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### A Comprehensive Review on Florapure Brightening Face Pack

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#### Abstract

The present study focuses on the formulation and evaluation of a herbal cosmetic, "Flora Pure Brightening Pack," developed using natural ingredients such as aloe vera, beetroot, pomegranate, rose water, rice water, and neem. These components are rich in antioxidants, vitamins, and bioactive compounds that contribute to skin nourishment, hydration, and brightening. The formulation aims to provide a safe and effective alternative to synthetic cosmetic products with minimal side effects. The preparation involves cleaning, grinding, and blending herbal ingredients into a

uniform paste, followed by evaluation of parameters such as pH, spreadability, particle size, loss on drying, and total ash content to ensure quality and stability. The presence of antimicrobial, anti-inflammatory, and antioxidant properties helps in reducing acne, improving skin texture, and enhancing complexion. Overall, the study highlights the potential of herbal formulations in promoting healthy, radiant skin and supports their growing demand in cosmetic and pharmaceutical applications.

**Keywords:** Herbal Face Pack, Skin Brightening, Antioxidant Activity, Natural Cosmetics, Formulation and Evaluation

#### Introduction

Cosmetics are products designed for external use on the skin, aimed at cleansing, enhancing beauty, and improving appearance without providing any therapeutic benefits. Throughout history, different herbs have been used for cleansing, beautification, and skincare. The skin on the face is a significant and delicate area of the body that indicates a person's overall well-being. It consists of vital elements such as amino acids, lipids, carbohydrates, and various other biochemical compounds.

Cosmetics are typically characterized as readily available items aimed at cleaning, enhancing, promoting attractiveness, or changing the look of the skin. The skin is the biggest organ in the human body and includes elements like lipids, carbohydrates, and amino acids, which are significant markers of a person's general health. Thus, maintaining the skin's health, clarity, and natural glow necessitates a balanced diet. Furthermore, anti-inflammatory effects aid in preventing the exacerbation of issues linked to redness, irritation, and inflammation. Various skin types need particular face packs, which are powdered substances utilized in facial recipes. For cleansed, tightened, and enhanced skin, the powder is combined into a paste, spread on the face, left to dry, and then softly wiped off. Throughout history, individuals have acknowledged the significance of methods focused on preserving healthy skin. Cosmetics are items utilized to improve looks, hygiene, and appeal. A diet abundant in lipids, amino acids, and vital nutrients is necessary to maintain the skin's glow, radiance, and general health.

Herbal cosmetics are gaining recognition in contemporary skincare due to their natural source, enhanced compatibility with the skin, and reduced risk of side effects when compared to synthetic alternatives. For hundreds of years, plants have been relied upon as reliable sources for purifying, enhancing, and maintaining skin wellness, due to their rich content of vitamins, minerals, antioxidants, and various bioactive substances. Among these, herbal facial masks emerge as one of the most favored formulations. They function by thoroughly cleansing the skin, removing impurities, improving complexion, and rejuvenating facial tissues. With regular use, these packs promote natural nourishment, resulting in brighter, smoother, and healthier skin.

The **Flora Pure Brightening Pack** is an herbal facial product created with meticulously chosen natural components like aloe vera, beetroot, pomegranate, rose, rice, and neem, each offering notable cosmetic and dermatological advantages. Aloe vera is recognized for its hydrating, calming, and restorative qualities, aiding in skin moisture retention and minimizing irritation.

Beetroot and pomegranate provide abundant antioxidants, vitamins, and phenolic compounds that safeguard the skin against oxidative stress, enhance a healthy glow, and aid skin regeneration. Rose offers soothing, revitalizing, and firming benefits, enhancing skin quality and delivering a delightful sensory experience. Rice serves as a gentle exfoliant and skin-softening component, improving skin texture and radiance, while neem provides potent antimicrobial and anti-inflammatory properties, helping to avert acne, redness, and various skin conditions.

