



# REVIEW ON COSMETIC POLYHERBAL FACEPACK

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## 1. INTRODUCTION

Face pack is the smooth powder which is used for facial application. Herbal face packs are natural skincare products made from ingredients like herbs, fruits, clays, and essential oils. They are popular due to their anti-inflammatory, antibacterial, antioxidant, and soothing properties. Common ingredients such as reetha, lemon, liquorice, hibiscus, and manjishtha provide essential nutrients that promote healthy and glowing skin.

These face packs are usually available in powder form and mixed with liquids like rose water, milk, or yogurt before application. Once applied, they are left to dry for 10–15 minutes, forming a film that tightens and cleanses the skin. This process removes dirt, oil, and dead skin cells while improving blood circulation and giving a refreshed, rejuvenated feel.

To give the needed nutrients it should penetrate into the subcutaneous tissue. Every type of skin is specific for the requirement of skin pack. Different types of packs are now available for oily, normal and dry skin types. They promote healthy, glowing skin

This project focuses on creating and evaluating an effective herbal face pack using safe, natural ingredients.

### • **Benefits of Applying Face Pack**

1. Face packs clean the skin by removing dead skin cells.
2. They give a cooling and calming effect to the skin.
3. These packs help bring back the natural glow and brightness of the face quickly.
4. Face packs protect the skin from the damage caused by pollution and rough weather.
5. They also help delay early signs of aging.
6. Herbal face packs help in reducing acne, pimples, scars, and dark spots

## • Advantages

1. Hydrates and nourishes dry skin
2. Tightens and reduces the appearance of large pores
3. Enhances the overall texture of your skin
4. Removes impurities by soaking up excess oil
5. Reduces the visibility of fine lines and wrinkles

## ❖ Introduction of Skin

The skin is the largest organ of the human body, serving as a vital barrier and interface between the internal body and the external environment. It plays critical roles in protection, sensation, thermoregulation, and maintaining overall homeostasis. Understanding its anatomy and physiology is essential for fields like dermatology, cosmetology, and medicine.

## ❖ Anatomy of the skin

The skin has three primary layers:

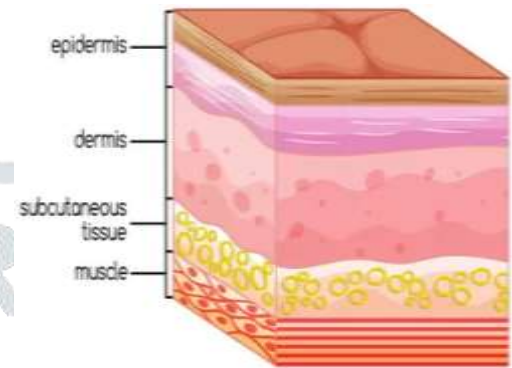


Fig. Skin

### 1. Epidermis structure

The outermost layer made of keratinized stratified squamous epithelium. Lacks blood vessels

Key cells

Keratinocytes: Produce keratin offering structural strength and waterproofing. Melanocytes: Synthesize melanin for pigmentation and UV protection.

Langerhans cells: Part of the immune response.

Merkel cells: Associated with touch sensation.

Sub-layers

Stratum corneum (Outermost, dead cells) Stratum lucidum (Only in thick skin)

Stratum granulosum

Stratum spinosum

Stratum basale (Innermost, site of mitosis)

### 2. Dermis

A thicker layer below the epidermis composed of connective tissue. Contains blood vessels, lymphatics, nerves, and appendages.

Key components

Collagen and Elastin: Provide strength and elasticity

Fibroblasts: Produce extracellular matrix

Glands: Sebaceous glands (Secrete sebum) Sweat glands (Eccrine and Apocrine). Hair follicles: Anchors for hair growth.

Sensory nerve endings: Detect touch, pressure, pain, and temperature.

Layers –

Papillary layer (Superficial, loose connective tissue).

Reticular layer (Deeper, dense irregular connective tissue).

### 3. Hypodermis (Subcutaneous layer)

Composed of adipose and connective tissue Provides insulation, energy storage, and cushioning. Connects skin to underlying structures like muscles

### • Types of Common Facial Skin Problem

**1.Acne:** A skin condition where hair follicles get clogged, leading to blackheads, whiteheads, pimples, or even deeper cysts.



**2.Rosacea:** Characterized by persistent redness, flushing, and pimple-like bumps on the face. It may also irritate the eyes and is often triggered by sunlight, stress, or spicy foods.

