



Current Review on Herbal Face Care

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ABSTRACT

Since the ancient times, there has been awareness among people regarding the use of plants for the essential need of a healthy and beautiful skin. With good activity and comparatively lesser or nil side effects with the synthetic drugs, herbal formulations always have garnered a lot of attention. The best thing of herbal cosmetics is they provide the body with nutrients and other useful minerals because the Natural face care uses tropical face washes and face creams made of ingredients available in nature, much of the recent literature review plant derived ingredients, which may include herbs, flowers, roots, flowers and essential oil. The personal face care market based on natural products has shown strong growth. Clinical and laboratory studies have identified activities in many natural ingredients that have potential beneficial activities for personal face care. They are purely made by the herbs and shrubs, antioxidant, anti-inflammatory, antiseptic and antimicrobial these are having multifunctionality property which are used in preparation of skin cosmetics. The herbal cosmetics such as herbal face wash, herbal face creams, herbal face moisturizer lotions etc., are commonly used for daily purpose. Recently herbal cosmetics have become popular among people and gained much recognition.

Keywords: Herbal Cosmetics, Face wash, Face creams, Anti-inflammatory, Antiseptic, Antimicrobial.

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INTRODUCTION

Cosmeceuticals are the future generations of skin care. The term cosmetic derived from Greek word 'Kosmeticos' which mean pertaining to cosmetics or beautifying substance or preparation. The word 'cosmesis' (Gr. Kosmesia) used for two things: the preservation restoration or bestowing of body beauty, the surgical correction of disfigured physical effect.

Natural beauty blessings and cosmetic help in presenting and enhancing the beauty and personality aspects of human beings. Now a days, people are preferring natural food, herbal medicines and natural curing practices for healthy life.¹ The herbal cosmetics are the preparation containing phytochemical from a variety of botanical sources, which influences the function of skin and provides nutrients necessary for healthy skin.² The natural herbs and their products when used for their aromatic value in cosmetic preparations are termed as herbal cosmetics.³ Herbal products have triggered the demand for natural products and natural extracts in cosmetics preparation,

because there is common belief that chemical based cosmetics are harmful to the skin.

By the excessive use of synthetic based products, synthetic chemicals, chemical dyes and their derived products in the last one and half century, their production and usage cause human health hazard with several side-effects leading to numerous diseases. The concept of beauty is not only for women alone, but even men have also become aware about their look. Now a day's advertisements of many face washes and fairness cream are aimed at men. The face skin beauty of individuals depends on the health, routine job, habits, conditions and maintenance. The extreme winter cause damage to the skin in the form of cracks, cuts, infections and maceration. The skin due to excessive exposure to heat will dehydrate during summer and causes wrinkle, blemishes, pigmentation, freckles and sunburns. To make cosmetics for beautification and protection from external affects, the science of Ayurveda had utilized many herbs and floras. The natural content in the botanicals does not cause any side effects on the human body, instead enrich the body with nutrients and other useful minerals. The new markets are being driven by fundamental shift in demand for herbal-based products and renewed concern about the synthetic-based products.

As we know skin is the largest organ of the body, about 15% of the total adult body weight. It performs many vital functions, including protection against external, physical, chemical and biological agents. It also helps in prevention of excess water loss from the body and a role in thermoregulation. A balanced nutrition is required, to



keep skin healthy, clear and glossy. When it comes to human skin not all parts of human body are created equal. Face skin is the important part of the body which indicates the health of an individual. There are four basic type of healthy skin: normal, dry, oily and combination skin. Based on the skin type cleansers/face washes to be selected. The skin is continuous, with mucous membranes lining the body's surface.⁴ Skin care preparations are described as substances that are intended to be rubbed, poured, sprinkled and sprayed on or, introduced into or otherwise applied to human body or any part of body, for cleansing, beautifying, promoting attractiveness or altering the appearance of skin.⁵

The face wash is specially designed for your face. It cleans deep down to the skin cleaning pores, removing all the impurities like dust, breakdown, sweat and even makeup
Top Herbal Face Washes

previously applied to the skin. Face wash refreshes skin enhances complexion and leaving skin smooth and soft. A cleanser can be used as part of a skin care regimen together with a toner and moisturizer.⁶



Figure 1: types of healthy skin



Figure 2: top herbal face washes

Images of herbal face washes

1. Wow Skin Science Ubtan Foaming Face Wash, 2. Biotique Bio Papaya Visibly Flawless Skin Face Wash, 3. Mamaearth ubtan natural herbal face wash.

