

A Review of Skin Care and Renewal with a Beauty Mask

Mayuri Navnath Jangale^{1*}, Pratibha Bhalerao², Balaji Suresh Jadhav³, Deep Prakash Gulave⁴

Abstract

An important part of aesthetics is skin health. For this purpose, researchers and skincare experts continuously develop innovative materials and advanced techniques. To maintain optimal skin health, facial cosmetics keep skin moisturized and help to eliminate sebum from the skin. Using cosmetics that are appropriate for the skin on the face leads to good skin. Therefore, in this study, we developed a natural face pack using readily available ingredients for effective application. After testing, we discovered that the face packs were free of irritation for the skin and maintained their consistency even under stable storage conditions. The results of the study scientifically confirmed that the natural face pack can provide an effective glowing effect on the skin. The general review is valuable to validate item claims due to its helpful advantages on human creatures. Facial cosmetics help keep the skin hydrated and eliminate excess sebum, promoting optimal skin health. Using cosmetics tailored to one's specific skin type contributes to maintaining healthy and radiant skin. Among these products, facial masks are the most used for skin rejuvenation. They can be categorized into four types: (a) Sheet masks, (b) peel-off masks, (c) rinse-off masks, and (d) hydrogels – each providing distinct benefits tailored to different skin types based on their ingredients.

Keywords: Skin, Natural Face Pack, Irritancy, Glowing, Sheet Masks

INTRODUCTION

The principal benefit of utilizing natural corrective is that it is unadulterated and meaningfully affects the human Body [1]. In this article we have figured out home grown face packs to brighten, ease up and light up the skin normally for People. This face pack has normal skin easing up property and can be handily ready at home. Normal facial packs are not difficult to utilize [2]. The present examination article manages the detailing and assessment of natural Face pack for gleaming skin by utilizing normal materials, i.e., multani mitti, turmeric, sandalwood, saffron, milk Powder, rice flour, orange strip, banana strip [3].

Our primary objective is to boost metabolism. This wipes out the capacity to retain the main elements of the face [4]. It gets rid of organic and inorganic products as well as many contaminants. 1. Beauty products' early history. It is impacted by religion, religion, war and hunting, and then, at that point, wellbeing [5]. The magnificence of an individual's skin and hair are impacted by their wellbeing, propensities, day-to-day existence, conditions, and care. Skin dryness caused by excessive heat can result in wrinkles, freckles, acne, pigmentation, and sunburn [6]. Cruel winters can harm your skin through contamination, maceration, breaks, and injuries. Products derived from a variety of plant phytochemicals are referred to as "beauty herbs" because they can have an impact on the function of the skin and provide nutrients for radiant hair and skin. Home grown beauty care products allude to regular plants and their items that utilization their fragrant properties in making beauty care products

*Author for Correspondence

Mayuri Navnath Jangale
E-mail: mayurijangale02@gmail.com

^{1,3,4}Student, Pravara Rural College of Pharmacy, Loni Budruk, Maharashtra, India

²Assistant Professor, Pravara Rural College of Pharmacy, Loni Budruk, Maharashtra, India

