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Research Article

Creation and Assessment of a Natural Herbal Peel off Face Mask.

Mokal Mansi, Khedkar Vaishnavi, Haral Tejaswini, Shinde Aarpita, Parkhe Kuldipak

Dr. Kolpe Institute of pharmacy, Kolpewadi.

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ABSTRACT

Using components including beetroot powder, aloe vera, sandalwood, orange peel, rose petal powder, neem powder, and more, this study sought to create and evaluate an herbal face pack. Following their procurement and preparation, the ingredients were assessed for their organoleptic and physico-chemical qualities, which made them perfect for a face pack. Herbal face packs have been shown to enhance blood flow, revitalize skin, preserve skin suppleness, and purify pores. They are a safe choice because of their non-toxic nature, which lessens allergic reactions. To completely comprehend their aesthetic advantages for human use, more optimization research is required.

INTRODUCTION

The film is readily pulled from the face once it has dried. Deep cleansing, eliminating dead skin cells, reducing excess oil, and enhancing skin radiance are the primary uses of these masks. Because they contain plant-based substances that are safer and cause fewer adverse effects than synthetic chemical solutions, herbal peel-off masks are favoured in research and cosmetic formulations. A film-forming agent, such as gelatin or polyvinyl alcohol (PVA), is typically included in the formulation to aid in the creation of the peelable layer. For their medicinal properties, herbal components such as neem, turmeric, aloe vera,

sandalwood, cucumber, and Multani mitti are included.

Neem's antimicrobial qualities help lessen pimples and acne. Aloe vera moisturizes and calms the skin, while turmeric has anti-inflammatory and antioxidant properties.

The mask functions by covering the skin's surface with a layer that collects pollutants, dust, grime, and dead cells. These undesirable particles and the dried film are eliminated when the mask is taken off, leaving the skin feeling clean and renewed.

Herbal peel-off masks are assessed for factors like pH, spread ability, drying time, peel ability,

***Corresponding Author:** Mokal Mansi

Address: Dr. Kolpe Institute of pharmacy, Kolpewadi.

Email ✉: mokalmansi0@gmail.com

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stability, skin irritation, and attractiveness in pharmaceutical and cosmetic research. Herbal peel-off face masks have become more significant in contemporary herbal cosmetic research and skincare industries because of their natural composition, simplicity of application, and positive effects on skin health.

Benefits of Herbal Face Pack

1. Provides skin with nourishment. Fruit face packs give skin vital nutrients.
2. Depending on its herbal components, it aids in the reduction of acne, pimples, scars, and markings. Neem and Tulsi face treatments typically assist to lessen pimples and acne. Face packs, which are advised for acne, pimples, and blackheads, often reduce excessive sebum production from sebaceous glands and eliminate dangerous germs from acne lesions. Adding sandal powder, rose petals, and orange lentils to an acne face pack will lessen skin scars and markings.
3. Dead skin cells are typically removed by face packs. The skin is calmed and relaxed by these face masks

Parameters of herbal peel-off face mask.

Herbal Peel-Off Face Mask Specifications Several evaluation criteria are used to assess the efficacy and quality of an herbal peel-off face mask. These characteristics aid researchers in determining whether a product is stable, safe, and appropriate for skin application.

1.Physical appearance

Outward Look The mask is examined for smoothness, texture, colour, and odour. A good peel-off mask should smell well, look good, and have a smooth, lump-free texture.

2.pH

A pH meter or pH paper are used to measure the formulation's pH. Because it mimics the pH of natural skin and avoids irritation, the best pH range for skin care products is between 5 and 7.

3.The ability to spread

The ease with which the mask spreads across the skin is indicated by its spread ability. When a mask is prepared correctly, it should spread evenly and smoothly without being overly wet or thick.

4.Time Spent Drying

The amount of time it takes for the mask to fully dry after application is known as the drying time. For ease of usage, an herbal peel-off face mask should typically dry in 15 to 20 minutes.