**3.Eczema (Atopic Dermatitis):** Appears as rough, dry, and itchy patches of skin that may become inflamed.



**4.Cold Sores:** Painful fluid-filled blisters, usually around the lips or mouth, caused by the herpes simplex virus.



**5.Sunburn:** Damage caused by overexposure to UV rays, leading to redness, irritation, and a burning sensation on the skin.

**6.Psoriasis:** A long-term autoimmune skin disorder where thick, silvery-white or red scaly patches develop.

**7.Hyperpigmentation:** Facial hyperpigmentation is the occurrence of darker patches or spots on the skin due to excess melanin production, often caused by sun exposure, hormonal changes, or inflammation.



**8.Dry Skin:** Dry skin on the face is caused by environmental factors (cold weather, low humidity, sun exposure), lifestyle habits (hot showers, harsh soaps), aging, and certain medical conditions like eczema or thyroid issues



**9. Blackhead:** A blackhead is a type of acne caused by an open, clogged pore that traps excess skin oil (sebum) and dead skin

## 2. LITERATURE REVIEW

### 1. Sachin Bhagwat *et.al* (2018)

Formulated a herbal facepack containing multani mitti, turmeric, aloe vera, sandalwood, lemon peel, rose petal powder, manjistha, lodhra and gram flour. The results showed that the product was physiochemically and microbiologically stable and possessed characteristics of a standard cosmeceutical formulation for skincare.

### 2. SS Londhe, AA Joshi, GN Sapkale – International Journal, (2021)

Herbal face pack are thought to be a long-lasting and effective technique to improve skin appearance. Thus, the current study is an excellent attempt to make a herbal face pack.

### 3. Aman Kumar *et al.*, (2022)

Formulated a herbal facepack containing turmeric, sandalwood and manjistha. The result showed that it rejuvenate and tighten the skin.

### 4. Vidya Keshav Kakad (2022)

Many of the marketed products when applied on the skin cause dryness of skin after its longterm use which results less life of skin problems of acne and redness. Solution for this problem is use of scrub which consist all herbal ingredients which increases cleansing, softening, moisturizing, fairness of skin. The use of natural ingredients to



fight against acne, wrinkle and also to control secretion of oil is known as natural or Herbal cosmetics. Herbal cosmeceuticals usually contain the plant parts which possess antimicrobial, antioxidant and anti-aging properties. Herbal cosmetics are the safest product to use routine with no side effects and cosmaceuticals are the product which influences the biological function of skin.

##### 5. AS Vats, S Maurya (2022)

Herbal ingredients opened the way to formulate cosmetics without any harmful effect. Herbal face packs good attempt to formulate the herbal face pack containing naturally available.

##### 6. AK Nagre, SS Khan, JP Joshi-world journal, (2022)

Herbal face packs are thought to be a long-lasting and effective technique to improve skin's appearance. Thus, the current study is an excellent attempt to make a herbal face pack.

##### 7. Shirish B. Nagansurkar, Sanjay K. Bais, Jyoti Bagale (2023)

Herbal face masks are used as prescription drugs to treat a range of skin disease. Everyone wants to have skin that is beautiful and fair. Ayurveda says blood cause skin problems purpose of this task is to create and assess an herbal face pack for dull skin, acne, aging by using reetha, hibiscus, amla, licorice.

##### 8. Yash Kamble *et al.*, (2023)

Formulated a multi herbal facepack containing Multani mitti, manjistha, haridra, Rakha Chandan and lodhra. The result showed that it stimulate the blood vessels and remove the dust from the skin pore

### 3. AIM AND OBJECTIVE

#### • AIM

Review on Cosmetic Polyherbal Face Pack.

#### • OBJECTIVE

- Due to rising pollution levels, allergens, and microbes, human skin has become more delicate and ages faster. Hence, an effort has been taken to develop a face pack suitable for all skin types. After its preparation, all necessary parameters have been assessed to ensure it meets quality standards.
- To design and analyze a polyherbal cosmetic face pack using natural herbal components.
- Herbal masks or face packs are beneficial in boosting blood flow, refreshing the skin, maintaining skin elasticity, and cleansing impurities from the pores.
- To hydrate, purify, tone, and revitalize the skin. These packs are tailored to match different skin types and age groups.