1. Wow Skin Science Ubtan Foaming Face Wash

a) Skin refreshing, anti-tan and radiance boosting face wash.

b) It brightens your tanned skin, and deep cleanses your dull skin with wow skin science ubtan foaming face wash with built-in-face brush. It is a skin-reviving face wash that helps to cleaning tanned, tired skin by gently removing the layer of dead skin. It helps to lighten tan and even out the complexion, enhance skin tone and hydration levels in the skin.⁷ Well, this face wash is not only effective in removing dirt from the face but it can also restore freshness and glow. With its regular use, you will identify a distinguished reduction in premature aging signs as well. This is not it. If persons dealing with dead and dry skin, then this ayurvedic face wash can best companion to remove it gently. Antioxidants and vitamin E, this face wash can brighten the skin, remove tan and clam the irritated skin.

Composition

Purified Water, Cocamidopropyl Betaine, Sodium Lauroyl Sarcosinate, Disodium Cocoamphodiacetate, Glycerin (Vegetable Derivative), Chickpea flour (Besan), Turmeric Extract, Almond Extract, Rose water, Saffron Extract, Sandalwood oil, D Panthenol (Pro-Vitamin B5) Tocopheryl Acetate (Vitamin E), Phenoxyethanol (and) Ethylhexylglycerin, chlorophenesin, Fragrance and Disodium EDTA.

Key ingredients

Almond Extract, Turmeric and Saffron Extract, Chickpea Flour.

Benefits

Almond Extract: Contains vit E and antioxidants, it helps to exfoliate and prevent fine lines and dryness.

Turmeric and Saffron Extract: Have anti-inflammatory, antiseptic properties help remove tan, even out complexion and calm irritated skin.

Chickpea flour: High in zinc, it helps remove dead skin layer and fine hair from face and body.

How to use

- Splash some water on the face and neck. Take a small amount of the facewash on your palm. Massage your palm together to activate wash and create lather.
- Massage the lather onto your face in circular motion for 2 minutes to remove dirt and dead skin.
- Wash it off thoroughly with plain water. Put your skin dry. Use lukewarm water to wash off and finish off by splashing your face with cold water to close the pores.

Caution

Use this face wash twice daily to keep your skin clear of dirt and pollution.

Generic name

Ubtan Foaming Face Wash with Built-In Face Brush for Deep Cleansing.

Skin type: All types of skin.

Target gender: Unisex.

2. Biotique Bio Papaya Visibly Flawless Skin Face Wash

a) Tan-Removal scrub.

b) This fresh foaming gel is blended with pure papaya fruit to dissolve dead surface cells, unclog pore openings and smooth the way for clear skin to surface. Gentle refining action expose skin's natural brightness for a younger looking complexion.⁸ To begin with, this face wash contains all-natural ingredients like papaya extracts, neem, Haldi, Reetha, groundnut oil, and purified Himalayan water. Vitamins and minerals available in these ingredients, the face wash will naturally and gently exfoliate the skin and remove the skin damages. This visibly flawless foaming face wash dissolves the dead surface cells along with unclogging the skin pores.

Composition

Papita (*Carica papaya*), Akhrot Chhal (*Juglans regia*), Neem (*Melia Azadirachta indica*), Banhaldi (*Curcuma aromatica*), Ritha (*Sapindus mukorossi*), Kikar Gaund (*Acacia arabica*), Ground Nut oil, Purified Himalayan Water Q.S.

Key ingredients

Papaya (Papita), Banhaldi (Wild Turmeric), Neem.

Benefits

Papaya (Paptia): Papaya is a luscious tropical fruit known for its rejuvenating and healing benefits. Number of vitamins, minerals and phytochemicals, papaya can act as a youth activator and natural exfoliator to revitalize skin without inflammation or irritation.

Banhaldi (wild turmeric): It Improves face skin complexion and reduces dark circles. It has antioxidant properties.

Neem: Neem has medicinal properties. It helps in healing and glowing the skin also. It has amazing moisturizing properties.

How to use

- Wet your face with water
- Gently massage over wet face.
- Lather and rinse with water.

Caution: use this face wash twice a day.

Skin type: all.

Target gender: unisex.