5.The capacity to peel

This measure evaluates the ease of removing the dried mask from the skin. There should be no pain or discomfort as the mask peels off in a single layer.

6.Test for Skin Irritation

To check for redness, itching, or irritation, the mixture is applied to a small area of skin. There shouldn't be any negative reactions from a safe herbal mask.

7.Stability

The mask is stored under different temperature conditions to check changes in colour, odour, texture, or consistency over time. A stable product should remain unchanged during storage.

These parameters are important in research to ensure the herbal peel-off face mask is effective, safe, and user-friendly.



Formulation of Herbal peel-off mask

An herbal peel-off face mask is a cosmetic preparation composed of natural materials that aids creates a thin layer on the skin that is easily peeled off once it has dried. Compared to chemical-based solutions, herbal compounds are safer, kinder to the skin, and have fewer negative effects.

Aim

To formulate an herbal peel-off face mask using natural ingredients for cleansing nourishing, and improving skin appearance.

Ingredients used and their role

Ingredients	Quantity	Role in Formulation
Polyvinyl alcohol (PVA)	10-12%	Forms peelable film
Gelatin	2-3%	Gives elasticity and smooth texture
Glycerin	3-5%	Moisturizer and humectant
Neem powder	1-2%	Antibacterial and anti-acne
Turmeric powder	0.5-1%	Anti-inflammatory and skin brightening
Aloe vera gel	5-10%	Soothing and moisturizing
Rose water	q. s	Base and fragrance
Lemon extract	1-2%	Removes excess oil and lightens marks
Distilled water	q. s	Solvent
Preservative(optional)	Small quantity	Prevents microbial growth

Polyvinyl alcohol (PVA)

Polyvinyl Alcohol (PVA) is a synthetic polymer that is widely used in pharmaceutical, cosmetic, medical, and industrial products. It looks like a white or cream-colored powder and dissolves readily in hot water to form a clear, thick solution. PVA is non-toxic, odorless, and safe for topical use, making it suitable for skincare and cosmetic formulations. In cosmetic preparations, particularly peel-off face masks, the water evaporates, creating a thin, flexible layer that can be easily removed from the skin's surface.

It is a white or cream-colored powder that dissolves readily in hot water to create a thick, transparent solution. PVA is appropriate for skincare and cosmetic applications since it is odorless, non-toxic, and safe for topical application. PVA functions as a film-forming ingredient in cosmetic preparations, particularly peel-off face masks. When the mask is applied to

the skin, the water evaporates and PVA covers the face in a thin, flexible layer. After drying, this layer is easily peeled off, which aids in clearing the skin's surface of debris, dead skin cells, blackheads, and extra oil.

Gelatin

Gelatin is a naturally occurring protein derived from collagen found in animal bones, skin, and connective tissues. It is a colorless or pale-yellow powder or granules that dissolves in warm water to form a gel-like solution. Due to its safe and biodegradable nature, gelatin is widely used in food products, pharmaceuticals, cosmetics, and skincare preparations. In cosmetic formulations, particularly herbal peel-off face masks, it serves as a smooth, flexible layer on the skin after application. It dissolves in warm water to create a gel-like solution after appearing as a colorless or pale-yellow powder or granules. Because gelatin is safe and biodegradable, it is frequently used in



food goods, medications, cosmetics, and skincare preparations.

Glycerin

Glycerin, also known as glycerol, is a clear, colorless, thick, and odorless liquid commonly used in cosmetic, pharmaceutical, and skincare products. It has a slightly sweet taste and mixes easily with water and alcohol. Glycerin is considered safe, gentle, and non-irritating for most skin types, which makes it an important ingredient in many beauty and personal care formulations.

In skincare products, glycerin mainly works as a humectant. A humectant is a substance that attracts water from the environment and helps retain moisture in the skin. Because of this property, glycerin keeps the skin soft, smooth, hydrated, and healthy. It prevents dryness, roughness, and flaking of the skin. For this reason, glycerin is widely used in creams, lotions, soaps, face washes, and peel-off face masks.