Received Date: February 18, 2025

Accepted Date: March 08, 2025

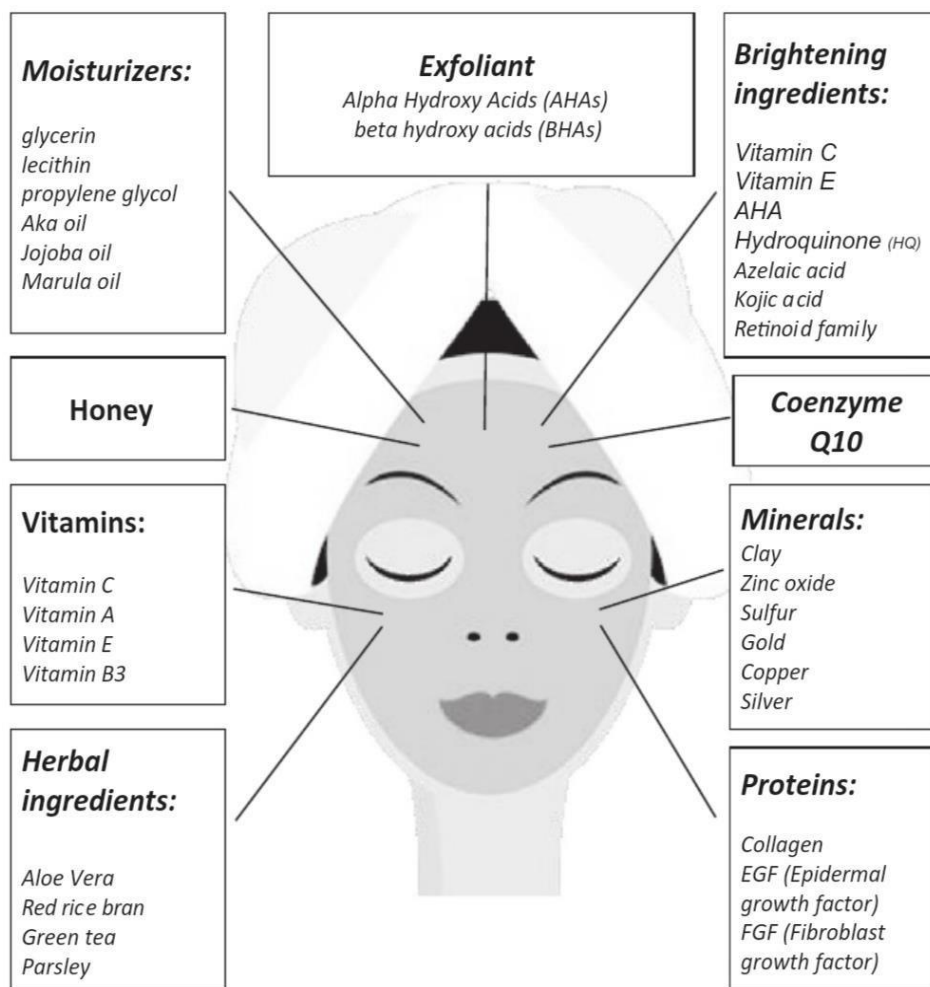
Published Date: March 12, 2025

Citation: Pratibha Bhalerao, Mayuri Navnath Jangale, Balaji Suresh Jadhav, Deep Prakash Gulave. A Review on Skin Care and Renewal with a Beauty Mask. Recent Trends in Cosmetics. 2025; 2(1): 1–7p.

[7]. Knowing the job of our skin and playing it safe to safeguard having better skin is significant. Everyone desires fair and beautiful skin. Pimples, zits, pimples, and dark circles are presently exceptionally normal among youthful endless individuals languishing from dull spots [8].

HERBAL INGREDIENTS

These days, natural fixings have been profoundly respected in the cosmetics business because of their verifiable and conventional significance [9]. There are many herbal ingredients found in facial care products, but we’ve highlighted the ones that are most used in face masks compared to other herbal options [10]. The increasing use of natural plant ingredients in personal care products raises new safety issues that require novel approaches for their safety evaluation like those for plant-derived food Ingredients [11]. These ingredients deliver vital nutrients that keep your skin healthy while also supporting its natural functions, such as reducing inflammation and protecting against oxidative stress [12]. Picking a successful strategy, appropriate dealing with, and cautious harvesting are the main boundaries in the handling of the Plant [13]. They emphasized that fresh gel may be more effective as a mask, and that cold processing is the best method of application that preserves the beneficial properties. Incorrect processing may reduce the quantity and quality of the extracts that do not contain active Ingredients [14]. These natural components provide essential nutrients that promote skin health and enhance its biological functions, including soothing inflammation and defending against oxidative damage (Figure 1) [15].



Most Important Ingredients in Facial Mask

Figure 1. Herbal ingredients.