## 4. PLANT PROFILE

### 4.1 Reetha

- **Synonyms:**

- Soapnut
- Soapberry
- Arishtak
- Ritha
- Sapindus



Fig. Reetha

- **Biological Source:**

- Reetha consists of the dried fruit of the plant *Sapindus mukorossi Gaertn.*

- **Family:** *Sapindaceae*

- **Chemical Constituents:**

Reetha fruits contain a variety of saponins, which are natural surfactants responsible for its foaming and cleansing action. Major constituents include:

- Saponins (10–11%)
- Sugars (10%)
- Fatty acids (20-30%)
- Mucilage (1-3%)
- Flavonoids (0.5-1%)
- Tannins (2-5%)
- Glycosides

- **Uses**

- The saponins in Reetha make it an excellent natural cleansing agent
  - Used in face packs for its gentle cleansing properties; helps with pimples and blackheads.
  - Traditionally used in Ayurveda for managing eczema, psoriasis, and inflammation
- Contains natural anti-bacterial and anti-fungal properties.

### 4.2 Lemon

- **Synonyms:**

- Nimbu
- Citrus lemon
- Citrus medica
- Citron



Fig. Lemon

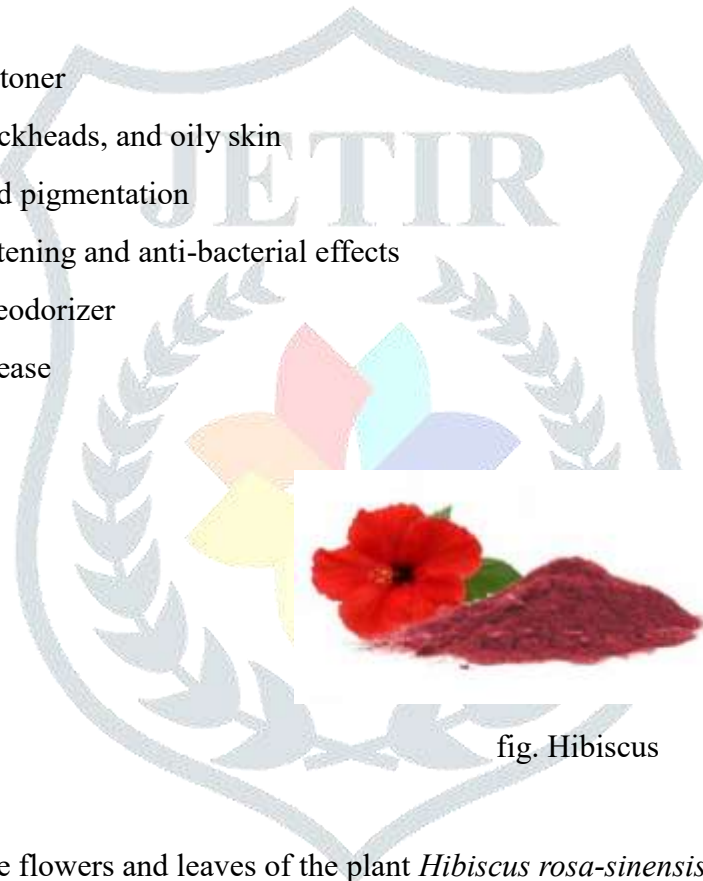
- **Biological Source:**
- Lemon consists of the fresh or dried fruit of the plant *Citrus limon* (L.) Burm.f.
- **Family:** *Rutaceae*

- **Chemical Constituents:**
- Citric acid(5-6%)
- Vitamin C (5-8%)
- Flavonoids (0.2-1.5%)

- **Uses:**
  - Natural astringent and toner
  - Helps reduce acne, blackheads, and oily skin
  - Lightens dark spots and pigmentation
  - Used for its skin-brightening and anti-bacterial effects
  - Natural cleanser and deodorizer
  - Removes stains and grease

### 4.3 Hibiscus

- **Synonyms:**
- Jaswand / Jaswanti
- Shoe Flower
- China Rose
- **Biological Source:**
- Hibiscus consists of the flowers and leaves of the plant *Hibiscus rosa-sinensis* L.
- **Family:** *Malvaceae*



- **Chemical Constituents:**
- Flavonoids (0.5-2%)
- Anthocyanins (1.5-3%)
- Mucilage (15-25%)
- Tannins
- Saponins
- Vitamin C (0.1-0.4%)
- Citric Acid

- **Uses**

- Natural source of alpha-hydroxy acids (AHAs) that exfoliate skin
- Improves complexion and tightens pores
- Reduces acne, dark spots, and signs of aging
- Acts as a skin rejuvenator and cleanser

#### 4.4 Liquorice

- **Synonyms:**

- Mulethi
- Yashtimadhu
- Sweet Root
- Glycyrrhiza



fig. Liquorice

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- **Biological Source:**

- Liquorice is obtained from the dried roots and stolons of the plant *Glycyrrhiza glabra* Linn.

