

FORMULATION AND CHARACTERIZATION OF HERBAL FACE WASH/SCRUBER

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ABSTRACT

For the enhancement of beauty a herbal face wash playing a important role it consist of materials such as amino acids, lipids and carbohydrates etc so that a balanced nutrition is required for the skin to keep it clear glossy and healthy, Present review article deals with the formulation and characterization of cosmetic herbal fawash and scruber preparation. In ancient times women are very conscious about their beauty and started to dress themselves because they wanted to increase their own beauty. It is a very good attempt to establish the herbal face wash containing aqueous extracts of neem leaves, turmeric rhizomes, liquorice root, and seed of nutmeg.

KEYWORDS: Herbal Cosmetics Neem, Aleovera, Face wash, Face Pack, Scruber.

INTRODUCTION

Face skin is the major part of the body, which indicates the health of an individual. It is a consist of materials such as amino acids, lipids and carbohydrates etc so that a balanced nutrition is required for the skin to keep it clear glossy and healthy, Present review article deals with the formulation and characterization of cosmetic herbal fawash and scruber preparation. In ancient times women are very conscious about their beauty and started to dress themselves because they wanted to increase their own beauty.^[1] Even today, people especially in rural areas, and hilly region select the natural remedies like plants extracts for cosmetics perposous like neem aleovera tulsi, orange rose. Herbal cosmetics are products which are used to purify and beautify the skin. The main advantage for using an herbal cosmetic is that it is pure and does not have any side effects on the human body men have rough skin and when they don't take sufficient care then the skin turns dark due to over exposure of the sun.^[2] In this arical we share home best homemade face packs and face mask to whiten the skin naturally for men's and women skin. These face packs have natural skin lightening and can be easily prepared at home.^[3]

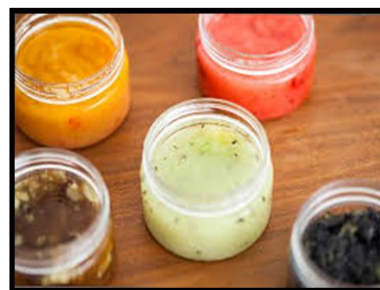


Figure.1 Face wash

Table.1. Comanly Used Ingredient Used In The Formulation Of Herbal Face Wash Gel

INGREDIENTS	PARTS USED	PROPERTY	QTY (%)
Extract of lemon	Fruit	Antibacterial and Antioxidant	1
Extract of neem	Leaves	Kills acne causing bacteria	1
Extract of aloe vera	Whole plant	Soothing, moisturizer, cooling	1
Extract of curucuma longa	Bulb	Antiseptic, antibacterial, anti inflammatory	1
Carbopol 940	-----	Gelling agent	1
Methyl paraben	-----	Preservative	02
Propyl paraben	-----	Preservative	0.1

Triethanolamine	-----	Neutraliser	2
Propylene glycol -	-----	Humectant	2
Sodium lauryl sulphate	-----	Foaming agent	2
Distilled water	-----	Vehicle	QS

1. Preparation of extract neem, aleovera and cumber^[4]

Extracts of lemon, aerial part of Neem, whole plant of aleo vera, bulb of cucumber longa were prepared by Maceration Process oir tiruturation in the mortar pestel^[5].

Preparation of gel

A small quantity of water was added with preservatives, propylene glycol and sodium lauryl sulphate were dissolved well. To the above solution carbopol was added little by little and stirred well until a gel like³. dispersion was obtained⁶. To this the extracts were added one by one to get a complete gel like consistency. Then triethanolamine was added finally^[7].

EVALUATION

The prepared face wash gel was evaluated for various parameters as follows^[8]:

1. Washability^[9]

Formulations were applied on the skin easily remove by washing with water were checked manually.

2. pH

pH of 1% aqueous solution of the formulation was measured by using a calibrated digital pH meter at constant temperature^[10].

3. Colour: The colour of the face wash gel was checked visually^[11].

4. Odour: The formulation was evaluated for its odour by smelling it.

5. Consistency: It was determined manually.

6. Viscosity: Viscosity of the gel was determined using Brookfield viscometer. The values obtained for the sample and for water were noted.

7. Spreadability: The spread ability of the gel was found manually by applying the gel on the skin with hand or finger gentle rub which easily spread through the face..

8. Foamability: Small amount of gel was taken in a 4. beaker containing water. Initial volume was noted, beaker was shaken for 10 times and the final volume was noted. Grittiness: The product was checked for the presence of any gritty particles by applying it on the skin.

2. Lemon and honey skin whitening face pack for men^[12]

This whitening face pack is the best face pack for skin who want fairness and skin lightening. The lemon juice used in this pack keeps the skin refreshed oil free and lightens the skin when used on regular basis on the face and the neck^[13]. Honey keeps the acidic effect of lemon in control thus making this whitening face pack suitable for all skin types though this is most suitable for oily skin.

