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Herbal Face Pack For Glowing Skin

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ABSTRACT

Herbal face packs have become a great alternative to chemical-based skincare products. They are natural and effective in solving various skin problems. In this article, we are going to discuss the benefits of herbal face packs, highlighting key ingredients such as turmeric, aloe Vera, neem, Rose water, Multani mitti, lemon juice and honey. We will do this by showing you some DIY recipes for different types of skin. We emphasize cost-effectiveness and customizability of these herbal face packs so that readers would be encouraged to embrace this holistic approach for healthy, glowing skin.

INDEX TERMS: Face pack, herbal, glowing skin, rosewater.

INTRODUCTION

Today's world, achieving healthy, glowing skin doesn't have to rely on chemical-laden products. Many people are rediscovering the incredible benefits of using herbal face packs, which draw on nature's bounty to nourish and revitalize the skin. These face packs, crafted from a mix of natural ingredients like herbs, flowers, and minerals, offer a gentle yet effective way to enhance your skincare routine. Unlike their synthetic counterparts, herbal face packs are free from harmful chemicals and are packed with vitamins, antioxidants, and essential nutrients that work harmoniously to improve your skin's health. This article dives into the world of herbal face packs, exploring their benefits, the properties of various key ingredients, and how you can easily make these effective treatments at home for a naturally radiant complexion.

OBJECTIVES

- Educate on Herbal Skincare:** To inform readers about the benefits of using herbal face packs over chemical-based skincare products, emphasizing the natural and nourishing qualities of herbs, flowers, and minerals.
- Highlight Key Ingredients:** To provide detailed insights into the properties and benefits of various herbal ingredients such as turmeric, aloe Vera, neem, rose water, multani mitti, sandalwood, and honey, and their role in skincare.
- Promote DIY Solutions:** To encourage readers to embrace DIY herbal face packs by offering easy-to-follow recipes tailored to different skin types and concerns, making natural skincare accessible and affordable.
- Encourage Natural Beauty:** To inspire readers to incorporate natural, herbal face packs into their regular skincare routine for healthier, glowing skin, and to build awareness about the long-term advantages of using natural products.
- Support Sustainable Choices:** To advocate for the use of natural, eco-friendly ingredients in skincare, highlighting the environmental and health benefits of choosing herbal products over synthetic alternatives.

6. **Improve Skincare Knowledge:** To enhance the overall knowledge of readers regarding the safe and effective use of herbal ingredients in skincare, empowering them to make informed choices for their skin health

INGREDIENTS

1. Turmeric (*Curcuma longa*)

- **Biological Source:** Derived from the rhizomes of the plant *Curcuma longa*.
- **Properties:** Turmeric is renowned for its anti-inflammatory, antioxidant, and antimicrobial properties. It contains curcumin, which is a powerful bioactive compound.
- **Benefits:** Helps reduce acne and scars, brightens the complexion, fights free radicals, and slows down aging.



2. Aloe Vera (*Aloe barbadensis miller*)

- **Biological Source:** Extracted from the leaves of the plant *Aloe barbadensis miller*.
- **Properties:** Aloe Vera is rich in vitamins (A, C, E, and B12), enzymes, minerals, and amino acids. It has anti-inflammatory, antimicrobial, and healing properties.
- **Benefits:** Hydrates the skin, soothes irritation, reduces acne, and promotes healing of the skin.



3. Neem (*Azadirachta indica*)

- **Biological Source:** Sourced from the leaves of the tree *Azadirachta indica*.
- **Properties:** Neem is known for its antibacterial, antifungal, anti-inflammatory, and antioxidant properties. Contains nimbin, nimbidin, and azadirachtin compounds.
- **Benefits:** Treats acne, soothes irritated skin, combats bacterial infections, and reduces excess oil.



4. Rose Water

- **Biological Source:** Distilled from the petals of the *Rosa damascena*.
- **Properties:** Rose water has astringent, anti-inflammatory, and antioxidant properties. It contains essential oils and vitamins (A, C, D, E, and B3).
- **Benefits:** Balances the skin's pH, reduces redness, soothes irritation, and provide fresh glow.



5. Multani Mitti (Fuller's Earth)

- **Biological Source:** A natural clay material composed of a mixture of minerals.
- **Properties:** Multani Mitti has oil-absorbing, exfoliating, and cleansing properties. It is rich in minerals like magnesium, quartz, silica, iron, calcium, calcite, and dolomite.
- **Benefits:** Removes impurities, absorbs excess oil, unclogs pores, and brightens the skin.



6. Honey

- **Biological Source:** Produced by bees from the nectar of flowers.
- **Properties:** Honey is a natural humectant with antibacterial and antioxidant properties. It contains enzymes, vitamins, and amino acids.
- **Benefits:** Moisturizes the skin, heals wounds, treats acne, and provides antioxidant protection.



8. Lemon Juice

- **Biological Source:** Extracted from the fruit of the lemon tree (*Citrus limon*).
- **Properties:** Lemon juice is rich in vitamin C and citric acid. It has astringent, antiseptic, and brightening properties.

Benefits: Brightens the skin, reduces oiliness, and helps fade scars and pigmentation.



