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Herbal Face Pack: Review Article

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Abstract: Herbal face packs are cosmetic preparations made from natural plant-based and mineral ingredients intended to cleanse, nourish, brighten, and rejuvenate facial skin. Common ingredients include Multani mitti, turmeric, neem, sandalwood, orange peel, rice flour, amla, rose petals, saffron, milk powder, banana peel, and pomegranate peel. These ingredients may provide cleansing, oil-absorbing, antimicrobial, anti-inflammatory, antioxidant, exfoliating, and skin-soothing effects.

I. INTRODUCTION

Skin is the largest organ of the body and acts as a protective barrier against environmental pollutants, ultraviolet radiation, microbes, and chemical irritants. Facial skin is especially exposed to dust, oil, sweat, cosmetics, and pollution, which can contribute to acne, dullness, pigmentation, clogged pores, and premature aging. Herbal face packs are topical cosmetic preparations applied to the face for a short period and then washed off after drying.

II. DEFINITION

A herbal face pack is a semisolid or powder-based cosmetic formulation containing natural herbs, plant powders, clays, minerals, or other natural substances intended for external application on facial skin. It is usually applied evenly over the face, allowed to dry, and then removed by washing.

III. COMMON INGREDIENTS

Commonly used ingredients include Multani mitti, turmeric, neem powder, sandalwood powder, orange peel powder, rice flour, amla powder, rose petals, saffron, milk powder, banana peel powder, and pomegranate peel powder. Multani mitti absorbs oil and cleanses pores; turmeric provides antioxidant and anti-inflammatory activity; neem supports antimicrobial and anti-acne effects; sandalwood soothes and cools the skin; orange peel and rice flour provide mild exfoliation.

IV. IDEAL CHARACTERISTICS

An ideal herbal face pack should be safe, non-irritant, easy to apply and remove, pleasant in color and odor, smooth in texture, suitable in pH, stable during storage, and free from microbial contamination.

V. GENERAL FORMULATION METHOD

Herbal face packs are generally prepared by selecting suitable herbs, drying plant materials, grinding them into fine powder, sieving for uniform particle size, weighing accurately, mixing geometrically, and storing in airtight containers. Before application, the dry powder may be mixed with water, rose water, milk, honey, or aloe vera gel.

VI. EVALUATION PARAMETERS

Evaluation includes organoleptic properties such as color, odor, texture, and appearance; physicochemical parameters such as pH, moisture content, ash value, and particle size; physical parameters such as spreadability, washability, smoothness, and homogeneity; phytochemical screening for flavonoids, tannins, phenols, alkaloids, and saponins; irritancy testing; and stability studies.

VII. BENEFITS

Herbal face packs may cleanse the skin, absorb excess oil, reduce acne tendency, improve skin texture, support mild exfoliation, provide antioxidant protection, soothe irritation, and give a refreshed and glowing appearance. They are also considered eco-friendly alternatives to some synthetic cosmetic products.

VIII. SAFETY CONSIDERATIONS

Natural ingredients can still cause irritation or allergy in some individuals. A patch test should be performed before first use. Face packs should not be applied on wounds, burns, infected skin, or severe acne lesions. Sensitive-skin users should avoid harsh abrasive powders and citrus-rich ingredients if irritation occurs.

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IX. LIMITATIONS

Many herbal face pack studies focus on formulation and basic evaluation rather than controlled clinical trials. Other limitations include variation in herbal raw materials, possible microbial contamination, shorter shelf life, allergic reactions, and lack of standardization.

X. CONCLUSION

Herbal face packs are promising cosmetic formulations prepared from natural ingredients such as Multani mitti, turmeric, neem, sandalwood, orange peel, rice flour, amla, rose petals, saffron, and fruit peel powders. Available formulation studies suggest acceptable physical properties, good spreadability, stability, and low irritation potential. However, stronger clinical research is needed to confirm long-term safety and effectiveness across different skin types.