The Flora Pure Brightening Pack is designed to synergistically blend these herbal components to create a safe, effective, and environmentally friendly cosmetic that enhances skin clarity, radiance, and overall well-being. Assessing the formulation is a vital process to guarantee its quality, stability, safety, and acceptance by consumers. Factors like physical look, texture, pH level, ease of spreading, washability, and skin compatibility are evaluated to ensure the product is appropriate for everyday cosmetic application. This assessment of the Flora Pure Brightening Pack's formulation and evaluation underscores the significance of herbal components in cosmetic products and points out their contribution to creating effective skin-brightening formulas with few adverse effects.

#### **Advantages of Herbal Brightening Pack**

They can assist in postponing the signs of wrinkles.

Natural brightening masks provide the skin with a vibrant and youthful appearance.

They assist in swiftly reviving the softness and luster of the skin.

Due to its natural components, it may reduce scars caused by acne and pimples.

#### **Disadvantage of Herbal Brightening Pack**

Not every face should receive the same brightening treatment, as the skin varies across different areas.

It may annoy you.

Applying a brightening pack on an individual with dry skin can be challenging.

#### **Benefits of using an Herbal Brightening Pack**

It feeds the skin by providing vital nutrients. Fruits utilized in facial treatments supply the skin with essential vitamins and minerals, and based on their bioactive compounds, they assist in diminishing acne, scars, blemishes, and various skin imperfections. Neem-based brightening packs show antimicrobial and anti-inflammatory properties that help decrease acne and pimples. These formulations help manage acne and blackheads by preventing harmful microorganisms, decreasing inflammation in the affected area, and controlling sebum production from the sebaceous glands. Frequent use of herbal or natural facial masks can enhance skin texture and tone by supplying bioactive substances that boost cellular activity and offer antioxidant defense. These formulations aid in postponing the beginning of skin aging by decreasing oxidative stress and enhancing collagen production. By aiding the skin's natural framework, they can effectively regulate the development of wrinkles, fine lines, and dermal thinning, thus preserving healthier, more youthful skin.

#### **Acne Vulgaris**

Acne vulgaris can significantly affect a patient's quality of life by lowering self-esteem and negatively influencing emotional well-being and social development. Patients and healthcare providers have a wide array of over-the-counter and prescription acne treatments to choose from, making it challenging to identify the most effective and suitable therapy.

Acne is an inflammatory disorder of the pilosebaceous units and frequently occurs in adolescence. The condition features open (black) and closed (white) comedones, as well as inflammatory lesions such as papules, pustules, nodules, and cysts, which may result in scarring and changes in skin color. The development of acne is affected by several factors, such as abnormal follicular keratinization, heightened sebum production due to hyperandrogenism, proliferation of *Propionibacterium acnes*, and associated inflammatory responses.

Acne blemishes usually appear on the face, neck, upper back, and chest. When evaluating acne severity, it is crucial to take into account aspects such as the areas affected (like the back, chest, and upper arms), the type and number of lesions (which include comedones, papules, pustules, and nodules), along with any scarring present.

Different forms of acne are recognized, including acne conglobata, acne fulminans, acne mechanica, excoriated acne, chloracne, drug-induced acne (such as from anabolic steroids, corticosteroids, isoniazid, lithium, or phenytoin), neonatal and infantile acne, and occupational acne. Although these variants show similar clinical and histological features to acne vulgaris, they can be differentiated by their clinical context, intensity, and associated symptoms. Conditions commonly considered in the differential diagnosis of acne include folliculitis, keratosis pilaris, perioral dermatitis, seborrheic dermatitis, and rosacea.

#### **Ingredients for Formulation**

##### **Aloe Vera**

It holds a diverse collection of bioactive substances, such as vitamins, minerals, amino acids, enzymes, and polysaccharides, which aid in skin nourishment, hydration, and restoration. In the creation of the brightening pack, aloe vera serves as a natural moisturizer, delivering intense hydration to the skin and avoiding dryness. Its properties for reducing inflammation and promoting healing aid in diminishing skin irritation, redness, and small imperfections, making it especially advantageous for sensitive and acne-sensitive skin.

