ayurveda, the herbal paste used to cure acne, pimples, scars, markings, and pigmentation is known as “mukha lepa.” The application of this herbal mixture to the face is known as “mukha lepana.” As a facial, this beauty therapy is well-liked. [1 2 3]

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The simple face packs do hold some vital vitamins that are needed for the health and gleam of our skin. These stuffs also prove to be useful for our skin in many ways. Natural Facial Packs are less intricate and quite simple to apply. They help us in looking after skin and also prove its worthiness by increasing the circulation of the blood within the veins of the face. Nowadays different types of packs are accessible individually for the oily, normal and dry skin. Face Packs are worn to enhance the equity and smoothness of the skin. It eliminates white heads, wrinkles, pimples, acne and dark circles of the skin. Face packs which are recommended for oily skin prone to acne, blackheads, normally check the rate of sebum release from sebaceous glands and fight against the harmful bacteria here inside acne lesion. The residue blemish of skin can be eliminated by incorporation of delicate powders of Sandalwood, papaya and banana. Herbal face packs are these days being used on a wide range, due to the various wellbeing of them over chemical based packs.[1 2 3]

Benefits: Herbal face packs offer a variety of benefits for the skin, as they are made from natural

ingredients that are generally free from harsh chemicals.

Here are some of the key benefits:

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 ingredients.
3. Face packs usually remove dead cells of skin.
4. These face masks provide a soothing and relaxing effect on skin.
5. They help to restore the lost shine and glow of skin in short span of time.
6. Regular use of natural face masks bring glow to skin, improve skin texture and complexion.
7. The harmful effects of pollution and harsh climates can be effectively combated with judicious use of face packs.
8. They help to prevent premature aging of skin.
9. Formation of wrinkles, fine lines and sagging of skin can be effectively controlled by using natural face packs.
10. Natural face packs make the skin look young and healthy.



Fig. Skin Care Direction

Ingredient use for formulation:

The current's ingredients were bought from a nearby market and ground up for usage. Details of the study on plant materials are provided below.

Information about the below are some of the plants that are used to make face packs⁴.

1. Multani Mitti

Multani Mitti (Fuller's Earth): Multani Mitti, also known as Fuller's Earth, is a natural clay rich

in minerals like magnesium, silica, quartz, calcium, iron, calcite, and dolomite. It is widely used in skincare for its absorbing, cleansing, and soothing properties.

Role of Multani Mitti: -

- **Deep Cleansing:** It removes excess oil, dirt, and impurities from the skin, unclogs pores, and prevents blackheads and acne.
- **Exfoliation:** Multani Mitti helps in removing dead skin cells, promoting a smoother and brighter complexion.
- **Oil Control:** Its natural oil-absorbing property makes it ideal for oily and acne-prone skin, reducing greasiness without drying out the skin.
- **Cooling Effect:** It provides a cooling sensation on the skin, reducing inflammation and soothing sunburns.

Brightening Skin Tone: Regular use improves skin texture and enhances complexion, making the skin look glowing and radiant.



Fig.1: Multani Mitti

2. Turmeric:

Synonym :- (Curcuma longa)

It comes from the root of the turmeric plant and belongs to the **Ginger** family.

Role of Turmeric: - Its anti-inflammatory, antimicrobial, and antioxidant properties make it effective for treating various skin conditions and improving the complexion.

Turmeric is known for improving skin tone and brightening the complexion. It can help lighten dark spots, hyperpigmentation, and blemishes. This makes turmeric an excellent choice for those

looking to achieve a natural glow and even out their skin tone.



Fig.2: Turmeric Powder

3. Sandalwood:

Sandalwood (scientific name: *Santalum album*) is a highly valued tree primarily known for its aromatic heartwood and essential oil. It has been used for centuries in cosmetics, perfumes, traditional medicine, and spiritual practices.

Role of Sandalwood: - soothing irritation, treating acne, brightening the skin, and reducing signs of aging. Its versatility makes it suitable for all skin types, and when combined with other natural ingredients, it enhances the overall effectiveness of any face pack, promoting healthy, glowing skin.



Fig.3: Sandalwood Powder

4. Banana

Bananas are one of the most widely consumed fruits in the world, known for their unique flavor, versatility, and impressive nutrient profile.

1. Botanical Classification Scientific

2. Name: Musa spp.

3. Family: Musaceae Origin: Bananas are believed to have originated in Southeast Asia, particularly in the regions of Malaysia, Indonesia, and the Philippines.

Role of Banana: - Bananas are widely used in skincare and hair care products, as their moisturizing and antioxidant-rich properties help

nourish skin and hair. Banana masks can soften hair and give it a healthy shine.



