

A STUDY ON PATCH TEST USING HERBAL EXTRACT ON FACIAL SHEET MASK AND ITS PROPERTIES

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ABSTRACT:

The purpose of this paper is to evaluate the study of finishing of herbal extract on facial sheet mask and its properties. These masks can be used to hydrate the skin, to remove excess oils impurities and to improve the appearance of pores^[1]. Materials like microfibers or cellulose are used in making the sheet mask^[2]. Due to the awareness of the environmental damage caused by industrialization, a trend has developed to use products with natural ingredients. This review attempts and emphasizes the benefits of herbal extracts in cosmetics. Natural extracts are multi-functional and act as antioxidants to create pharmaceutical products. These extracts are used to create flavors for pharmaceutical product and the extracts are available in several forms such as solid extract, fluid extract, and powder extract^[3]. Here the extraction process is carried out as a powder extract. The herbs that are selected are Indian nettle leaf and Red sandalwood. The preparation of oil from the selected herbs are made by steam boiling method. These prepared sample was tested using moisture content and moisture regain tests. As a result, the sample gave a best glowing skin and also reduced the unwanted facial hairs.

Keywords: Facial sheet mask, herbal properties, glowing skin, unwanted facial hairs.

INTRODUCTION:

Sheet masks, have been around for a long time and the benefits of using them are almost immeasurable. These masks can be used to hydrate the skin, to remove excess oils and impurities, and to improve the appearance of pores^[1]. Materials like microfibers or cellulose are used in making the sheet mask^[2]. These facial sheet masks are inexpensive so that every individuals can afford it and use easily. These are also pocket friendly so that one can avoid spending much time at spa and also in buying high expensive cosmetics^[1]. Due to the awareness of the environmental damage caused by industrialization, a trend has developed to use products with natural ingredients. Natural extracts are multi-functional and act as antioxidants to create pharmaceutical products. These extracts are used to create flavors for pharmaceutical products. Extracts are available in several forms such as solid extract, fluid extract, and powder extract^[3]. Here the extraction process is carried out as a powder extract. The herb that are selected are Indian Nettle Leaf and Red Sandalwood.

INDIAN NETTLE LEAF:

In Tamil Nadu a wild plant called “Kuppaimeni” which carries various health saving medicinal properties^[4]. Kuppaimeni benefits are well identified in Tamil medicines from older times, it also called as “Indian Nettle” is a plant that grows everywhere like weed and needs no maintenance at all^[5]. It is a 75cm growing tall plant, with ovate green leaves, unisexual green flowers found in catkin inflorescence^[6]. Indian Nettle leaf powder is rich in alkaloids, catechols, flavonoids, phenolic compounds, saponins and steroids. It has so many beneficial uses for our skin and

hair. It has amazing anti-inflammatory properties. When applied externally, it can reduce inflammation very effectively. It also reduces pain very effectively as it has analgesic properties. It has both amazing antibacterial and anti-fungal properties making it one of the best ingredients to use for skin care^[5]. Indian Nettle leaf oil helps in treating many skin problems like acne, eczema, etc. Traditionally it is used to reduce the unwanted hair growth and reduce facial hair for women.

RED SANDALWOOD:

Red Sandalwood is a species of *Pterocarpus* native to India. It is only found in south India in Kadapa, Chittoor, generally in the hilly region of Nepal, in Pakistan and in Sri Lanka. It is a light-demanding small tree growing to 8 m tall with a trunk 50–150 cm diameter. It is fast-growing when young, reaching 5 m tall in three years even on degraded soils. Red sandalwood extract is widely used in the cosmetic industry to reduce or lighten pigmentation marks or scars on the skin and mainly it is a anti-aging agent^[7]. It can be used to get glowing, even skin tone and flawless complexion. It is also very beneficial for oily skin tone, it can help reduce oiliness from skin. It can also be used to get wrinkle free skin. It posses properties like detoxifying and anti ageing. As it also has antimicrobial properties it acts an effective treatment for acne/pimples. It is very effective in removing suntan from skin. It also nourishes and soothe irritated skin. As it has disinfectant as well as anti-microbial qualities that effectively heals and restores the health of the skin. It also works as an anti-inflammatory agent which boosts circulation of blood in the skin ,it also helps to promote a clean and clear skin tone and also maintain a good complexion^[8].

