



“A Review On Herbal Peel-Off Facial Masks”

Ms. Shweta Meshram, Mr. Abhineet Ujawaney, Mr. Pratik Wasnik, Ms. Dileshwari Kohale.

Ms. Sakshi Bandebuche.

Bachelor of Pharmacy,

Gondia College Of Pharmacy, Chulod Road, Gondia, Maharashtra, India.

ABSTRACT

Skin health is an important aspects of aesthetics. Dermatologists and scientists try to develop novel methods and materials to fulfill this aim. Facial cosmetics keep skin moist and remove sebum from the skin to maintain proper skin health. The use of suitable cosmetics according to the facial skin type results in healthy skin. Facial masks are the most prevalent cosmetics products utilized for skin rejuvenation. Facial masks are divided into four groups: a) sheet masks b) peel-off masks c) rinse off masks d) hydrogels. Each of these has some advantages for specific skin types based on the ingredients used. The following article presents the available information about the facial mask. Also, we have focused on the facial masks available in the market. Despite several developments in this field, extensive research is required for performing successful and precise clinical trials in the future. Further improvement would enable the researchers to develop new products in this field. In this review we present the most recent breakthroughs in the field of skin care and rejuvenation by cosmeceutical facial mask. This information is valuable to get the picture of the latest trends and also helpful for clinicians and related manufacturing companies.

KEYWORDS: - rejuvenation, clogged pores, antioxidant, exfoliation, dermatologists. Etc.

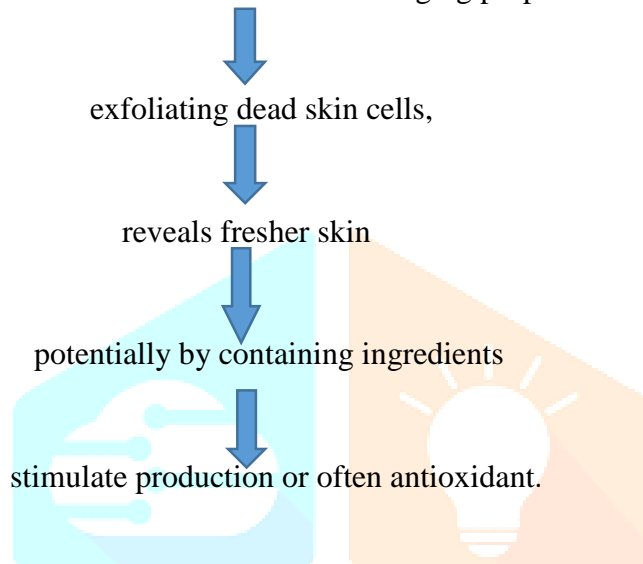
INTRODUCTION

Skin is a very sensitive and protective layer of the human body, which is exposed to environmental pollution hence, it is very essential to protect the skin. Therefore, it is necessary to take care of facial skin to overcome the problem associated with it, one of which is taking care of facial skin by using face masks. Peel-off mask is applied as a liquid film that thinly spreads with fingers on the face and peels-off as a thin plasticized film after complete drying without leaving any residues. It can repair, refresh, and tighten facial skin, provides deep pore cleansing and skin debris removal. Peel-off can also provide slight moisturizing action and enhances the occlusive effect, improving blood circulation. UV light is oxidative because it can induce oxidative stress by producing free radicals and reactive oxygen species (ROS). The presence of ROS that accumulates in the skin is believed to be an inducer of cell damage, premature aging, erythema, and skin cancer. Antioxidants can inhibit oxidation or radical reactions caused by oxygen or peroxide so that these free radicals can be suppressed. Currently, the use of synthetic antioxidants used in industry is being avoided due to the health risks and toxicity. Therefore, the use of antioxidants from natural sources can be formulated to prevent oxidation to replace synthetic antioxidants [2]. The use of cosmetics containing antioxidant compounds can prevent premature aging due to free radicals. Various types of skin care cosmetic preparations have been circulating in the market in attractive dosage forms and packaging, including the peel-off gel mask. Peel-off facial masks are unique in that they form a film after the mask is dry and provide

several benefits including easy use, improving the appearance of facial skin by providing a skin tightening effect, and cleansing the skin of impurities. Anti-aging are preparations that function to inhibit the process of damage to the skin (degenerative), and to inhibit the appearance of signs of aging on the skin. One type of preparation that can be used in anti-aging products is a peel-off mask preparation [2]. Aging: - Aging is a lifelong process of growing up and growing old. It begins at conception and ends with death. So, in this sense, we are all aging from the time of birth. In our younger years, aging is called by other names. For example, in our infant years, we call aging “growth and development.” In our teenage and young adult years, we refer to aging as “maturation.” After age 30, our physical body begins to wear out and our functioning declines. This is called “senescence.

Mechanism of anti-aging: -

Peel of mask can demonstrate anti-aging properties



Types of masks: -

There are 4 types of herbal peel-off masks: -

- 1) Sheet mask
- 2) Rinse-off mask
- 3) Peel-out mask
- 4) Hydrogel mask

1) Sheet mask: - Sheet masks are an old type of face mask that has been around for a long time and is still quite popular. Recently, a study done by a company called National Purchase Diary panel Inc. in the United States showed that sales of these masks make up about 60% of the different kinds of skincare products. This is really big number.