**Synonyms:** Aloe barbadensis miller, Lily of the Desert, Aloe Succotrina.

**Biological Source:** Aloe vera is obtained from the leaves of the plant Aloe barbadensis Miller, a succulent plant species.

**Family:** Asphodelaceae.

**Chemical Composition:** Polysaccharides, Anthraquinones, Vitamins, Minerals, Amino Acids, Sterols.

##### **Uses**

Hydrating cream, skin illumination, age-defying, calming inflamed skin, enhancing skin flexibility. Healing of

wounds, reducing inflammation, fighting microbes, care for minor burns, sunburn treatment, and acne management.

### Exfoliation

The salicylic acid and saponins in aloe vera aid in clearing pores and diminishing impurities, leading to improved skin clarity.

### Oil Control

Aloe vera is crucial in managing sebum production, vital for handling oily skin and attaining a more radiant complexion.

### Acne Treatment

Aloe vera is commonly utilized in the treatment of acne because of its antimicrobial, anti-inflammatory, and calming effects.

### Skin Brightening

Aloe vera serves as a potent natural remedy for skin brightening because of its blend of antioxidant, hydrating, and restorative qualities.

### Cooling Effect

Aloe vera provides a natural cooling sensation on the skin, making it extremely advantageous in cosmetic and dermatological products.



Fig 2: Aloe vera

### Beetroot

Beetroot is a natural component commonly utilized in cosmetic and herbal products because of its abundant nutritional and bioactive properties. It is an important element of the Flora Pure Brightening Pack due to its antioxidant, skin-revitalizing, and natural tinting qualities. Beetroot is rich in betalains, powerful antioxidants that counteract free radicals and limit oxidative stress, thus decreasing early aging, lifelessness, and skin harm.

**Synonyms:** Red beet, Table beet, Blood turnip.

**Biological Source:** The beetroot is obtained from the root of the plant *Beta vulgaris*, a biennial herb cultivated worldwide for its edible roots and leaves.

**Family:** Amaranthaceae.

**Chemical Composition:** Natural pigments with strong antioxidant and anti-inflammatory properties; contribute to skin brightening.

### Uses

Shields the skin against free radical harm and postpones

indications of aging.

Betalains and vitamin C enhance skin complexion and impart a radiant glow.

Enhances circulation to the skin, resulting in a glowing and rejuvenated look.

Imparts a natural pinkish-red hue to the formula without using synthetic coloring agents.

### Skin Lightening

Packed with betalains and vitamin C, beetroot enhances skin tone, reduces dullness, and provides a natural, radiant glow.

### Antioxidant Activity

Includes polyphenols, flavonoids, and betalains that counteract free radicals, safeguard skin cells from oxidative damage, and postpone early aging.

### Hydration and Nourishment

Beetroot is abundant in sugars, amino acids, and minerals that deliver vital nutrients and assist in retaining skin hydration.

### Circulation Enhancer

Nitrates and iron found in beetroot enhance blood circulation to the skin, fostering a luminous and refreshed look.

### Natural Colorant

Gives a delicate pink-red hue to the package, enhancing the product's appearance without artificial colorants.



Fig 3: Beetroot

### Pomegranate

Pomegranate contains high levels of polyphenols, tannins, anthocyanins, and vitamin C, which work to neutralize free radicals, combat oxidative harm, and lessen early skin aging. Its anti-inflammatory properties calm irritated or sensitive skin, while natural tannins assist in firming the skin and enhancing elasticity, imparting a youthful and taut look.

**Synonyms:** Anar, Granada, Punica.

**Biological Source:** Pomegranate is obtained from the fruit of the plant *Punica granatum*, a small deciduous tree or shrub.