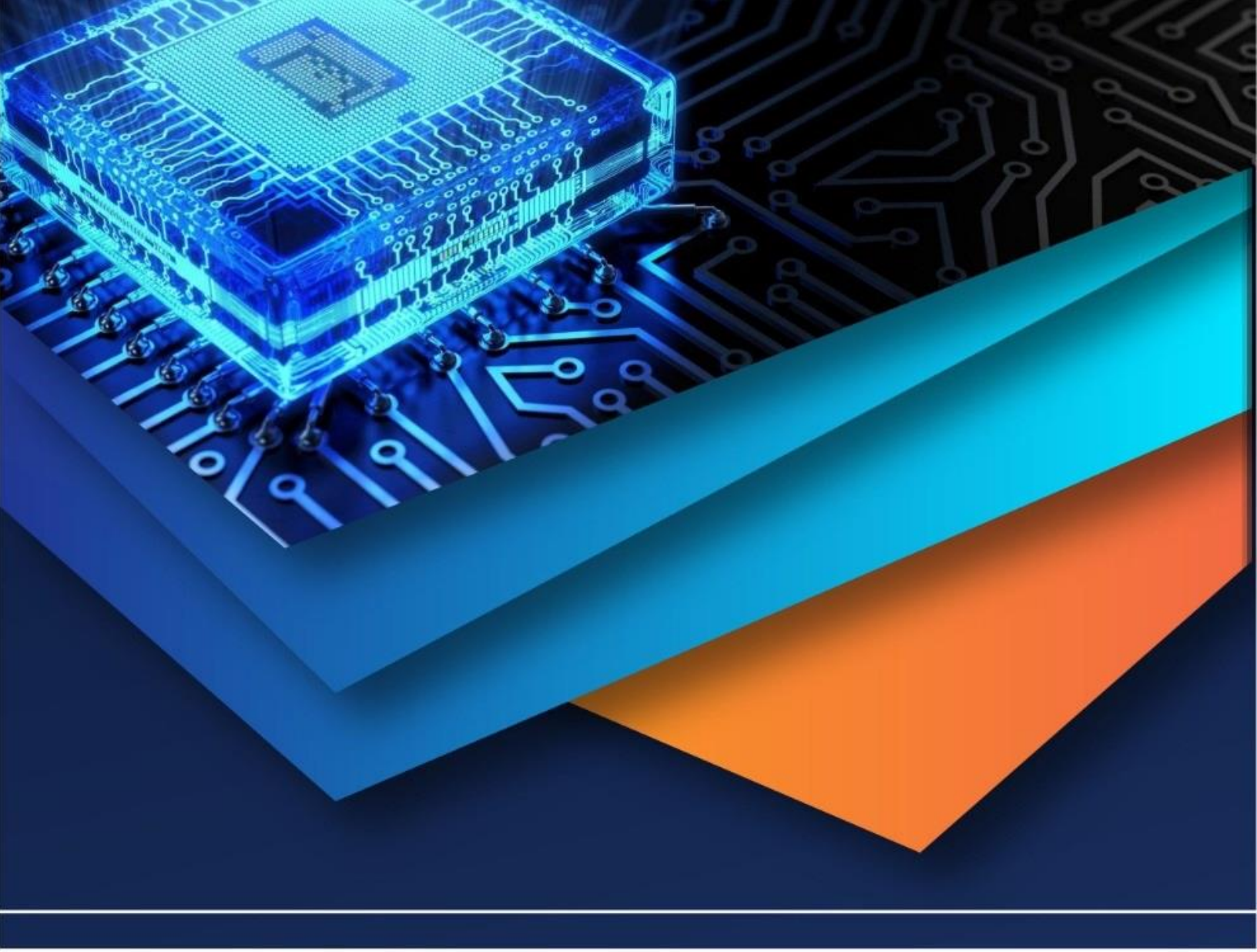
Evidence Summary

No.	Source	Key Insight
1	Hingane et al. (2024)	Formulated a herbal face pack using Multani mitti, turmeric, sandalwood, saffron, milk powder, rice flour, orange peel, and banana peel powder; evaluated morphology, physicochemical properties, phytochemicals, irritancy, and stability.
2	Anil et al. (2024)	Discussed a formulation containing Multani mitti, rice flour, turmeric, amla, neem, and sandalwood; reported good physical properties and no skin irritation.
3	Review on Herbal Face Pack for Skin Rejuvenation and Glowing Skin (2025)	Highlighted roles of Multani mitti, neem, turmeric, orange peel, pomegranate peel, and sandalwood in cleansing, antimicrobial, antioxidant, anti-inflammatory, exfoliating, and anti-aging effects.
4	Javalkar (2025)	Reported formulation using neem, turmeric, sandalwood, Multani mitti, orange peel, and rose petals; evaluated pH, irritancy, smoothness, spreadability, and stability.
5	Harnessing the Power of Herbal Face Packs for Skincare (2024)	Described formulation and evaluation of herbal face pack using common natural ingredients and reported stability and non-irritant properties.

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