TARGETS

1. Because of expended contamination, sensitivity microorganisms and so on.
2. Human Skin Has Become More Delicate and Inclined to Quicker Maturing. An Endeavor Has Been Caused to Integrate a Pack Ideal for All Skin Types.
3. Following the Synthesis, All Parameters Have Been Calculated to Meet Quality Standards.

SOME NATURAL INGREDIENTS

Turmeric

The Family of Turmeric (Curcuma longa)

- *Zin Use of Zin giberaceae:* Because of its blood-purifying properties and antiseptic properties, turmeric has been used in this preparation to aid in wound healing. It treats skin conditions brought on by blood impurities (Figure 2). It is a generally excellent calming and against unfavorably susceptible specialist. Its phytoconstituents, primarily terpenoids, lighten the skin tone.

Turmeric defers the indications of maturing like kinks, further develops skin versatility. It fixes Pigmentation, lopsided complexion and dull skin [16].



Figure 2. Turmeric.

Multani Mitti

Multani mitti assists skin by various ways with loving decreasing pore sizes, eliminating zits and whiteheads Blurring spots, calming burns from the sun, purifying skin, further developing blood dissemination, coloring, diminishing skin inflammation and blemishes and gives a sparkling impact to a skin as they contain solid supplements (Figure 3). The mitti of Multani is rich in magnesium chloride [17].



Figure 3. Multani mitti.

Saffron

Primarily consists of dried stigmas and upper parts of *Crocus sativus* styles, which are members of the family Iridaceae (Figure 4). It has a lot of carotenoid glycosides, most of which are terpenoids. It eases up the complexion and gives fair and sparkling skin [18].

Sandal Wood

Sandalwood oil or paste is a versatile ingredient for face masks, addressing various skin concerns. For dry skin, combine sandalwood paste with honey to create a deeply moisturizing mask (Figure 5). To reduce excessive tanning, mix it with cucumber, lemon, and yogurt before applying liberally [19].



Figure 4. Saffron.



Figure 5. Sandal wood.

Rose Water

Rose water can ease the discomfort of acne, reduce redness, and prevent further swelling. During medieval times in Europe, rose water was commonly used at feasts for rinsing hands at the dining table. One common component of perfume is rose water [20].

Emollients, such as rose water ointment and cold creams, toners, and face washes are frequently formulated with rose water [21].

Certain individuals in India likewise utilize rose water as a splash applied straightforwardly to the face as a Perfume and cream, particularly throughout the colder time of year; it is in many cases sprinkled in Indian weddings to invite visitors (Figure 6) [22].

MOISTURIZER

Moisturizers contain <5% lipid components, i.e., humectants, humectants, glycerin (evo®, Hydrating Mask), lecithin and propylene glycol, which are hydrophilic and lipophilic to adhere to the surface [23].

Skin and water supply to the outer layers of the skin. In addition, AHA et al., such as glycolic acid, hyaluronic acid, sodium hyaluronate, sorbitol, lactic acid, citric acid, and allantoin work to moisturize the face. This helps to reduce dead skin cells and helps the skin stay healthy. Applying water, the skin becomes soft and supple. According to Dermaxime®, the manufacturer of anti-aging skin care products, glycerin helps maintain the moisture balance between the skin cells [24]. Sign. Glycerin targets the so-called moisture barrier of the skin; Glycerin can really affect water-binding agents within the Cuticle (LANEIGE® Water Sleeping Mask). It is there, however, the dehydrated products contain up to 25% lipids. Moisturizers provide lipids to protect the skin [25].

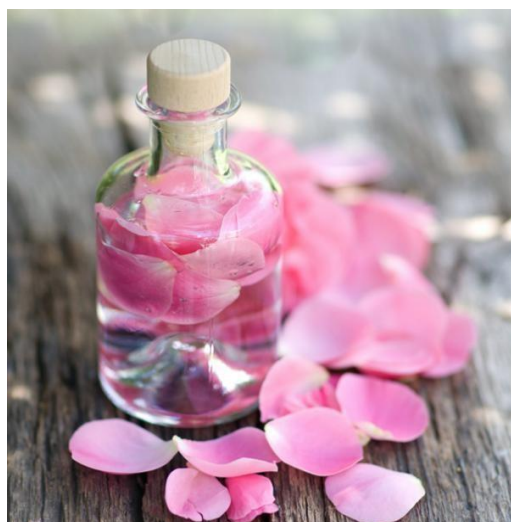


Figure 6. Rose Water.