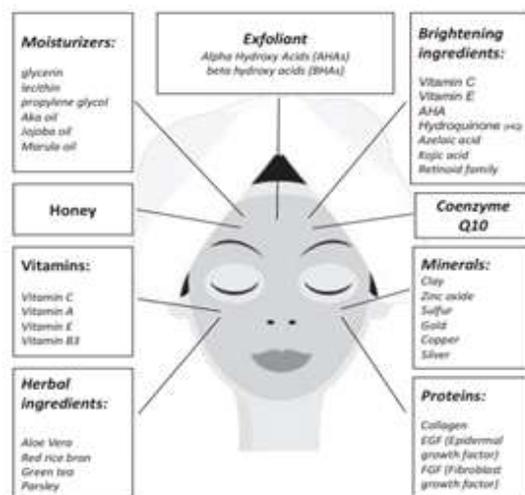
The main property of Indian Nettle Leaf is to reduce the growth of unwanted facial hairs and the property of Red Sandalwood is to give glow to the skin, both these properties reflected as a result of the finished product- facial sheet masks.

OBJECTIVES:

- To reduce the growth of unwanted facial hairs.
- To reduce the oil content on the skin.
- To give glow to the skin.
- To soothe dry skin and also reduces saggy skin.

MATERIALS AND METHOD:

Herbal ingredients have been highly regarded in the cosmetics industry because of their historical and traditional importance. The increasing use of natural plant ingredients in personal care products raises new safety issues that require novel approaches for their safety evaluation similar to those of plant-derived food ingredients^[9]. Use of these substances provide essential nutrients for healthy skin and positively influence the biological functions of the skin such as anti-inflammatory and antioxidant properties. Numerous herbal ingredients are used in facial care products, but we have listed the herbal substances that are used in face masks more than the other herbal ingredients^[10].



Important ingredients in facial sheet

FIGURE 1

PREPARATION PROCESS:

The extraction process may be carried out at atmospheric pressure or at elevated pressure. The extraction process of herbal plant is taken and then shade dried for about 30 days. Then they are collected and made into a fine powder.

These process is carried out with the selected herbs.

The preparation of essential oils are done by “steam boiling” method. The prepared herbal powder of Indian nettle leaf and Red Sandalwood were taken and mixed with 10 ml of almond oil and then allowed to boil for about 10 minutes at a certain room temperature. The oil is filtered with a cotton cloth so the powdered particles does not enter into the prepared essential oils. Allow them to cool overnight and the essential oil is ready to use.

A serum is a product typified by rapid absorption and ability to penetrate into the deeper layers of the skin, together with its non-greasy finish and intensive formula with a very high concentration of active substances.

Preparation of serum:

Mix the prepared essential oils with that of the glycerin which is very suitable for all the skin types. Take 2 teaspoons of glycerin and add about 2 drops of each essential oils to get a thick liquid consistency which is meant to be serum.

Sheet masks are face-shaped sheet fabrics soaked in the essence or serum. These masks can be used to hydrate the skin, to remove excess oils and impurities, and to improve the appearance of pores. Masks are effective because they contain concentrated ingredients that treat specific skin concerns, and there is a mask for every skin type. These facemasks are inexpensive so that every individuals can afford it and use easily^[1].

The facial sheet mask procured from a beauty essential store from Coimbatore. This is actually a compressed facial sheet mask that if it is soaked in water then it spreads out to give an complete outlook of the facial sheet mask. These facial sheet mask is soaked in the prepared serum and then packed for further use.

The developed product is the herbal facial sheet mask to reduce the growth of the unwanted hairs and to soothe the skin and to give glow to the skin.

RESULT AND DISCUSSION:

Test and analysis are done to check the efficiency of the process that has been carried out. It helps in evaluating the success rate of any innovation.

PATCH TEST:

Patch test is to discover whether the person is allergic to any of a range of substances which are applied to the skin in light scratches or under a plaster.

1×3 sample is taken for patch test and then placed on the skin of the selected subjects and allowed it to withstand for about 24 hours. After 24 hours, the sample was removed from their skin. Then noted that there was no irritation or itching in their skin.

**FIGURE 2**

As the result of patch test, the subjects were noted that there was a glow in their skin and also the removal of unwanted hair in their skin.

SUMMARY AND CONCLUSION:

The facial sheet mask used should be according to the skin type to achieve healthy skin. It seems that, based on the available market drivers, traditional medicine and natural ingredients are more favored by customers, but it is obvious that the efficacy of chemical ingredients can alter the market^[10]. On the other hand, the tendency to use new technology and advanced therapy is increasing. It is recommended that the research and development section of the market player companies in this area should pay attention to the use of natural ingredients.

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