Neem powder

Neem powder is a natural herbal ingredient made from the dried leaves of the neem plant, which is well-known in traditional medicine for its potent antibacterial, antifungal, anti-inflammatory, and antioxidant properties. The leaves are gathered, dried, and ground into a fine green powder for use in cosmetic and medicinal preparations. Neem powder is frequently used in skincare products because it keeps the skin clean and healthy, especially for oily and acne-prone skin. Because of its potent antibacterial, antifungal, anti-inflammatory, and antioxidant qualities, neem is well-known in traditional medicine. For usage in cosmetic and therapeutic products, the leaves are gathered, carefully dried, and powdered into a fine green powder. Because neem powder keeps skin clean and healthy, it is frequently used in skincare

products. It is particularly helpful for skin that is oily and prone to acne. Neem's antibacterial qualities lessen pimples, redness, and skin irritation while combating germs that cause acne. Additionally, it aids in clearing the skin's surfa



Turmeric powder

Because of its medicinal and cosmetic benefits, turmeric powder—a yellow-colored natural powder made from the dried rhizomes of the turmeric plant—is widely used in cooking, traditional medicine, and skincare products. Its main active ingredient, curcumin, gives turmeric its bright yellow color and therapeutic properties. In skincare, it helps reduce acne, pimples, redness, and skin irritation; it also protects the skin from harmful free radicals, dust, and dirt. Because of its therapeutic and cosmetic properties, it is frequently utilized in skincare products, traditional medicine, and cookery. Curcumin, which gives turmeric its vivid yellow hue and medicinal qualities, is the primary active ingredient. The anti-inflammatory, antibacterial, antioxidant, and antiseptic qualities of turmeric powder are widely recognized. In terms of skincare, it lessens skin irritation, redness, acne, and pimples. Additionally, it shields the skin from damaging free radicals, dust, and pollutants. Turmeric's antimicrobial properties help manage microorganisms that cause acne and maintain clean, healthy skin. Turmeric powder is a key

active herbal ingredient in herbal peel-off face masks.



Aloe vera gel

Aloe vera gel is a naturally occurring substance derived from the thick green leaves of the aloe vera plant. Because of its calming and moisturizing qualities, it is frequently used in skincare, haircare, and health products. It is transparent, soft, and cooling, and it contains many healthy ingredients like vitamins, minerals, amino acids, enzymes, and antioxidants that help protect and nourish the skin. Aloe vera gel is frequently applied directly to the face as a natural moisturizer. Because of its calming and moisturizing qualities, it is frequently used in skincare, haircare, and wellness products. The gel is cooling, silky, and translucent. Numerous healthy elements, including vitamins, minerals, amino acids, enzymes, and antioxidants, are present in it and aid in skin protection and nourishment. Aloe vera gel is frequently used to treat sunburn, dry skin, acne, small wounds, and skin irritation. It keeps the skin smooth and hydrated without turning it greasy. It may lessen redness, pimples, and itching because of its antibacterial and anti-inflammatory qualities. Aloe vera gel is frequently applied straight to the face as a natural moisturizer or facial mask ingredient.



Rose water

Rose water is a fragrant liquid that is made by distilling fresh rose petals with water. Because of its calming and refreshing qualities, it has been used for many years in skincare, cosmetics, food products, and traditional remedies. Rose water has a pleasant floral scent and is gentle on the skin, making it suitable for daily use. Rose water is widely used as a natural skin toner; it helps remove dirt, excess oil, and impurities from the skin while maintaining the skin's natural moisture balance, especially in hot weather. Rose water's anti-inflammatory and antioxidant qualities, it may help reduce redness, irritation, acne, and puffiness around the eyes. Because of its calming and revitalizing qualities, it has long been utilized in skincare, cosmetics, food items, and traditional medicines. Rose water is soothing on the skin and has a lovely flowery scent, making it appropriate for regular use. Rose water is a popular natural skin toner. It keeps the skin's natural moisture balance while assisting in the removal of pollutants, excess oil, and debris. Additionally, it has a cooling and revitalizing effect, particularly in hot weather. Rose water may help lessen redness, irritation, acne, and puffiness around the eyes because of its anti-inflammatory and antioxidant qualities.