**Family:** Lythraceae.

### Uses

Shields skin cells from oxidative stress and early aging. Minimizes dark marks, uneven skin tone, and lack of brightness.

Promotes soft, smooth, and healthy skin.

**Skin Lightening**

Enhances skin tone and luminosity by minimizing dullness, dark spots, and hyperpigmentation thanks to its antioxidant and vitamin C content.

**Astringent / Tightening Effect**

Tannins found in pomegranate serve as natural astringents, tightening pores, boosting skin firmness, and increasing elasticity.

**Anti-inflammatory**

Aids in calming irritated or inflamed skin, decreasing redness and swelling, making it appropriate for sensitive or acne-prone skin.

**Hydration and Nourishment**

Includes vitamins, minerals, and amino acids that offer vital nutrition and preserve skin hydration, ensuring it remains soft and smooth.

**Anti-microbial and Anti-acne**

The bioactive substances assist in managing bacteria that cause acne, leading to a decrease in pimples and skin imperfections.



Fig 4: Pomegranate

**Rose water**

Rose water is rich in flavonoids, phenolic substances, and antioxidants that assist in neutralizing free radicals, lowering oxidative stress, and hindering early aging. Its anti-inflammatory and antimicrobial characteristics calm irritated or sensitive skin and assist in diminishing acne and redness. Furthermore, rose water encourages an even skin tone, clarity, and glow, positioning it as an essential component for illuminating facial products. Its mild characteristics guarantee compatibility with every skin type, while also elevating the scent and sensory attraction of the package.

**Synonyms:** Gulab Jal, Rose Hydrosol, Floral Water of Rose.

**Biological Source:** Rose water is obtained from the steam distillation of fresh petals of *Rosa damascena* or *Rosa centifolia*, which preserves the aromatic compounds and essential oils.

**Family:** Rosaceae.

**Chemical Composition:** Watersoluble aromatic compounds and trace minerals maintain hydration and refresh the skin.

**Uses**

Helps lighten dull skin, improve skin tone, and promote a radiant complexion. Adds a refreshing scent and improves user experience.

**Skin Brightening**

Rose water contains vitamin C, flavonoids, and phenolic compounds that help reduce dullness, lighten pigmentation, and promote an even, radiant complexion.

**Hydration and Moisturization**

Its high-water content helps maintain skin moisture, keeping the skin soft, smooth, and supple.

**Astringent / Toning Effect**

Mild tannins in rose water tighten pores, improve skin firmness, and restore natural skin elasticity.

**Cooling and Soothing Effect**

Provides a refreshing and calming sensation, making it suitable for sensitive or stressed skin.

**Sensory Enhancement**

Adds a pleasant natural fragrance, improving the user experience of the face pack.

**Rice Water**

Rice water is a traditional and commonly utilized herbal component in cosmetic products because of its skin-calming, illuminating, and texture-enhancing benefits. It is derived from soaking or boiling rice grains in water, which releases water-soluble nutrients, vitamins, and antioxidants that are advantageous for the skin.

**Synonyms:** Rice extract, Rice starch water, *Oryza sativa* water.

**Biological Source:** Rice water is obtained from *Oryza sativa*, a cereal grain. It is prepared by soaking, boiling, or fermenting rice grains in water, which extracts water-soluble nutrients and bioactive compounds.

**Family:** Poaceae.

**Chemical Composition:** Magnesium, zinc, potassium, phosphorus – support skin metabolism and maintain hydration.

**Uses**

Helps improve skin firmness and reduces pore appearance. Reduces dullness and promotes a radiant, even complexion.

**Skin Brightening**

Rich in vitamins, amino acids, and antioxidants, rice water helps reduce dullness, even out skin tone, and impart a natural radiant glow.

**Soothing / Anti-inflammatory**

Gentle on the skin, rice water helps calm irritation, redness, and sensitive skin, making it suitable for all skin types.