3. Mamaearth Ubtan Natural Herbal Face Wash

a) For tan removal.

b) Mama earth's sodium lauryl sulphate and paraben-free ubtan face wash ensures exfoliation to unravel fresh and healthy skin underneath. Licorice Extract repairs sun damage while carrot oil removes tan from the upper layer of the skin. It is enriched with walnut beads which exfoliate dead skin cells. Dermatologically tested and pH balanced, face wash gently takes care of your skin. It does not contain any harmful chemicals like SLES, sulfates, phthalates, and artificial fragrances.⁹ To be a suitable companion, this face wash is made using ingredients like turmeric and saffron which are best known for their skin benefits. Both these ingredients can refresh skin tan along with brightening the skin complexion. Moreover, it comes with a soothing fragrance that can keep your skin refreshing for the maximum time possible.

Composition

Aqua Stearic Acid, Sodium Cocoyl Glycinate, Glycerin, Palmitic Acid, Coconut oil, Walnut Beads, Saffron Extract, Niacinamide, carrot, Seed oil, Tocopherol Acetate (Vitamin E), Turmeric Powder, Licorice Extract, Orange oil, Ylang Ylang oil and Patchouli oil.

Key ingredients

Turmeric, Licorice Extract, Walnut Beads, Carrot oil.

Benefits

Turmeric: protects skin from damage and works as a natural antioxidant.

Licorice extract: repairs the skin and heals the damage caused by the sun.

Walnut beads: It helps exfoliate and scrub off dead cells from the upper layer of the skin.

Carrot oil: helps remove tan and sports from the skin while revealing natural glow.

How to use

- Apply a coin-sized amount of face wash on a damp face.
- Work up a mild lather and scrub your face in gentle, anti-clockwise circular movements.
- Rinse with lukewarm or tap water. Put dry your face with a clean towel.



Caution: Use morning and evening for best results.

Skin type: all skin type, dry.

Target gender: female.

4. Himalaya herbal purifying neem face wash

a) Prevents pimples.

b) Himalaya's purifying neem face wash is a soap-free formulation that cleans impurities and helps clear pimples. A natural blend of neem and turmeric are known for their antimicrobial properties, to help combat and prevent the recurrence of pimples over time.¹⁰ Neem is a fantastic skin care ingredient known for its antibacterial properties. This neem face wash improves general skin health and immunity, combating bacterial infections such as acne, boils and ulcers. The herb helps to even out your skin tone and color, making it an excellent ingredient in a face wash. It also helps to retain the skin's elasticity, making it supple.

Composition

Nimba (*Azadirachta indica*), Haridra (*Curcuma longa*), Phenoxyethanol, Methylchloroisothiazolinone, Sodium Benzoate IP, Potassium Sorbate.

Key ingredients: Neem, Turmeric.

Benefits

Neem: neem is a fantastic skincare ingredient known for its antibacterial properties. It increases general skin health and combating bacterial infection like acne.

Turmeric: turmeric has been used as an antiseptic from ancient and is regarded as one of nature's most powerful healers.

How to use

- Moisten face skin, apply low quantity of purifying neem face wash and gently work up a lather using a circular motion.
- Wash off and put dry.

Caution

Use twice day

Skin type

suitable for all skin types. best for pimple-prone skin.

Target gender

unisex.

5. Ayush Anti Pimple Face Wash

a) Anti-pimple turmeric faces wash.

b) Ayush anti-pimple face wash contains turmeric known for purification and antiseptic properties and nalpamaradi tailam, a classical oil formulated with various ingredients such as vetiver, peepal and amla to cure skin infections and rashes for clean and clear skin. The ayush range of products are carefully crafted with authentic recipes and processes prescribed in the ancient Grantha.¹¹

Composition

Haridra, Nalpamaradi Tailam, Methyl chloro isothiazolinone, Methylisothiazolinone.

Key ingredients

Turmeric, Nalpamaradi Tailam.

Benefits

Turmeric: this ayurveda ingredient is used to purification, turmeric is known for its antiseptic and healing properties.

Nalpamaradi tailam: This oil prescribed with various effective ingredients such as vetiver, peepal, and amla to prevent skin infections and rashes, leaving your skin clear and glowing.

How to use

- Take a small amount of the product on your palm moisten face and neck.
- Apply a few drops.
- Gently work up a lather using a circular motion and wash off.

Caution: Use twice a day.

Skin type: normal.

Target gender: unisex.