Fig.4: Banana Powder

5. Papaya:

Papaya (*Carica papaya*) is a tropical fruit native to Central America and Southern Mexico, but it is now grown in many parts of the world. It has been cultivated for centuries for its delicious taste and numerous health benefits.

■ Scientific Classification:

Kingdom: Plantae

Order: Brassicales

Family: Caricaceae

Genus: *Carica*

Species: *C. papaya*

Role of Papaya: - Papaya is a natural and effective ingredient for skincare, offering multiple benefits like exfoliation, hydration, brightening, and anti-aging. Regular use in herbal face packs can help achieve glowing, healthy, and rejuvenated skin.



Fig.5: Papaya Powder

6. Neem:

■ Scientific Classification:

Scientific Name: *Azadirachta indica*

Family: Meliaceae (Mahogany family)

Role of Neem: -Neem leaves are a powerful, all-natural solution for a wide range of skin issues, especially in face packs. They help combat acne,

brighten the complexion, control oil, and soothe inflammation. When used regularly, neem face packs can improve skin health and promote a clear, glowing complexion.



fig.6: Neem Powder

7. Mahua:

■ Mahua (*Madhuca longifolia*):

➤ **Scientific Name:** *Madhuca longifolia*

➤ **Common Names:** Mahua, Mohwa, Iluppai (in Tamil), Ippe, and Butter Tree

➤ **Family:** Sapotaceae

Mahua (*Madhuca longifolia*) has various properties that make it a valuable ingredient in herbal face packs, especially for skincare and beauty treatments.

Key Components of Mahua in Skincare:

- ✓ **Antioxidants:** Mahua is rich in natural antioxidants that protect the skin from oxidative stress, which can lead to premature aging.
- ✓ **Moisturizing Properties:** Mahua oil and flowers are known for their hydrating properties, making them excellent for dry and flaky skin.
- ✓ **Anti-inflammatory:** The oil extracted from Mahua seeds has anti-inflammatory properties, which help reduce redness, irritation, and puffiness.

Antibacterial: The natural compounds in Mahua have antimicrobial properties, which help fight bacteria and prevent skin infections.

Role of Mahua :-

1. Mahua oil is highly emollient and provides deep moisture to the skin, making it an excellent ingredient for people with dry or sensitive skin. It

helps lock in moisture and maintains the skin's elasticity, leaving it soft and supple.

2. The antioxidants in Mahua flowers and seeds fight free radicals, which can cause wrinkles, fine lines, and other signs of aging. Regular use of a Mahua-based face pack can help reduce the appearance of age spots and fine lines.

Mahua oil's anti-inflammatory properties can soothe irritated or inflamed skin, making it ideal for treating conditions like eczema, acne, or allergic reactions. Mahua helps in improving the skin's texture and complexion. When used in a face pack, it can give a natural glow and brightness to the skin. Its vitamin content, especially Vitamin C, helps lighten blemishes and dark spots, promoting an even skin tone.



Fig. 7: Mahua Powder

8. Lemon Juice

Lemon juice is a highly acidic liquid extracted from lemons (Citrus lemon), known for its tangy flavor and numerous health benefits. It has various culinary, medicinal, and household uses.

Role of Lemon juice :-

1. Vitamin C (Ascorbic Acid) in lemon juice is a powerful antioxidant that helps in reducing dark spots, hyperpigmentation, and blemishes, making the skin look brighter and more even-toned. It also boosts collagen production, which helps in reducing fine lines and giving the skin a youthful glow.
2. The citric acid in lemon juice acts as a mild exfoliant. It helps in sloughing off dead skin cells, which can leave the skin looking smoother and more radiant. Exfoliating

properties of lemon juice can help in clearing blackheads, whiteheads, and clogged pores, contributing to clearer skin.

Lemon juice has antimicrobial activity, which can help reduce acne-causing bacteria like *Propionibacterium acnes*. Its astringent properties can help control excess oil (sebum) on the skin, which is one of the primary causes of acne breakouts.



Fig. 8 : Lemon Juice

9.Alovera

Scientific Classification:

Kingdom: Plantae

Clade: Angiosperms

Clade: Monocots

Order: Asparagales

Family: Asphodelaceae

Genus: Aloe

Species: Aloe barbadensis miller

Role of Alovera: -

1. Aloe vera gel can be used topically to treat burns, acne, psoriasis, and other skin conditions. It can also help with dry skin.
2. Aloe vera gel hydrates the skin without leaving a greasy feel, making it ideal for all skin types.
3. It calms irritated or inflamed skin, helping conditions like eczema and psoriasis.
4. Its cooling properties provide relief from sunburn and promote healing.