2) Rinse-off mask: - Rinse-off face masks come in different kinds, like moisturizing, cleansing, toning, exfoliating, waxy, and mud masks. Waxy masks are usually used for dry skin to help keep the skin hydrated and prevent it from losing too much water. The right balance of water and oil on the surface of our skin is really important for how our skin looks. Masks made with many different herbs are very good at keeping this balance and using natural ingredients.

3) Peel-out mask: - Some products used in beauty products, like clay, aren't easy to put on and use. So, they make masks that form a thin layer on our skin that can easily peel off later. Most of these peel-off masks use things called polyvinyl alcohol (PVA) or polyvinyl acetate (PVAc).

4) Hydrogel mask: - Hydrogel are like three-dimensional networks made of materials that can soak up a lot of water, kind of like a sponge. These masks are often used for sensitive skin because they feel cool and soothing. One example is a facial mask made with silk protein embedded in tiny plant fibres. This mask

worked well for facial treatments and had good biological effects. Another material, called carboxymethylcellulose (CMC), was also used to make hydrogels stronger

PLANT PROFILE

- 1) Fenugreek: - scientific name is the (*Trigonella foenum gracecum*) family is Fabaceae. is one of the oldest medicinal plants with exceptional medicinal and nutritional profile. Fenugreek seeds contain a substantial amount of fibre, phospholipids, glycolipids, oleic acid, linoleic acid, linoleic acid, choline, vitamins A, B1, B2, C, nicotinic acid, niacin, and many other functional elements. It may grow well under diverse and a wide range of conditions; it is moderately tolerant to drought and salinity, and can even be grown on marginal lands in profitable way. Owing to these characteristics and heavy metal remediation potential, fenugreek may well fit several cropping systems. In addition to its medicinal uses, it may serve as an excellent off-season fodder and animal food supplement. However, efforts should be initiated to develop strategies for improving its biomass production; genetic diversity among different accessions may be mapped, breeding and crop improvement programs may be initiated to improve the biomass and nutritional and functional elements. This review highlights the morphology, adaptability, nutritional constituents and associated functionality and medicinal significance of fenugreek; its ethno-historical uses, pharmacological assumptions.



Fig. No. 1: Fenugreek Seeds

- 2) Aloe Vera (*Aloe Vera barbadensis miller*): - Aloe Vera is belongs to Asphodelaceae (Liliaceae) family. It contains 75 potentially active constituents such as minerals, sugars, lignin, saponins, salicylic acids, polysaccharides, vitamins (A, C, E), enzymes, and amino acids. These constituents hydrate the skin, accelerate wound healing, reduce inflammation, effect on skin exposure to UV and gamma radiation, effect on immune system, laxative effect, anti-viral and anti-tumour activity, antiaging and anti-septic effect. Aloe Vera also enhances the penetration of other active ingredients, increasing the efficacy of combine formulations.



Fig. No. 2: Aloe Vera Plant

- 3) Flaxseed (*Linum usitatissimum*): - flaxseeds contains ligans, phenolic compounds, and omega-3 fatty acids, which play significant role in combating oxidative stress and improving skin elasticity. Studies reveal that flaxseeds extracts provide anti-inflammatory and collagen enhancing properties, making them suitable for anti-aging skin care formulations. The therapeutic action of flaxseeds can be attributed to its rich content of nutrients, including.
 - A) Lignans: - flaxseeds contain a type of lignan called secoisolariciresinol diglycoside (SDG), which has been shown to have anti-inflammatory, anti-oxidant, and anticancer properties.
 - B) Omega-3 fatty acids: - flaxseed is rich source of alpha-linoleic acid (ALA), a type of omega 3 fatty acids that has been shown to have anti-inflammatory and cardiovascular benefits.
 - C) Fiber: - flaxseed is a good source of dietary fibre, which can help promote digestive health, lower cholesterol levels, and regulate blood sugar levels.

D) Phenolic acids: - flaxseeds contains a range of phenolic acids, including ferulic acids, synaptic acids, and caffeic acid, which have been shown to have anti-oxidant and anti-inflammatory properties.



Fig.No. 3: Flax Seeds

- 4) Curry leaves: - curry leaves (*Murraya Koenigii*) are a well-known leaf spice that are used in very small amounts for their distinctive aroma because they contain volatile oil and can enhance flavour, digestion. In Asian cuisines, these leaves are frequently used to flavour meals. The leaves flavour and other characteristics are retained even after drying; they have a little aromatic, bitter, and acidic taste. In several ancient cultures, including Indian ayurvedic and Unani prescriptions, curry leaf is also employed.



Fig.No. 4: Curry Leaves

- 5) Nutmeg: - Most taxonomists are familiar with the evergreen nutmeg tree (*Myristica fragrans*), which is a member of the Myristicaceae family of flowering plants that are native to Asia, Africa, the Pacific islands, and America.



Fig No. 5: Nutmeg

CONCLUSION

The study or review on herbal peel-off facial mask is confirmed that it removes the dead skin cells, blackheads, pigmentation, provides a glow to the skin, cleans the skin pores, moisturizes, and hydrates the skin. The various herbal plants are used. Peel-off masks can be an effective way to keep skin healthy by cleaning it, making it feel soft, and improving its appearance. This study showed that herbal peel-off masks are effective and safe for various skin types. They can help in the problems like aging, acne, and dryness.

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