Table 1: Familiar (top) herbal face washes in Indian market

Face wash	Composition	Key ingredient-scientific name	Main use
1.Wow skin science ubtan foaming face wash	Purified water, Cocamidopropyl Betaine, Sodium Lauroyl Sarcosinate, Disodium Cocoa mphodiacetate, Glycerin (Vegetable Derivative), Chickpea flour (Besan), Turmeric Extract, Almond Extract, Rose water, Saffron Extract, Sandalwood oil, D Panthenol (Pro-Vitamin B5) Tocopheryl Acetate (Vitamin E), Phenoxyethanol (and) Ethylhexylglycerin, chlorophenesin, Fragrance and Disodium EDTA	Almond- Prunus dulcis, Turmeric-Curcuma longer Saffron- Crocus sativus, Chickpea- Cicer arietinum	Skin refreshing, anti-tan and radiance boosting face wash.
2.Biotique bio papaya visibly flawless skin face wash	Papita (<i>Carica Papaya</i>), Akhrot Chhal (<i>Juglans regia</i>), Neem (<i>Melia Azadirachta Indica</i>), Banhaldi(<i>Curcuma aromatica</i>), Ritha (<i>Sapindus mukorossi</i>), Kikar Gaund	Papaya- Carica papaya, Banhaldi(Wildturmeric)- <i>Curcuma aromatica</i> ,	Tan-Removal scrub.



	(<i>Acacia arabica</i>), Ground Nut oil, Purified Himalayan Water Q.S	Neem- <i>Azadirachta indica</i> .	
3.Mamaearth ubtan natural herbal face wash	Aqua Stearic Acid, Sodium Cocoyl Glycinate, Glycerin, Palmitic Acid, Coconut oil, Walnut Beads, Saffron Extract, Niacinamide, carrot, Seed oil, Tocopherol Acetate (Vitamin E), Turmeric Powder, Liquorice Extract, Orange oil, Yiang Yiang oil and Patchouli oil.	Turmeric-Curcuma longa, Licorice-Glycyrrhiza glabra, Walnut-Juglans, Carrot-Daucus carota subsp sativus	For tan removal
4.Himalaya herbal purifying neem face wash	Nimba (<i>Azadirachta indica</i>), Haridra (<i>Curcuma longa</i>), Phenoxyethanol, Methylchloroisothiazolinone, Sodium Benzoate IP, Potassium Sorbate	Neem-Azadirachta indica, Turmeric-Curcuma longa	Prevents pimples.
5.Ayush anti pimple face wash	Haridra, Nalpamaradi Tailam, Methylchloroisothiazolinone, Methylisothiazolinone	Turmeric-Curcuma longa	Anti-pimple turmeric face wash.

Herbal face creams



Figure 2: 1. Vicco turmeric face cream, 2. Jovees ayurveda neem face cream, 3.Khadi herbal anti-blemish cream

1. Vicco Turmeric Face Cream

a) Prevents and cure skin infections.

b) Vicco turmeric, an Indian fairness cream. It is a very good product for those who prefer herbal cream with no harmful ingredients and almost no chemicals it is not only an ayurvedic cream, but an ayurvedic medicine for those who have several skin issues like pigmentation, acne, breakouts, dark skin. This vicco turmeric ayurvedic cream with its purity, natural and standard properties of turmeric and sandalwood oil perfectly absorbed in the skin and give vitalized, soft, renewed, glowing younger skin tone. It also prevents sun rays to penetrate the external skin layer and protects the skin, keep the original color of skin protecting from pigments.¹²

Composition

Extracts of turmeric (*curcuma longa*, Linn. -Rhizome-powder), Sandalwood oil(*Santalum Album*, Linn.-Stem-oil), Propyl paraben sodium, Sorbitol, Stearic acid, Sodium hydroxide, Methyl paraben, water.

Benefits

Turmeric: This herb is wonderful source of fibre, vitamin B6, potassium, magnesium and vitamin C. the antioxidant and anti-inflammatory properties of turmeric target your pores and calms the skin. Its natural antiseptic properties, it fights off acne and helps to keep bacteria from spreading. Since turmeric is a proven anti-inflammatory and lightening skin agent, it stimulates circulation which

reduces puffiness and under eye darkness caused by poor circulation.

Sandalwood oil: Sandalwood is a natural antiseptic and preservative used in the production of soaps, beauty products and other toiletries. It also helps cure skin infections, prevents skin itching and untimely ageing. Sandalwood oil helps you get a bright, flawless skin and clean.