Lemon extract

Lemon extract, a natural ingredient made from the peel or juice of lemons, is frequently used in skincare, haircare, food products, and herbal preparations because of its refreshing scent and health-promoting qualities. It contains important nutrients like vitamin C, citric acid, antioxidants, and natural oils that help improve skin and hair health. In skincare, lemon extract is frequently added to face washes, creams, masks, and toners. Because of its revitalizing scent and advantageous qualities, it is frequently used in cosmetics, haircare, food goods, and herbal preparations. Vitamin C, citric acid, antioxidants, and natural oils are among the essential nutrients found in lemon extract that support healthy skin and hair.



Sandalwood powder

Because of its pleasant scent and cooling qualities, sandalwood powder, also known as sandalwood powder, has been used for many years in traditional skincare, Ayurvedic preparations,

perfumes, and cosmetic products. Chandan powder is well known for its soothing, refreshing, and skin-protective properties. In skincare, it is frequently used to reduce acne, pimples, dark spots, and excess oil from the skin; it helps cleanse the skin naturally and reduce redness, irritation, and inflammation; because of its antibacterial and anti-inflammatory qualities. Because of its pleasant scent and cooling qualities, it has been utilized for many years in traditional skincare, Ayurvedic remedies, fragrances, and cosmetic goods. The calming, revitalizing, and skin-protective properties of Chandan powder are widely recognised.

Chandan powder is frequently used in skincare to lessen black spots, acne, pimples, and excess oil on the skin. It has a cooling effect and aids in natural skin cleansing, which may help lessen inflammation, redness, and irritation. It is frequently used in face packs and herbal masks for healthy, radiant skin because of its antibacterial and anti-inflammatory qualities.



Multani Mitti

Multani mitti, also known as Fuller's Earth, is a natural clay that is frequently used in skincare and haircare products. It is rich in minerals like magnesium, calcium, silica, and iron, which help improve skin health naturally. It has excellent absorbing properties that help remove excess oil,

dirt, sweat, and impurities from the skin; it helps control excess sebum and unclog pores; it can reduce pimples, blackheads, and skin irritation because of its cooling and calming effect. It has long been utilized as a conventional beauty element and is also referred to as Fuller's Earth. Minerals including magnesium, calcium, silica, and iron are abundant in Multani mitti and naturally enhance skin health. Its superior absorption qualities aid in clearing the skin of extra oil, debris, perspiration, and pollutants.



Orange peel powder

Orange peel powder, a natural herbal ingredient made by drying and grinding the outer peel of oranges into a fine powder, is widely used in skincare, haircare, and herbal cosmetic products due to its refreshing fragrance and beneficial properties. It is rich in vitamin C, antioxidants, and natural oils that help improve skin health and appearance. In skincare, orange peel powder is often used to brighten the skin and reduce dullness. Because of its antibacterial and anti-inflammatory properties, it may help reduce acne, pimples, and blackheads. It also helps tighten pores and improve the texture of the skin. Because of its revitalizing scent and advantageous qualities, it is frequently used in skincare, haircare, and herbal cosmetic goods. Vitamin C, antioxidants, and natural oils included in orange peel powder help enhance the health and appearance of skin.

Orange peel powder is frequently used in skincare products to lighten and brighten skin. It makes the face appear clean and fresh by removing extra oil, debris, and dead skin cells from the skin's surface. It may lessen acne, pimples, and blackheads because of its antibacterial and anti-inflammatory qualities. Additionally, it improves the general texture of the skin and tightens pores.



