

PREPARATION AND EVALUATION OF HERBAL FACE PACK

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ABSTRACT

Objective: The main objective of the work is to formulate and evaluate a polyherbal face pack for cosmetic purpose from locally available ingredients.

Materials & Method: Cajanus cajan, green gram, sandalwood, almond, turmeric, rose petals, green tea leaves were procured from the local market and were dried, powdered, then passed through sieve no 100, mixed geometrically and packed in air tight container for further evaluation.

Results and Discussion: The distinguishing microscopical characters of individual powders were noted and quantitative measurements were taken. The powder had passable flow property which is suitable for a face pack. Particle size of the powder was found to be 20 -25 μ m.

Conclusion: Herbal face packs or masks are used to stimulate blood circulation, rejuvenates the muscles and help to maintain the elasticity of the skin and remove dirt from skin pores. The advantage of herbal cosmetics is their non toxic nature, reduce the allergic reactions and time tested usefulness of many ingredients. 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.

Keywords: Face Pack; Natural; Standardization; Cosmetics.

INTRODUCTION

From the ancient era people are using herbs for cleaning, beautifying and to manage them. Cosmetics are defined as the products used for the purposes of cleansing, beautifying, promoting attractiveness or alternating one's appearance^[1].

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Homemade natural face packs and masks make way for smooth, radiant and silky skin. In ayurveda, the herbal paste applied on face to treat acne, pimple, scars, marks and pigments are known as “mukha lepa”. “Mukha lepana” is the process of smearing a herbal mix on face. This therapy is now popularly termed as facial^[2]. Face pack is the smooth powder which is used for facial application and a good herbal face pack must supply necessary nutrients to skin and should penetrate the subcutaneous tissues to deliver the required nutrients. Different types of

skin need different types of herbal face packs. Face packs used in ayurveda helps to reduce wrinkles, pimples, acne and dark circles. They also increase the fairness and smoothness of the skin^[3].

The Natural face packs do contain some vital vitamins that are required for the health and glow of our skin. These substances also prove to be beneficial for our skin in many ways. Natural Facial Packs are less complicated and pretty simple to use. 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^[4]. Effects of the facial packs are generally temporary and for the regular glow it should be used 2-3 times a week.

Benefits of Applying Face Pack^[5,6]

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. Usually face packs made of neem and tulsi help to reduce acne and pimple. Face packs which are recommended for acne, pimple, black heads usually control the over discharge of sebum from sebaceous glands and remove the harmful bacteria inside acne lesion. The scars and marks of skin can be reduced by adding fine powder of sandal, rose petals and orange lentils with acne face pack
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.

Precautions to be Taken While Applying Face Pack

- Select the face pack according to your skin type. Take opinion of natural therapist or concerned skin expert before applying face pack.
- The face pack should not be left on face more than 15 to 20 minutes. Keeping for very long time may result in formation of wrinkles, sagging of skin and enlargement of open pores.
- Apply face pack once in a week.
- Don't try to peel or scratch the dried face pack. This may harm underlying skin. Spray water (which is at room temperature) on face before removing dried face pack. After removing the mask, roll an ice cube on facial skin. This helps to close open pores and tightens skin. It also tones and soothes the skin.
- Do not scrub face vigorously. This may result in eruption of pimples and dark spots.

- Stay away from heat when you have applied face pack.
- Avoid applying face pack near “eye zone”. The skin around eye is very delicate. The process of removing face pack may damage the sensitive skin around eyes.

MATERIALS AND METHODS

The materials used in the present study were purchased from local market, dried and powdered for further use. The below mentioned are the details of the plant materials used for the study.^[7]

Red gram:



Family: Leguminosae
Use: Natural scrub

Green gram:



Family: Leguminosae
Use: Natural scrub

Almond:

Family: Rosaceae

Use: Cleanser, scrub and moisturizer



Sandal wood:

Family: Santalaceae; Use: Antiseptic



Rose flower:

Family: Rosaceae; Use: Perfume



Turmeric:

Family: Zingiberaceae Use: Antiseptic



Green tea leaf:

Family: Theaceae; Use: Slowing down skin aging, Reduce inflammation and gives skin a healthy glow



Formulation of Face Pack

The powdered ingredients were sieved using #40 mesh, weighed accurately and mixed geometrically for uniform mixing^[8,9,10]. This

was then stored in an air tight container for evaluation. [Table-1]

Table 1: Formulation of Face Pack

S. No	Ingredients (common name)	Ingredients (biological name)	Quantity of sample for 100g
1	Red gram	<i>Cicer arietinum</i>	25%
2	Green gram	<i>Vigna radiate</i>	25%
3	Almond	<i>Prunus amygdalus</i>	10%
4	Sandal wood powder	<i>Santalum album</i>	10%
5	Rose flower powder	<i>Thymus vulgaris</i>	10%
6	Turmeric	<i>Curcuma longa</i>	10%
7	Green tea leaf	<i>Camellia sinensis</i>	10%

Table 2: Evaluation of Face Pack

S. No	Evaluation parameters	Observation	
1	Organoleptic evaluation	Color	Creamish
		Odor	Slight
		Taste	Characteristic
		Texture	Fine
2	General powder Characters	Particle size	20-25 μ m
		Angle of repose	16 $^{\circ}$ \pm 1 $^{\circ}$ 05''
		Bulk density	0.436g/cc
		Tapped density	0.413g/cc
3	Physicochemical Evaluation	Ash values	
		Total ash	4g
		Acid insoluble ash	2.77g
		Moisture content	4%
4	Grittiness	pH	6.61
			No gritty particles were found when mixed with water
5	Microscopical features	lignified fibers, fibers, sclerenchyma cells were found	
6	Chemical test: Shinoda Test	Presence of flavonoids.	
7	Nature of face after wash	Soft and fresh, Clean from dirt.	

Evaluation of Face Pack ^[11,12]

Organoleptic Properties: The color, odor, taste and texture of the powder were tested manually.

General powder Characteristics: The particle size of the powder was tested by Microscopy method. The flow property of the powder was evaluated by performing Angle of Repos by Funnel method, Bulk Density and tapped Density by Tapping Method.

Physicochemical Evaluation: Total ash and Acid insoluble ash was performed using incinerator, pH was found by using pH meter and Moisture content was also performed.

Shinoda Test: To the extract add few magnesium turnings and Concentrated Hydrochloric acid. The appearance of red colour indicates the presence of Flavonoids.

RESULTS AND DISCUSSION

The distinguishing microscopical characters of individual powders were noted and quantitative measurements were taken. The powder had passable flow property which is suitable for a face pack. Particle size of the powder was found to be 20 -25 μ m.

CONCLUSION

Herbal face packs or masks are used to stimulate blood circulation, rejuvenates the muscles and help to maintain the elasticity of the skin and remove dirt from skin pores. The advantage of herbal cosmetics is their non toxic nature, reduce the allergic reactions and time tested usefulness of many ingredients. 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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