Directions to prepare this skin whitening face pack at home:^[14]

- Take one teaspoonful of juice of lemon in a small container and add one teaspoonful of honey.
- Mix both of these ingredients properly and use on the face with gentle rubbing.^[15]
- Leave this face pack for the 20 minutes and wash the face with normal water.
- Do not use warm water on the face.

Skin whitening face pack for skin with oatmeal and tomato juice^[16]

Oatmeal is a good way to mildly scrub the face to get rid of the flaky dry dead skin layer. Taking off dead skin is important when you want a clear glowing lighter skin complexion especially for boys or men who stay a lot in the sun and their skin turns dark due to sun tanning. Tomato juice will remove that sun tan from the face.^[17] This is an excellent oatmeal face pack to remove the skin darkness for men and also to get fair skin.

How to make this face pack for skin whitening for skin^[18]:

- Take one teaspoonful of oatmeal and add 3 teaspoonful of tomato juice.
- To extract the juice simply cut a tomato and take the half tomato and squeeze. It will pour out the juice. There will be some seeds also in that juice but that is okay^[19].
- Mix them and keep this for 5 minutes. We are keeping this aside so that the oat meal gets soaked and becomes softer.
- After 5 minutes. Mash the oatmeal and mix.
- Apply it on the face like a face pack and keep for 20 minutes. Wash after that.
- Do this 3 times in a week. It is for all skin types^[20].

Orange juice, multani mitti skin whitening face pack.

This multani mitti face pack for skin whitening is for oily skin.^[21] Multani mitti used in this face pack removes the extra grease, dirt and oils from the face and keeps skin oil free. It whitens the skin and also prevents the occurrence of pimples^[22].

Directions to prepare this whitening face pack:

- Take one teaspoonful of multani mitti also known as fuller's earth in a bowl.
- Add some orange juice to mix and make a paste of multani mitti.
- If orange juice is not available you can try sugarcane juice, lemon juice as well.
- Apply and rinse after 20 minutes.

5. Papaya and banana skin whitening face pack^[23].

This whitening face pack includes papaya and banana which makes this pack good for all skin type. It takes off the dryness from the face. Papaya makes the skin lighter and keeps the skin's melanin in control^[24]. Melanin is responsible for skin darkness and darker complexion. Banana heals the dry skin and adds a glow on the men's rough skin.

How to prepare papaya banana whitening face pack^[22]:

- Take a piece of banana and a piece of papaya.
- Mash them and add some honey.
- Apply this fruit face pack on the clean face and then wash the face after 20 minutes.
- This can be tried 3 times in a week.

6. Sugarcane and besan face pack for whiten the skin^[24]

Sugarcane has glycolic acid which makes this face pack a good skin peeling skin whitening face pack for skin. Take some sugarcane and add some besan into it. Keep the paste medium. It should not be too liquid or extremely thick else you will find the pack to be difficult to apply. Apply it on the face evenly and let it dry for 20 minutes. Wash with normal water.



Figure. 2. MARKETED FORMULATION OF FACE WASH

SCRUBER

Scrubber is formulated to remain healthy and of good appearance, the skin surface requires frequent cleansing to remove grin, sebum and other secretions, dead cells,²⁴ crusts and applied make-ups. In the present work we have formulated the herbal facial scrub by using a different nineteen herbal powders such as turmeric, neem, sandalwood, arjuna, pumpkin, almond oil, sesame oil etc. The scrub was evaluated by using the parameters like Smoothness, Appearance, Complexation and effect on acne, Effect on white and black heads, Effect on black spot, Spreadability, Astringent action, Emollient action and Irritation.

Table. 2. Comanly used ingredients in the formulation of Herbal facial scrub

Sr. No.	Name of Ingredients	QTY in %	Use
1	Wheat cover	0.5 %	It removes dead skin, astringent and protective
2	Turmeric	1.0%	Antiseptic and improves Fairness
3	Khus-khus	1.0%	Removes heat
4	Multani Mitti	1.0%	Cleaning of oil and dust particles
5	Ginger	1.0%	Promote circulation
6	Red sandalwood	1.0%	Post acne and other facial scars
7	Sandalwood	0.5%	Smoothing, cooling effect and mproves fairness
8	Pumpkin	0.5%	Juvenile acne, pimples, blackheads
9	Arjuna	0.5%	Skin disease, astringent
10	Neem	0.5%	Many skin conditions, antiseptic
11	Tulsi	0.5%	Acne, antimicrobial
12	Honey	1.0%	Emollient, antiseptic and astringent, nutritive
13	Almond oil	1.0%	Nutritive and emollient
14	Sesame oil	1.0%	Skin tonic and emollient



Figure.3. Marketed formulation of scrubber

CONCLUSION

Skin disease is very common and the need to prevent or treat the disease is in great demand. In the present scenario, people need remedy for skin disease without side effects. Herbal ingredients opened the way to formulate cosmetics without harmful effect, which can impart the required properties to heal the skin disease and the expense will be less when compared with the synthetic products. This formulation can be used as an effective face wash gel. 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 wash containing aqueous extracts of neem leaves, turmeric rhizomes, liquorice root, and seed of nutmeg.

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