How to Use?

1. Cleanse before applying the glow mask, make sure to thoroughly cleanse your skin and remove any external impurities.
2. Spread a thin, even layer of the glow mask over your radiant face, avoiding the eyes, hair, and nose. Let it sit for 15–20 minutes.
3. Once the mask has dried, gently peel it off from the edges, removing impurities and daily skin concerns along with it!
4. Glow Enjoy the rest of your day, beautiful! This mask makes your skin stat hydrated, soft and radiant [26]!

METHOD OF PREPARATION

After the mask has fully dried, carefully peel it off from the edges, lifting away impurities and everyday troubles in the process!

PROCEDURE

In a bowl, combine the prepared face pack powder according to the directions. Then, add water or rose water to thoroughly mix it and apply it to the facial skin.

Cover the spots with blemishes and acne. Leave it alone for 30 to 40 minutes to completely dry and then wash your face with cold water.

OBSERVATION

The texture of the face pack was assessed through physico-chemical evaluation, confirming that it is non-sticky and has a smooth, free-flowing consistency (Table 1). PH was determined to be neutral to meet every skin type's needs (Figure 7). The outcomes demonstrated that the simulation was stable in every way [27, 28].



Figure 7. Step-by-step facial mask routine for glowing skin.

Table 1. Irritancy test.

S.N.	Parameters	Observation
1	Irritant	No Irritation
2	Erythema	No Irritation
3	Edema	No Irritation

CONCLUSIONS

Natural treatments are preferred because people believe they are safer and have fewer side effects. Benefit is better than creation. Increasing demand for herbal medicines worldwide Market. Herbal Medicine Techniques. It stimulates blood circulation, regenerates muscles, and helps health. It increases skin elasticity and removes dirt from skin pores. This is what we do best Making a face mask with natural herbal ingredients like Multani Mitti, Turmeric, Sandalwood, Saffron, Milk Powder, Rice Powder, Pear Orange and Banana. The evaluation confirmed that the mask is effective and gentle on the skin, causing no irritation. skin. It retains its consistency even after stable storage conditions. It has been revealed This herbal mask has the power to have very beneficial effects on the skin. Extensive research helps support the product's claims about its beneficial effects.

REFERENCES

1. Yu B, Kang S-Y, Akthakul A, et al. An elastic second skin. *Nat Mater.* 2016;15:911–8.
2. Baumann L. Understanding and treating various skin types: the Baumann skin type indicator. *Dermatol Clin.* 2008;26(3):359–73.
3. Lupo MP. Antioxidants and vitamins in cosmetics. *Clin Dermatol.* 2001;19:467–73.
4. Rieger MM. Harry's cosmeticology. In: Chapter 23, Face, body & hair masks & scrubs. 8th ed. Vol. I. New York: Chemical Publishing Co., Inc.; 2009. p. 471–83.
5. Rani SR, Hiremanth S. Textbook of industrial pharmacy: drug delivery systems, cosmetics & herbal.
6. Shukla P, Tiwari S, Singh S, Shadab, Yadav A. Formulation and evaluation of activated charcoal peel-off mask. *J Pharm Sci Res.* 2023;15(2):1020–4.