Beetroot powder

Rich in vitamins, minerals, antioxidants, iron, potassium, and folic acid, beetroot powder is a natural herbal ingredient made by drying and grinding beetroot into a fine powder. Because of its nutritional and skin-friendly qualities, beetroot powder is widely used in skincare, haircare, food products, and herbal cosmetic preparations. In skincare, beetroot powder is known for its natural brightening and nourishing effects; it may also help protect the skin from pollution and environmental factors. Nutrients including vitamins, minerals, antioxidants, iron, potassium, and folic acid are abundant in it. Beetroot powder is frequently used in skincare, haircare, food goods, and herbal cosmetic preparations due to its nutritive and skin-friendly qualities.



Method of Preparation:

1. Fill a clean beaker with distilled water;
2. Gently heat the water and add polyvinyl alcohol slowly while stirring continuously until a clear solution forms;
3. Add gelatin to the solution and mix thoroughly to obtain a smooth base;
4. Add glycerin and aloe vera gel while stirring continuously;
5. Mix herbal ingredients, such as neem powder, turmeric powder, and lemon extract separately to prevent lumps;
6. Add rose water for fragrance and calming effect;
7. Continue stir until a homogenous gel is obtained;
8. Let the formulation cools and is transferred into a clean, airtight container.

Method for Use:

1. Wash the face with clean water and gently pat dry;
2. Apply a thin, even layer of the herbal peel-off mask to the face, avoiding the lips and eyes;
3. Let it dry for 15 to 20 minutes;

4. Gently remove the mask from one side;
 5. Wash the face with water if necessary and apply moisturizer.
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1. Use clean water to wash your face, then gently pat dry.
 2. Evenly and thinly apply the herbal peel-off mask to your face, being careful not to get any on your lips or eyes.
 3. Let it dry thoroughly for 15 to 20 minutes.
 4. Carefully remove the mask from one side.
 5. Use moisturizer and wash your face with water if necessary.

MATERIALS AND METHODS

Materials

The materials used for the preparation of the herbal face pack were natural ingredients known for their skin-beneficial properties. All the ingredients were collected from local herbal stores and were of cosmetic or pharmaceutical grade quality. Clean and dry containers were used during the preparation process to avoid contamination.

1. Multani Mitti

Multani mitti, also known as Fuller's earth, was used as the base ingredient of the herbal face pack. It is rich in minerals and is widely used for cleansing and oil absorption. It helps in removing dirt, excess oil, and impurities from the skin. The powder used was fine, dry, and free from moisture.

2. Beetroot Powder

Beetroot powder was selected because of its antioxidant and skin-brightening properties. It



contains vitamins, iron, and natural pigments that help improve skin glow and reduce dullness. The beetroot powder used in the formulation was finely sieved to obtain a smooth texture.

3. Orange Peel Powder

Orange peel powder was used for its vitamin C content and exfoliating action. It helps in removing dead skin cells, reducing tanning, and improving skin freshness. The dried peel powder was finely ground and stored in an airtight container.

4. Sandalwood Powder

Sandalwood powder was included because of its cooling, soothing, and anti-inflammatory properties. It is commonly used in herbal cosmetics to reduce irritation, acne, and redness. The sandalwood powder used was smooth and aromatic.

Other Materials Used:

Additional materials used during the preparation and evaluation included:

- A. Distilled water
- B. Measuring cylinder
- C. Glass beaker
- D. Mortar and pestle
- E. Spatula
- F. Mixing bowl
- G. Sieve
- H. Airtight storage container
- I. Weighing balance

Methods

Collection and Preparation of Raw Materials

All herbal ingredients were collected and checked for cleanliness and quality. Any unwanted particles, dust, or impurities were removed manually. The ingredients were dried properly before grinding to avoid microbial growth and moisture content.

Preparation of Multani Mitti Powder

The Multani mitti lumps were cleaned and dried under sunlight for several hours. After complete drying, the material was crushed using a mortar and pestle. The crushed powder was sieved through a fine mesh sieve to obtain a smooth and uniform powder. The powder was stored in a dry airtight container until use.