- **Family:** *Fabaceae (Leguminosae)*

- **Chemical Constituents:**

- Glycyrrhizin (6-10%)
- Flavonoids (1-3%)
- Coumarins (<1%)
- Polysaccharides (10-20%)
- Tannins (2-5%)

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- **Uses:**

- Natural skin brightener and spot remover
- Reduces pigmentation, dark spots, and blemishes
- Helps with eczema, psoriasis, and acne

#### 4.5 Manjishta

- **Synonyms:**

- Manjishta
- Indian Madder
- Manjith
- Tamra-patra



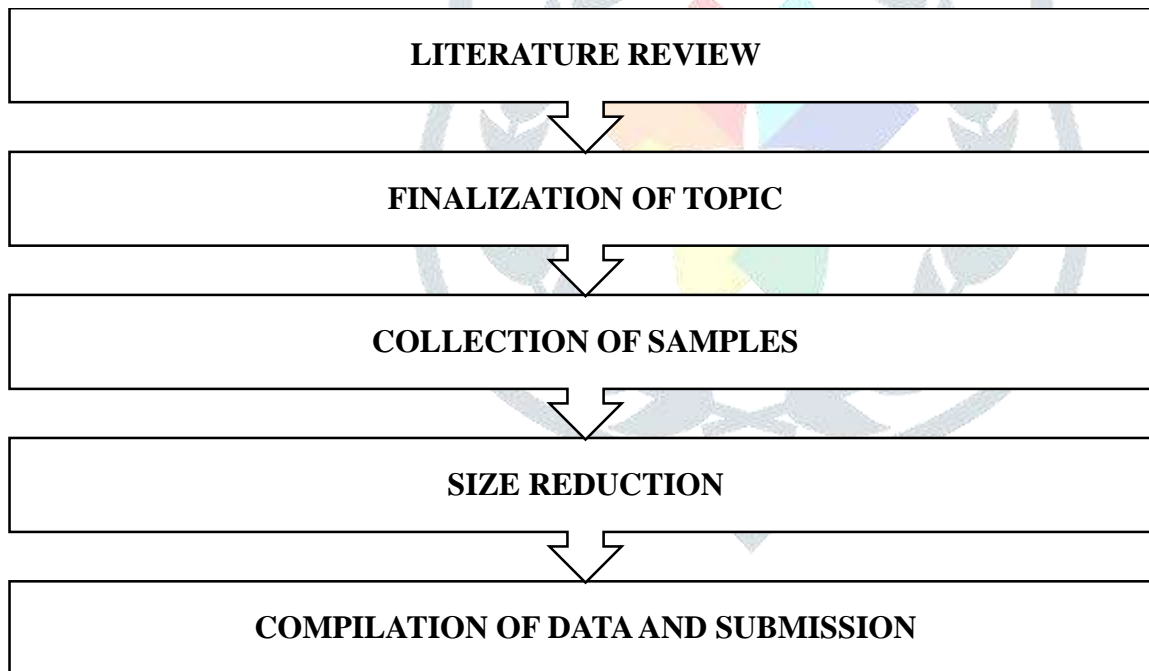
Fig.Manjishta



- **Biological Source:**
- Manjishta consists of the dried roots and stems of the plant *Rubia cordifolia* Linn.
- **Family:** *Rubiaceae*
- **Chemical Constituents:**
- Anthraquinones (2-5%)
- Tannins (5-10%)
- Saponins (<1%)
- Flavonoids
- Glycosides
- Alizarin

- **Uses:**
- Highly effective in clearing acne, pimples, and blemishes
- Helps in detoxifying skin and improving complexion

## 5. Plan Of Work



## 6. TIME LINE

TIME DURATION	PLAN WORK
1-5 days	Literature Survey
5-14 days	Finalisation Of Topic
14-24 days	Collection Of Data
24-32 days	Compilation Of Data
32-40 days	Data Interpretation
45 days	Submission

## 7. METHOD OF PREPARATION

### • Formulation

1. Raw material were gathered from local market.
2. The natural ingredients were shed dried, powdered and sieved using # 40 mesh, weighed accurately and mixed.
3. For the evaluation of various parameters, the formulated face pack was stored in an air tight containers.

### • Procedure

1. Weigh accurately all herbal powder such as Reetha Powder, Lemon peel powder, Hibiscus Powder, Licorice Powder, Manjishta Powder.
2. Mix them together to form a uniform mixture with the help of mortar pestle.
3. In this mixture, add prepared herbal drug and triturate to form a uniform drug powder of face.

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