How to use

- First, cleanse your skin with mild soap water and dry it with some cotton.
- Put some amount of this cream to your skin and massage it well to get an even distribution of it.
- Use it before bedtime especially after sunset as it does not have SPF. So, it can't protect sun (UV-rays).
- Use this cream at bedtime and cleanse that after wake up in the morning.

Caution

Use it daily for best results. Store in cool and dry place. For external use only.

Skin type: All skin type

target gender: Female



2. Jovees Ayurveda Neem And Long Pepper Anti Acne and Pimple Cream

a) Anti-acne and pimple cream.

b) This ayurvedic anti-acne and pimple cream is the result of an extensive research based on naturotherapy to help care and cure acne. It is developed using neem, red sandalwood, long pepper along with precious herbal extracts which help clear acne and prevent future breakout. This cream will help achieve a clear and fair complexion. The organic neem consists of high anti-inflammatory agents that reduce swelling and redness caused by blemishes and acne. The pepper removes impurities from deep under the skin by opening pores. The purification, detoxification and cleansing properties of this agent will benefit, no matter your age or skin condition.¹³

Composition

Neem oil (*Melia azadirachta*), Long pepper (*Piper longum*), Tea tree (*Melaleuca alternifolia*), Wintergreen (*Gaultheria fragrantissima*), Bees wax, Clove oil (*Myrtus Caryophyllus*), purified water.

Benefits

Open pores and removes impurities that causes pimples. Controls and cures acne and pimples. Prevent the reoccurrence of acne. Gives a fair complexion by clearing acne and pimples.

How to use

- Cleanse your face with the neem face wash, followed by neem or cucumber toner.
- Squeeze out a small coin-sized amount of the product on your palm.
- Apply all over your face and neck using small circular motions.

Caution

For best results, use at least twice a day

Skin type

oily and acne prone skin

Target gender

unisex

3. Khadi Herbal Anti Blemish Cream

a) Anti-blemish cream.

b) An effective skin clarifying treatment, this unique formulation lightens blemishes, restores skin's appearance and promotes healing. Khadi natural herbal anti-blemish cream is highly effective for acne marks, dark circles, blemishes, and pigmentation leaving velvety smooth and even toned. It is chemical free so it does not harm to the skin. This face cream is made for scars and dark spots caused by sun burns or occurred by birth. This face cream diminishes the effect of harmful Ultra violet rays and makes skin pigmentation free.¹⁴

Composition

Aloevera extract, Papaya extract, Rose extract, Licorice extract, Jojoba oil, Ashwagandha extract, Fenugreek extract, Grapeseed oil, Wheatgerm oil.

Benefits

Reduces pimples, acne and blemishes.

No animal testing.

ISO, WHO, GMP certified.

Softens and smoothes your skin.

Method to use

After cleansing the face, apply small quantity of blemish cream over the affected areas.

Caution

Apply twice a day.

target gender

Female.

skin type

All Skin Types.

Table 2: some herbal face creams available in India

Face Creams	Composition	Main Use
1. Vicco turmeric Ayurvedic cream	Extracts of turmeric (curcuma longa, linn-rhizome-powder), sandalwood oil (Santalum album, Linn-stem-oil), Propyl paraben sodium, sorbitol, stearic acid, sodium hydroxide, Methyl paraben, water.	Prevents and cure skin infection
2. Jovees Ayurveda neem and long pepper anti-acne and pimple cream	Neem oil (Melica azadirachta), Long pepper (piper longum), Tea tree (melaleuca alternifolia), wintergreen (gaultheria fragrantissima), Beewax, clove oil (Myrtus caryophyllus), purified water.	Anti-acne and pimple cream
3. Khadi herbal anti-blemish cream	Aloevera extract, Rose extract, papaya extract, licorice extract, jojoba oil, ashwagandha extract, fenugreek extract, grapeseed oil, wheatgerm oil.	Anti-blemish cream

CONCLUSION

The knowledge of various medicinal plants used by the people of seems to be well known to its culture and tradition.³ There is a great demand for the herbal face cosmetics. In general, botanicals provide different vitamins, antioxidants, various oils, essential oils, proteins, hydrocolloids, terpenoids and other bioactive molecules are used in herbal face care preparations. In the present scenario many people need cure and care for various skin problems without side effects. Herbal ingredients opened the way to formulate cosmetic products without any harmful effect. Herbal face wash and herbal face creams are considered as sustaining and productive way to advance the appearance of face skin.

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