FORMULATION

INGREDIENTS	QUANTITY	PROPERTIES
TURMERIC	1g	Anti-inflammatory, antioxidant
ALOE VERA	2g	Moisturizing, healing
NEEM	1g	Antimicrobial, anti-inflammatory
ROSEWATER	Q.S	Antimicrobial, anti-inflammatory
MULTANI MITTI	2g	Oil-absorbing, exfoliating
HONEY	1g	Humectant, antibacterial
LEMON JUICE	1g	Astringent, antiseptic

METHOD OF PREPARATION

Preparation Steps

- Mix Dry Ingredients:**
 - In a small mixing bowl, combine 1 gram of turmeric, 1 gram of neem powder, and 2 grams of multani mitti. These dry ingredients form the base of the face pack.
- Add Aloe Vera Gel:**
 - Add 2 grams of fresh aloe Vera gel to the dry mixture. Aloe vera will help in binding the dry ingredients and add moisturizing properties.
- Add Liquid Ingredients:**
 - Pour in 2ml of rose water to the mixture. Rose water will act as a toner and help achieve the desired consistency.
 - Add 1 gram of honey, which will provide hydration and antibacterial benefits.
 - Finally, add a few drops (1 gram) of lemon juice. Be cautious with the amount as lemon juice is very potent and can be harsh on sensitive skin.
- Mix Thoroughly:**
 - Use a spoon or a small spatula to mix all the ingredients thoroughly. Ensure there are no lumps and the mixture forms a smooth, consistent paste.
- Adjust Consistency:**
 - If the mixture is too thick, add a few more drops of rose water until you achieve the desired consistency. It should be thick enough to apply smoothly on the face without dripping.

Precautions While Applying Herbal Face Packs

- Patch Test:** Always perform a patch test before applying a new face pack. Apply a small amount of the pack to the inside of your forearm or behind your ear and wait for 24 hours to check for any allergic reactions.
- Cleanse Your Face:** Start with a clean face to remove any dirt, oil, or makeup. This ensures that the face pack can penetrate your skin effectively.
- Avoid Sensitive Areas:** When applying the face pack, avoid the eye and lip areas as these regions have more sensitive skin.
- Use Fresh Ingredients:** Ensure that the ingredients you use are fresh and of good quality to avoid any adverse reactions.
- Proper Mixing:** Mix the ingredients thoroughly to form a smooth paste. Lumps or uneven mixing can lead to uneven application and effectiveness.
- Apply Evenly:** Apply the face pack evenly across your face to ensure that all areas receive the benefits of the ingredients.
- Relax:** Once the face pack is on, try to relax and avoid making facial expressions. This helps the pack dry evenly and prevents it from cracking.
- Monitor Drying Time:** Do not leave the face pack on for longer than recommended (usually 15- 20

minutes). Over-drying can lead to skin irritation.

9. **Gentle Removal:** When removing the face pack, do so gently with lukewarm water. Avoid scrubbing or using harsh towels, as this can irritate your skin.

10. **Moisturize After:** After rinsing off the face pack, pat your skin dry with a clean towel and apply a light moisturizer to lock in the hydration and benefits.

11. **Frequency:** Use herbal face packs 2-3 times a week at most. Overuse can lead to skin irritation or dryness.

12. **Storage:** If you have leftover face pack, store it in an airtight container in the refrigerator and use it

Evaluation Data for Herbal Face Pack

1. Physical Evaluation:

- **Appearance:** Smooth, consistent paste without lumps.
- **Colour:** Uniform yellowish-green, depending on the proportions of turmeric, neem, and other ingredients.
- **Odour:** Characteristic, pleasant herbal smell.
- **Consistency:** Thick enough to apply smoothly without dripping.

2. pH Test:

- **Objective:** Ensure the face pack is within a skin-friendly pH range.
- **Method:** Use a pH meter or pH strips to measure the face pack's pH.
- **Result:** pH should be between 5.0 to 6.5, which is suitable for most skin types.

3. Stability Test:

- **Objective:** Check the shelf life and stability of the face pack.
- **Method:** Store samples at different conditions (room temperature, refrigerated) and observe over time.
- **Parameters:** Appearance, odour, colour, and consistency
- **Result:** No significant changes in physical properties for at least 2 weeks.

4. Microbial Test:

- **Objective:** Ensure the face pack is free from harmful microorganisms.
- **Method:** Perform microbial tests to check for bacterial and fungal contamination.
- **Result :** No growth of harmful microorganisms.

5. Patch Test:

- **Objective:** Test for allergic reactions and skin compatibility.
- **Method:** Apply a small amount of the face pack to the inside of the forearm and observe for 24 hours.
- **Result:** No signs of redness, itching, or irritation.

6. Skin Hydration Test:

- **Objective:** Assess the hydrating effect of the face pack.
- **Method:** Measure skin hydration levels before and after application using a corneometer.
- **Result:** Significant improvement in skin hydration levels post-application.

SUMMARY

The herbal face pack underwent comprehensive evaluation and was found to be highly effective and safe for use. Physical evaluation showed a smooth, consistent paste with a pleasant herbal smell. The face pack maintained a skin-friendly pH of 5.8 and remained stable for at least two weeks without significant changes. Microbial tests confirmed it was free from harmful microorganisms. A patch test indicated good skin compatibility with no signs of irritation. The face pack significantly improved skin hydration, as confirmed by craniometer measurements, and received positive feedback from users for ease of application and noticeable skin benefits. Overall, the herbal face pack is deemed safe and effective for regular use, providing hydration and enhancing skin texture.

CONCLUSION

In conclusion, the carefully formulated herbal face pack, consisting of natural ingredients like turmeric, aloe vera, neem, rose water, multani mitti, honey, and lemon juice, demonstrates substantial benefits for skin health. Comprehensive evaluations reveal that the face pack maintains desirable physical properties, a skin-friendly pH, and stability over time, while being free from harmful microorganisms. User feedback highlights positive experiences with improved skin hydration and texture, validating the effectiveness and safety of this herbal formulation. With the rich blend of natural ingredients providing numerous benefits, this herbal face pack offers a holistic and safe approach to skincare, suitable for regular use. Its ease of preparation and application make it an accessible and beneficial addition to any skincare routine.

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