

HERBAL FACE PACK BY USING NATURAL INGREDIENTS

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ABSTRACT

This article include herbal face pack for all skin types natural components in varied doses. Three different mixtures that include Milk powder, alovera, turmeric, cinnamon, rose water, Multani mitti, Sandalwood and orange peel from the local market were prepared. Most of the cosmetic producta available in the market are synthetic and have many side effects if used for a long time. It is safe or easy to used. Some of the major skin problem. Using herbal cosmetics such as herbal face pack, creams etc. The purpose of this work is to develop and evaluate an herbal and natural facial mask for glowing skin.

KEYWORDS: Natural ingredients, Herbal face pack, Formulations.

INTRODUCTION

Everyone aspires to have beautiful skin that is fair. 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 issue s. Skin related disorders are brought on by toxins that have built up in the blood due to poor diet and lifestyle choices. In Ayurveda, various herbs and medications are specified for purifying the blood.

In ayurveda, "mukha lepa" refers to the herbal paste used to cure acne, pimples, scars, markings, and pigmentation on the face. Mukha lepana" refers to the application of this herbal concocti on to the face. As a facial, this cosmetic therapy is well liked. "F ace pack" is. used for applying makeup to the face. A good herbal face mask must give the skin the nutrients it needs. To give the necessary nutrients, it must pierce the subcutaneous tissues. Different skin types require various herbal face packs Women who have wrinkles, dark bags under their eyes, pimples, or acne can get rid of them with the aid of the ayurvedic face packs. The fairness and smoothness of the skin are improved by herb al face packs. we can use herbal face packs to their fullest potential by using them in accordance with the type of skin we have these face packs improve skin radiance and are the greatest ayurvedic remedy for boosting fairness. One of the most traditional and attractive ways to cleanse the skin is using face packs. Ayurveda describes a variety of face packs with nourishing, healing, cleansing, astringent, and antiseptic effects. Face packs can be made at home using

common ingredients found in the kitchen and house Ayurveda describes a variety of face packs with nourishing, healing, cleansing, astringent, and antiseptic effects. Face packs are easy to make at home with common household and kitchen ingredients.

Herbal face packs are more affordable and offer no negative effects in the quest for naturally pale skin. Herbs have been use d for management, cleaning, and beauty since the beginning of time. Cosmetics aredescribed as items intended to enhance, clean, promote attractiveness Smooth, vibrant, and silky skin are made possible by homemade natural face packsand masks. "Mukha lepa" is the name for the herbal paste used to cure acne, pimples, scars, markings, and pigmentation on the face in ayurveda Mukha lepana" refers to the application of this herbal concoction to the face as a facial, this cosmetic therapy is well liked. The fine powder that "Face pack" is used for applying makeup to the face. A good herbal face mask must give the skin the nutrients it needs. To give the necessary nutrients, it must pierce the subcutaneous tissues. Different herbal face packs are required for different skin types Women can get rid of wrinkles, dark circles, pimples, and acne by using the ayurvedic face packs. Herbal face masks improve skin's radiance and suppleness. By applying herbal face packs i n accordance with our skin type, we can maximise their benefits. The greatest ayurvedic remedy to improve fairness, these face packs make the skin glow. One of the oldest and most elegant ways to cleanse the skin is with face packs.

In Ayurveda, a variety of face packs are described. These face packs have nourishing, healing, cleaning, astringent, and antiseptic properties. With common ingredients found in the kitchen and house, we may make face packs at home. For gaining fair skin naturally, herbal face packs are more affordable and have no side effects. Herbs have been used for management, cleaning, and beauty since the beginning of time. The products used for washing, beautifying, and other functions are considered cosmetics. The act of improving, enhancing, or changing one's look. Smooth, vibrant, and silky skin are made possible by homemade natural face packs and masks. "Mukhalepa" is the name for the herbal paste used to cure acne, pimples, scars, markings, and pigmentation on the face in ayurveda. "Mukha lepana" refers to the application of an herbal facial. Nowadays, this treatment is commonly used. A face pack is a smooth powder that is applied to the face. A good herbal face pack should penetrate the subcutaneous tissue and provide the skin with the nutrients it needs. To provide the necessary nutrition. Different herbal face packs are required for different skin types. Ayurvedic face packs are used to lighten dark spots, acne, and wrinkles, Dark circles etc.