7. Fathima A, Varma S, Jayantha P, Akash M. General review on herbal cosmetics. *Int J Drug Formul Res.* 2011;2(5):140–65.
8. Bhutkar KG, Shah M. Formulation and evaluation of herbal antibacterial face pack. *J Emerg Technol Innov Res.* 2019;6(5):77–82.
9. Shukla P, Tiwari S, Singh S, Shadab, Yadav A. Formulation and evaluation of activated charcoal peel-off mask. *J Pharm Sci Res.* 2023;15(2):1020–4.
10. Types of sheet mask fabrics [Internet]. Belmondo Beauty. Available from: <https://www.belmondobeauty.com/types-of-sheet-mask-fabrics/>. Accessed 6 Feb 2016.
11. Different types of sheet masks [Internet]. The Klog. Available from: <https://theklog.co/different-types-sheet-masks/>. Accessed 13 Feb 2017.
12. Kapoor S, Saraf S. Formulation and evaluation of moisturizer containing herbal extracts for the management of dry skin. *Pharmacogn J.* 2010;2(11):409–17.
13. Grace XF, Vijetha RJ, Shanmuganathan S, Chamundeewari D. Preparation and evaluation of herbal face pack. *Adv J Pharm Life Sci Res.* 2014;2(3):1–6.
14. Velasco M, Vieira R, Fernandes A, et al. Short-term clinical evaluation of peel-off facial mask moisturizers. *Int J Cosmet Sci.* 2014;36(4):355–60.
15. Beringhs A, Rosa JM, Stulzer HK, Budal RM, Seraglio D. Green clay and aloe vera peel-off facial masks: response surface methodology applied to the formulation design. *AAPS PharmSciTech.* 2013;14(1):445–55.
16. Wetchakun C. Effect of alcohol and co-film former on the physical and mechanical properties of facial mask formulations. *Isan J Pharm Sci.* 2015;11(5):25–32.
17. Ngoenkratok J, Worachuen P, Puapermpoonsiri U, Silaon W. The influence of ethanol content on physical characteristics and mechanical properties of facial peel-off mask containing the ethanolic extract of *Centella asiatica* (Linn.) Urban. *Isan J Pharm Sci.* 2015;11(1):347–52.
18. Darsika C, Sowmya K, Suganya K, Grace X, Shanmuganathan S. Preparation and evaluation of herbal peel-off face mask. *Am J PharmTech Res.* 2015;5(4):33–6.
19. Jayronia S. Design and development of peel-off mask gel formulation of tretinoin for acne vulgaris. *World J Pharm Sci.* 2016;5:929–38.
20. Zague V, Almeida Silva Dd, Baby AR, Kaneko TM, Robles Velasco MV. Clay facial masks: physicochemical stability at different storage temperatures. *J Cosmet Sci.* 2007;58(1):45–52.
21. Pura A, Dusenkova I, Malers J. Adsorption of organic compounds found in human sebum on Latvian illitic, kaolinitic, and chloritic phyllosilicates. *Clays Clay Miner.* 2014;62(6):500–7.
22. Leonidas MD, Kumar I. Nanochitosan and the skin. In: Leonida MD, Kumar I, editors. *Bionanomaterials for skin regeneration*. Teaneck, NJ: Fairleigh Dickinson University; 2016. p. 69–78.
23. Crimi R, Cozzi R. Vinylic mask with peel-off effect for topical use containing high concentrations of retinoic acid. Google Patents. 2015.
24. Pichayakorn W, Boonme P, Taweepreda W. Preparation of peel-off mask from deproteinized natural rubber latex. Paper presented at: *Advanced Materials Research*; 2013.
25. Tamburic S. Effects of polymer entrapment of *Prunus spinosa* fruit extract on its cosmetic efficacy. *J Appl Cosmetol.* 2006;24(2):63.
26. Aramwit P, Bang N. The characteristics of bacterial nanocellulose gel releasing silk sericin for facial treatment. *BMC Biotechnol.* 2014;14(1):1.
27. Gao Z, Yu Z, Huang C, Duan L, Gao GH. Carboxymethyl cellulose reinforced poly(vinyl alcohol) with trimethylol melamine as a chemical crosslinker. *J Appl Polym Sci.* 2016.
28. Yemini K, Onesimus T. Preparation and evaluation of herbal anti-acne gel. *Int J Pharm Bio Sci.* 2013;4:956–60.