**Exfoliation / Skin Smoothing**

Contains natural enzymes and compounds that remove dead skin cells and improve skin texture, giving a soft and polished appearance.

**Pore Tightening / Astringent**

Acts as a mild astringent, reducing pore size and improving skin firmness.



Fig 6: Rice Water

### Neem

Neem contains a wealth of bioactive substances including nimbin, nimbidin, azadirachtin, flavonoids, and tannins, which play a role in its antibacterial, antifungal, and anti-inflammatory properties. These attributes aid in lessening redness, irritation, and inflammation while facilitating quicker healing of acne spots and averting post-acne scars. Neem helps regulate sebum production from the sebaceous glands, aiding in controlling excess oil and preventing clogged pores, resulting in clearer and brighter skin.

**Synonyms:** Nimba, Indian lilac.

**Biological Source:** Neem is obtained from the leaves of the plant *Azadirachta indica*, an evergreen tree widely cultivated in India and other tropical regions.

**Family:** Meliaceae.

### Uses

Anti-acne, Antimicrobial, Anti-inflammatory, Sebum Regulation, Skin Brightening, Skin Purification.

### Antimicrobial Activity

Neem contains bioactive compounds such as nimbin, nimbidin, and azadirachtin, which inhibit the growth of acne-causing bacteria and other pathogenic microorganisms, helping to keep the skin clean and clear.

### Anti-acne Property

By controlling bacterial growth and reducing inflammation, neem helps in the prevention and treatment of acne, pimples, and blackheads.

### Sebum Regulation

Helps control excess oil secretion from sebaceous glands, preventing clogged pores and improving skin clarity.

### Skin Brightening

Regular use of neem reduces blemishes, pigmentation, and acne marks, resulting in a more even and brighter skin tone.

### Skin Purifying and Detoxifying

Neem deeply cleanses the skin, removes impurities, and promotes overall skin health and radiance.

### Antioxidant Activity

Flavonoids and polyphenols in neem protect the skin from oxidative stress and premature aging.

### Anti-inflammatory Effect

Neem reduces redness, swelling, and irritation, making it beneficial for sensitive and inflamed skin conditions.



Fig 7: Neem

### Methodology

#### 1. Collection and Cleaning of Ingredients:

- Collect fresh herbal ingredients such as beetroot, neem leaves, rose petals, pomegranate seeds, rice, and aloe vera leaves.
- Remove any damaged or spoiled portions of the materials.
- Wash all the ingredients thoroughly under running tap water to remove dust, soil, and other impurities.
- Rinse again with clean distilled water and allow them to drain to remove excess moisture.

#### 2. Grinding of Herbal Materials:

- Cut the beetroot into small pieces for easy grinding.
- Take the cleaned neem leaves, fresh rose petals, pomegranate seeds, and beetroot pieces and place them in a grinder or mortar and pestle.
- Grind them together with a small amount of water to obtain a fine and uniform paste.

#### 3. Preparation of Rice Paste/Powder:

- Take a small quantity of rice and wash it properly.
- Either grind the soaked rice to obtain a smooth rice paste or use finely powdered rice as an alternative.
- This acts as a mild exfoliating agent and helps improve skin texture.

#### 4. Extraction of Aloe Vera Gel:

- Take a fresh aloe vera leaf and wash it thoroughly.
- Cut the leaf from the sides and carefully remove the outer green layer.
- Collect the transparent gel present inside the leaf and grind it slightly to obtain a smooth gel.

#### 5. Mixing of All Ingredients:

- Transfer the ground herbal paste into a clean mixing bowl.
- Add the prepared rice paste or rice powder to the mixture.
- Then add the freshly extracted aloe vera gel.
- Mix all the ingredients thoroughly using a clean spatula or spoon until a smooth, uniform, and lump-free paste is formed.

#### 6. Final Adjustment of Consistency:

- If the mixture appears too thick, add a small amount of rose water or clean water to achieve a suitable paste consistency for application.
- Stir well to ensure even distribution of all ingredients.