Preparation of Beetroot Powder

Fresh beetroot was washed thoroughly with clean water to remove soil and dirt. The outer skin was peeled carefully, and the beetroot was cut into thin slices. The slices were dried under sunlight or in a hot air oven at a controlled temperature until all moisture was removed. After drying, the slices were ground into fine powder using a grinder. The powder was sieved and stored in an airtight container.

Preparation of Orange Peel Powder

Fresh oranges were washed properly before peeling. The peels were separated and dried under sunlight for several days until they became crisp and moisture-free. The dried peels were then ground into a fine powder and passed through a sieve to remove large particles. The obtained powder was stored in a clean airtight container.

Preparation of Sandalwood Powder



Sandalwood powder was obtained in dried form from an herbal supplier. The powder was checked for purity and sieved again to ensure fine texture and uniformity before use.

Formulation Method of Herbal Face Pack

The herbal face pack was prepared by the simple blending method. All powders were weighed accurately using a weighing balance. Equal proportions or required quantities of each

ingredient were taken depending on the formulation design.

Example Formula

1. Multani mitti – 40%
2. Beetroot powder – 20%
3. Orange peel powder – 20%
4. Sandalwood powder – 20%



Method of Application

A small quantity of the prepared herbal face pack powder was taken in a bowl. Distilled water or rose water was added slowly to prepare a smooth paste. The paste was applied evenly on clean facial skin while avoiding the eye area. The face pack was allowed to dry for about 15– 20 minutes. After drying, it was washed off with normal water and the skin was dried gently using a soft towel.

Evaluation Methods

The prepared herbal face pack was evaluated using different parameters to check its quality, stability, and suitability for skin application.

1. Organoleptic Evaluation

The prepared powder was observed visually for:

- A. Color
- B. Odor
- C. Texture
- D. Appearance

The formulation showed a pleasant smell, fine texture, and uniform appearance.

2. Particle Size



The powder was examined for smoothness and uniform particle size using sieve analysis. Fine particles help in better application on the skin

3. pH Determination

The pH of the prepared face pack paste was measured using pH paper or a digital pH meter. The pH was maintained near the normal skin pH to avoid irritation.

4. Washability

The face pack was applied on the skin and washed with normal water to check ease of removal. Good washability indicates user convenience.

5. Irritancy Test

A small quantity of the prepared paste was applied on a small patch of skin to check for redness, itching, or irritation. The formulation was observed for a few hours to ensure safety.

6. Stability Study

The formulation was stored at room temperature for several weeks and observed for changes in color, odor, texture, or microbial

Importance of Ingredients in Herbal Face Pack

- A. Multani mitti helps absorb excess oil and cleanses the skin deeply.
- B. Beetroot powder improves natural glow and provides antioxidants.
- C. Orange peel powder acts as a natural exfoliating and brightening agent.
- D. Sandalwood powder provides cooling and soothing effects on the skin.

The combination of these ingredients helps improve skin texture, reduce dullness, control oil, and provide freshness naturally without harmful chemicals.

The herbal face pack prepared using Multani mitti, beetroot powder, orange peel powder, and sandalwood powder is a natural and effective skincare formulation. The preparation method is simple, economical, and safe. The herbal ingredients provide cleansing, nourishing, soothing, and brightening effects on the skin. Evaluation tests showed that the formulation had good texture, stability, washability, and skin compatibility. Therefore, the prepared herbal face pack can be used as a natural cosmetic product for healthy and glowing skin.

RESULT:

The prepared herbal peel-off face mask showed good peelability, smooth texture, acceptable drying time, and no skin irritation. Herbal ingredients provided cleansing, refreshing, and soothing effects on the skin.

CONCLUSION:

Using natural ingredients like Multani mitti, neem powder, turmeric powder, aloe vera gel, orange peel powder, sandalwood powder, beetroot powder, rose water, lemon extract, glycerin, gelatin, and polyvinyl alcohol, the current study successfully concentrated on the creation and assessment of an herbal peel-off face mask and herbal face pack. The natural cleansing, calming, moisturizing, antibacterial, antioxidant, and skin-brightening qualities of these substances led to their selection.

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