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Preparation and Evaluation of Herbal Peel Off Face Mask

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ABSTRACT

Skin is the protective layer of the body exposed to environmental pollution hence, it is essential to protect the skin .The skin on face can be protected by applying various cosmetics intended specially for facial application. It can be a cream, lotion, face mask or peel off mask etc. Peel off mask can be used as the remedy to treat facial skin related problems such as wrinkles, ageing, acne and it can also be used to close the pores. The open pores can cause deposition of dust and result in white heads. Peel off mask can be used for cleansing and moisturizing the skin. Most of the face peel off mask is prepared by polymers which can form thin layer on face. Peel off mask is available in gel form and as dry form. Dead skin cells can be removed by applying peel off mask. Mask can remain on the face for 5-30 minutes, the duration can be varied depending on the ingredients used. Some peel off mask required whole night for better result. It can be prepared with synthetic and herbal ingredients. In this work, the peel off mask was prepared with herbal ingredients such as apple, apricot, orange peel, cucumber, beetroot and other ingredients like polyvinyl alcohol, propylene glycol, polyethylene glycol 400, methyl paraben, lactic acid and water. The preparation was evaluated for its physical characteristics and it was found to have the entire desired characteristics of a peel off mask.

Keywords: Peel off mask, herbal, Acne, apple, walnut, cucumber, orange peel.

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INTRODUCTION

Skin is the protective layer of the body. It prevents fluid loss, penetration of foreign materials and resist against the physical and mechanical shocks[1]. Skin is the major part of the body which is the indication of how healthy the person is. Proper care is required to maintain good health and beauty .Women are more conscious about their skin, they are the major consumer of cosmetics than men. Acne, black heads, white heads are the common problems related to skin. Acne is the worse condition, which occurs when there is a change in keratinisation which cause reduction in the sebum secretion or block the secretion .These changes occur by androgen deficiency which is characterized with the appearance of acne. It mostly occurs in women and men during puberty[2-4]. *Staphylococcus aureus* and *Propionibacterium acnes* are the bacteria responsible for acne. Inflammation is another problem of skin characterized by redness, itching, heat and pain. Skin diseases do not occur just by physical factors but even by emotional and psychological factors. The problem related to environmental factors can be prevented by using appropriate cosmetics[5,6]. Preparations containing herbal ingredients are preferable than the synthetic. The synthetic ingredients can cause side effects and even it can damage the natural texture of the skin. The peel off mask is applied gently on the face in a cream like consistency which gives a tightening sensation due to hardening of the waxes used in the preparation[7,8,9]. It forms a thin layer on the skin which acts as the barrier and prevents the penetration of dirt into the skin, it also removes the dirt and impurities from the surface of skin. This gives the skin fresh and healthy appearance by its cleansing action.

Table 1: Formulation of Peel Off Face Mask

S.no	Common name	Botanical name	Parts used	Category	Quantity(%)
1	Apple	*Mallus domestica*	Fruit	Anti oxidant	2
2	Walnut	*Juglans regia*	Nut	Emollient	2
3	Orange peel	*Citrus aurantium*	Fruit peel	Astringent and toner	2
4	cucumber	*Cucumis sativus*	Whole fruit	Soothing Agent	2
5	Beetroot	*Beta vulgaris*	Leaves, root	Reduces blemishes and acne	2
6	Polyvinyl alcohol	-	-	Polymer	5
7	Propylene glycol	-	-	Moisturiser	3
8	Polyethylene glycol 400	-	-	Plasticizer	3
9	Methyl Paraben	-	-	Preservative	0.03
10	Lactic acid	-	-	Exfoliant	2
11	Water	-	-	-	Q.S

Ideal Characteristics of Peel off Face Mask[10-12]

No gritty particles should be present

Non-toxic, non-irritant and clean the skin

Retain moisture on the skin

Form a uniform thin film like layer on application

Produce the sensation of skin tightening

Dry within 5-30 minutes

Peeling off the mask should be easy and painless

MATERIALS AND METHOD

All the herbal ingredients were procured from local market, weighed and ground in a domestic mixer. They were freshly extracted by maceration process. The remaining ingredients such as polyvinyl alcohol, propylene glycol, polyethylene glycol 400, methyl paraben, lactic acid were measured and added one by one using a mechanical stirrer into a beaker. To this mixture the extracts were added and mixed well to form a gel like consistency.

Evaluation Parameters

Colour:

The colour was checked visually.

Odour:

The odour was evaluated manually by smelling the product.

Spreadability:

A small amount of the mask was applied on the skin.

Consistency:

This parameter was done manually.

Grittiness :

This parameter was done manually.

pH:

1% solution was prepared and checked for the pH using pH meter.

Viscosity:

The viscosity of the 1% product was evaluated using viscometer

Peeling time:

A small amount of the mask was applied on the skin, left for few minutes and the time was noted until it formed a mask.

Wash ability:

A small amount of the mask was applied on the skin, washed using water.

RESULTS AND DISCUSSIONS

Table 2:

S.NO	Parameters	Observation
1	Colour	Pink
2	Odour	Fruity smell
3	Spreadability & wash ability	Easy
4	Consistency	Smooth
5	Grittiness	No gritty particles
6	pH	6.8
7	Viscosity	27.879 poise
8	Peeling time	6-7 minutes

Precaution

Avoid eye contact while applying[13].

Withdraw the application if any itching persists.

Select the mask which suits for particular skin.

Usage

Use it once in a week.

CONCLUSION

Skin diseases can be treated by applying creams and lotions. It also acts as the prophylactic treatment. Peel off can be used to clean the face. The peel off was prepared by natural ingredients because to avoid side effects. This preparation revealed that a good herbal peel off face mask with almost all the required parameters can be prepared at low cost and effective to use.

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