#### 7. Storage:

- Transfer the prepared face pack into a clean, dry, and airtight container.

- Store it in a cool place or refrigerator to maintain freshness and prevent microbial contamination.
8. **Application Method:**
- Wash the face with a mild cleanser and pat dry with a clean towel.
  - Apply a thin, even layer of the prepared face pack over the face and neck, avoiding the eye area.
  - Leave the pack on the skin until it becomes semi-dry (approximately 10–15 minutes).
  - Finally, rinse thoroughly with lukewarm water and gently pat the skin dry.
9. **Frequency of Use:**
- For best results, the face pack can be applied 2–3 times a week to help maintain clear, hydrated, and radiant skin.

### Evaluation Parameters

#### pH

Dissolve one gram of brightening pack powder in 100 milliliters of water. The utilized pH meter is a standard model with either one or two electrodes. pH 7 and pH 9.2 distilled water is used to calibrate the device. Take a reading after letting the electrode sit in the fluid for three or four minutes.

#### Spreadability

Combine one gram of bleaching powder with 100 milliliters of water. The pH meter used is a standard model that has either one or two electrodes. The device is calibrated with distilled water at pH levels of 7 and 9.2. Permit the electrode to sit in the solution for three to four minutes before obtaining a measurement.

#### Total Ash Content

Place approximately 2g of the dried, ground substance into a crucible. Distribute the substance uniformly and set it on fire. Gradually raise the temperature to 100–105°C until it becomes white, indicating that the carbon is no longer present. Weigh in a desiccator following cooling. Determine the overall quantity of ash in the substance that has undergone air drying.

#### Loss on Drying

Measure the medication powder on a porcelain plate until it reaches approximately 2 grams. It is dried in a convection oven until the weight difference between two consecutive weigh-ins is 105°C and does not exceed 0.5 mg. Weigh, then cool in a desiccator. Weight loss is often thought to be due to water.

#### Particle Size

Measure the substance precisely. Take it out of the 80-mesh sieve.

#### Conclusion

Individuals require treatments for various skin conditions that do not produce negative side effects. Natural face masks are considered a durable and efficient way to enhance skin appearance. Consequently, naturally occurring elements like Aloe vera, beetroot, pomegranate, rose water, rice water, and neem each offer distinct pharmacological and cosmetic advantages, including skin brightening, hydration, exfoliation, antimicrobial properties, anti-inflammatory influence, and antioxidant safeguarding. In summary, the

Flora Pure Brightening Pack is an efficient herbal cosmetic solution that encourages healthy, clear, and radiant skin, showcasing the effectiveness of plant-derived components in contemporary cosmetic and pharmaceutical uses.

#### Discussion

The rising need for secure and efficient skincare items has resulted in heightened curiosity about herbal and plant-derived cosmetic compositions. Numerous synthetic skincare items can lead to irritation, allergies, or other negative reactions from extended use. Consequently, the creation of natural products like the Flora Pure Brightening Pack provides a hopeful option for preserving healthy skin while reducing possible side effects. This formulation includes various natural components recognized for their advantageous dermatological qualities. Aloe vera is essential for calming and moisturizing the skin because of its abundant vitamins, enzymes, and polysaccharides. Its moisturizing and anti-inflammatory qualities support skin elasticity and aid in skin healing. Beetroot offers natural colors and antioxidants that enhance skin brightness and assist in improving complexion by minimizing dullness.

In summary, the assessment and creation of the Flora Pure Brightening Pack highlight the capability of herbal components in crafting safe, efficient, and environmentally friendly cosmetic items. These formulations not only promote skin health but also resonate with the growing consumer demand for natural and sustainable skincare options. Additional investigation, uniformity of components, and clinical trials could improve the dependability and wider usage of herbal cosmetic products in contemporary cosmetology and pharmaceutical science.

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