They also improve the skin's fairness and suppleness. Certain essential vitamins that are necessary for the health and radiance of our skin are present in the natural face packs.

These compounds demonstrate numerous benefits for our skin as well. Natural Facial Packs are easier to use and less complicated.

They assist us in caring for our skin and demonstrate its value by promoting blood flow via the face's veins. The effects of the facial packs are typically transient, and for a consistent glow, use them two to three times each week.

• Advantages of Herbal Face Pack

1. Feeds the skin. Essential fruit face packs are available. vitamins for the skin.
2. Depending on its herbal ingredients, aids in reducing acne, pimples, scars, and marks.
3. Face packs typically remove skin's dead cells.
4. The skin is soothed and relaxed by these face masks.
5. They aid in quickly restoring the skin's lost radiance and glow.
6. Regular use of natural face masks improves skin texture and complexion while giving skin a glow.
7. The wise application of face packs can effectively counteract the negative effects of pollution and harsh environments.
8. They aid in preventing early skin ageing.

Herbal Ingredients

1. Neem



Synonym: Margosa

Scientific Name: *Melia Indica*

Use: It is used as a antibacterial, antinflammatory and acne Treatment.

Neem is a herbal ingredients for natural used.

2. Turmeric



turmeric becomes a potent agent in enhancing skin tone, providing a natural radiance and contributing to overall skin health. Noteworthy for its anti-aging benefits, turmeric effectively reduces the appearance of wrinkles and promotes skin suppleness, aligning with the desire for youthful and vibrant skin.

3. Aloe vera



Aloe vera, scientifically known as *Aloe barbadensis* and categorized under the Liliaceae family within the genus Aloe, stands out for its remarkable skincare properties. Renowned for its anti-microbial attributes, aloe vera proves to be an exceptional remedy for treating acne and

pimples, providing effective and natural solutions for individuals dealing with these common skin issues.

4. Rose water



The soothing and anti-inflammatory properties of rose water also make it a gentle solution for calming irritated skin and reducing redness. Beyond skincare, rose water is a culinary ingredient, adding a delicate floral flavor to various dishes and beverages.

5. Orange Peels



Common name- Orange Peel Powder
 Scientific name- *Citrus x aurantium*
 Family- Rutaceae
 Category- Anti acne

Orange is a citrus fruit which contains different nutritional source such as vitamin calcium, potassium and magnesium. It prevents the skin from free radical damage hydration and oxidative stress. Also it has instant glow property, prevent acne, blemishes wrinkles and aging.

6. Chandan



Synonym- East Indian sandalwood
 Scientific Name- *Santalum album L.*
 Family- Santalaceae

Uses- It is used for the skin tones, Remove black spots and moisture dry skin.

7. Milk Powder



It is very beneficial for skin, as it provides nourishment for dry, rough skin for the longer duration. Milk cream either in the form of powdered raw milk or milk as such provides a brilliant shine to skin. This is beneficial in hydrating the face deeply and makes skin youthful, lustrous and flawless. It bleaches the skin to remove dark spots, pigmentation, acne etc.

8. Rose petals



Synonyms- Rosette
 Family- Rosaceae
 Uses- It is used for the acne prevention, soothes skin, even skin tone and boosts collagen
 Rose petals powder is in dry form.

9. Pomegranate Powder



Synonyms- *Punica granatum*
 Family- Punicaceae

Origin- Iran, India and China

Uses- It is used for the deep cleansing

It is used for the clear the skin and remove the death skin pots.

CONCLUSION

Herbal face packs have the ability to effectiveness for skin a glowing appearance. Due to its beneficial effects on humans, the study is relevant to support product claims. The elements of natural medicines are more acceptable because they are less likely to cause side effects and are safer than synthetic ones. The demand for herbal formulations is on the global market. Herbal face packs are used to increase in Glowing skin, revitalise muscles, preserve the flexibility of the skin, and clear out skin pores.

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