Rich in antioxidants, aloe vera helps reduce the appearance of fine lines and wrinkles.



Fig. 9: Aloe vera

10.Honey**Kingdom:** Animalia**Phylum:** Arthropods**Class:** Insecta**Order:** Hymenoptera**Suborder:** Apocrita**Family:** Apidae**Role of Honey: -**

1. Honey is a natural humectant, meaning it attracts and retains moisture in the skin, keeping it hydrated and preventing dryness.
2. Honey has natural antibacterial properties that can help reduce acne and prevent breakouts by inhibiting the growth of bacteria on the skin.
3. Rich in antioxidants, honey helps to protect the skin from free radical damage, which can lead to premature aging.

Honey can soothe irritated skin and promote healing, making it beneficial for conditions like eczema and psoriasis.



Fig. 10: Honey

Sr. No.	Name Of Ingredient's	Scientific Name	Quantity Of Sample
1	Multani Mitti	Calcium Bentonite	5 gm
2	Turmeric	Curcuma Longa	3 gm

3	Sandalwood	Santalum Album	5 gm
4	Banana	Musa Paradisiaca Linn	4.5
5	Papaya	Carica Papaya	2 gm
6	Neem	Azadirachta Indica	3 gm
7	Mahua	Madhuca Longifolia	2.5 gm
8	Lemon juice	Citric Acid	3.5 ml
9	Alovera	Aloe barbadensis miller	4 gm
10	Honey	Apis Melifera	6 ml

How to use an herbal face pack effectively:

Steps to Use an Herbal Face Pack
Cleanse Your Face: Start by washing your face with a mild cleanser to remove dirt, oil, and makeup. Pat your skin dry with a clean towel.

Prepare the Face Pack: If you are using a ready-made herbal face pack, follow the instructions on the package. If you're making it at home, mix the ingredients with a little water, rose water, or milk until it forms a smooth paste.

Apply the Face Pack: Use clean fingers or a brush to apply an even layer of the face pack on your face and neck, avoiding the area around your eyes and lips.

Relax and Let It Dry: Leave the face pack on for about 15-20 minutes. This allows the herbal ingredients to work on your skin. Avoid talking or moving your face too much during this time.

Rinse Off: Once the pack is semi-dry (not completely cracked), rinse it off with lukewarm water using gentle circular motions. This also helps to exfoliate your skin.

Moisturize: After rinsing, pat your skin dry and apply a moisturizer suitable for your skin type to keep your skin hydrated.

Tips for Best Results Frequency: Use the face pack 1-2 times a week for optimal results.

Precaution :

Here are some key precautions:

- ◆ **Patch Test:** Always perform a patch test on a small area of your skin (like the inside of your wrist) before applying the face pack to your entire face. This helps to check for allergic reactions or sensitivity.
- ◆ **Check Ingredients:** Ensure you are not allergic to any of the ingredients in the herbal face pack. Common allergens include certain essential oils, herbs, or natural extracts.
- ◆ **Cleanse Your Skin:** Clean your face thoroughly before applying the pack to remove dirt, oil, and makeup, which can prevent the face pack from working effectively.
- ◆ **Avoid Sensitive Areas:** Do not apply the face pack on sensitive areas like the eyes, lips, or any broken or irritated skin.
- ◆ **Follow Instructions:** Adhere to the recommended time for keeping the face pack on your skin. Leaving it on for too long can cause dryness or irritation.
- ◆ **Avoid Overuse:** Use herbal face packs according to the recommended frequency. Overuse can lead to skin issues like dryness, sensitivity, or breakouts.
- ◆ **Be Cautious with Sun Exposure:** Some herbal ingredients can make your skin more sensitive to sunlight. Avoid direct sun exposure after using the pack or use sunscreen if going outdoors.
- ◆ **Store Properly:** If you are using a homemade face pack, store it properly in a clean, airtight container and keep it in the fridge if necessary to prevent spoilage.
- ◆ **Check Expiry Dates:** If using a store-bought pack, ensure it's within its expiry date and hasn't been exposed to excessive heat or moisture.
- ◆ **Avoid Mixing with Harsh Chemicals:** Do not mix herbal face packs with products containing strong chemicals or acids, as this can cause adverse reactions.

CONCLUSION: -

Currently, people seek non-side effect treatments for a variety of skin issues. Natural substances made it possible to create cosmetics without any negative outcome. The use of herbal face packs is regarded as a dependable and effective method of improving skin appearance. 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. It is a very good attempt to establish the herbal face pack containing different powder of plants. Thus in the present work, we found good properties for the face packs and further optimization studies are required on this study to find the useful benefits of face packs on human use as cosmetic product.

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