

Review Article

A Systematic: Review On Herbal Face Wash for Refreshing & Cleansing

Ruchita phalaskar, Tanvi salunkhe, Mukarrama Lambade, Nikita Pisal, Rais Pinjari

Raigad College of Pharmacy mohpre Dr Babasaheb Ambedkar Technical university Lonere402103

Face wash is a cleansing product specifically formulated for the face. It is designed to remove dirt, oil, makeup, and other impurities from the skin surface, helping to keep the skin clean and refreshed. Face washes come in various formulas, such as gel, foam, cream, or liquid, and often contain ingredients like gentle surfactants, moisturizers, and sometimes exfoliants or acne-preventing ingredients, depending on the specific needs of different skin types. The herbal face wash is gaining popularity in the skincare industry due to its natural ingredients and beneficial properties. This abstract explores the efficacy and advantages of herbal face wash over conventional face wash products. Herbal face washes are formulated with plant-based ingredients such as aloe vera, neem, turmeric, tea tree oil, and green tea among others, which offer various skincare benefits. These ingredients possess anti-inflammatory, antimicrobial, antioxidant, and soothing properties, making them suitable for all skin types, including sensitive and acne-prone skin. Herbal face washes are gentle on the skin, effectively removing impurities without stripping away the natural oils. They help balance the skin's pH level, reduce inflammation, prevent breakouts, and promote overall skin health. Additionally, herbal face washes are eco-friendly and cruelty-free, appealing to consumers who prioritize sustainability and ethical practices. It is concluded as, herbal face washes provide a natural and holistic approach to skincare, offering effective cleansing and nourishment while minimizing the risk of adverse reactions, making them an excellent choice for those seeking a more natural and eco-friendly skincare regimen. Some individuals may be allergic to certain botanical extracts or other mild adverse effects.

Keywords: Herbal face wash, Skin, Anti-acne activity, anti-inflammatory, antimicrobial, antioxidant and soothing properties.

INTRODUCTION

In recent years, there has been a noticeable shift in consumer preferences towards natural and herbal skincare products, driven by a growing awareness of the potential benefits of plant-based ingredients and a desire for sustainable beauty solutions. Among these products, herbal face wash gained considerable popularity for its perceived ability to cleanse, nourish, and rejuvenate the skin without the harsh chemicals found in conventional cleansers. Herbal face washes typically harness the power of botanical extracts, essential oils, and other natural ingredients known for their therapeutic properties. These may include herbs such as aloe Vera, neem, turmeric, and green tea

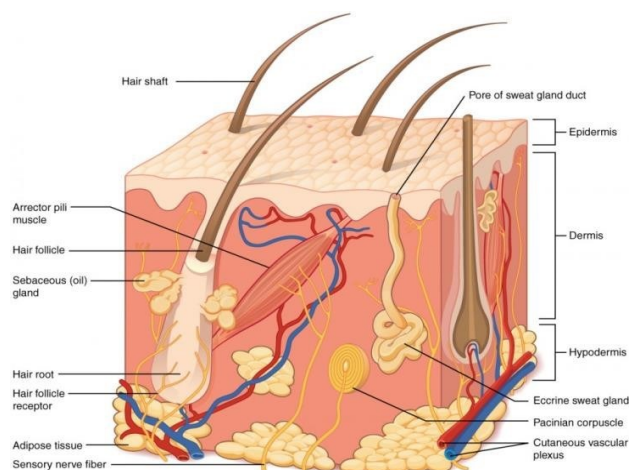
among others each renowned for its unique skincare benefits.

With claims ranging from soothing irritation to combating acne and promoting a radiant complexion, herbal face washes have captured the attention of consumers seeking gentler, more holistic approaches to skin. Moreover, the rise of herbal face washes aligns with broader trends in the beauty industry, where there is an increasing demand for clean, transparent formulations that prioritize both effectiveness and sustainability. As concerns over synthetic additives and environmental impact continue to grow, herbal face washes offer a compelling alternative, promising a natural solution that is kind to both skin and the planet. However,

despite their popularity and perceived benefits, the efficacy of herbal face washes remains a topic of debate within the skincare community. While some studies support the use of certain botanical ingredients for specific skin concerns, others highlight the need for more rigorous scientific research to validate these claims and understand their mechanism of action.

Against this backdrop, this paper aims to explore the efficacy of herbal face washes in improving skin health, addressing common dermatological issues, and meeting the evolving needs of consumers. By examining the scientific evidence behind key botanical ingredients and their potential effects on the skin, this review seeks to provide a comprehensive overview of the role of herbal face washes in contemporary skincare practices.

Morphology of Skin



The morphology of skin refers to the structure and physical characteristics. It consists of three main divisions:

Epidermis: The outermost layer composed of epithelial cells. It regulates the loss of water in the body and prevents dehydration.

Dermis: The middle layer containing blood vessels, nerves, hair follicles, sweat glands, and sebaceous glands. It provides support, nourishment, and sensation to the skin.

Subcutaneous Tissue (Hypodermis) : The deepest layer composed of fat and connective tissue of the body's fascia. It provides cushioning, insulation, and

energy storage between the skin and underlying bones.

Hair follicles: Hair follicles are keratin by anging and close to the skin's surface. They respond to cold environments and allowing heat dissipation but environmental changes.

Sweat Glands: Glands that secrete sweat to assist in thermoregulation.

Sebaceous Glands: Glands in the dermis that produce sebum which lubricates and moisturizes the skin and protects the skin.

Blood Vessels: Vessels within the dermis that supply nutrients and oxygen to the skin cells.

Nerves: Nerves located throughout the dermis transmit sensory information such as touch, temperature, and pain.

TYPES OF FACE WASHES

There are various types of herbal face washes available, each catering to different skin types and concerns.

- **Cleansing face wash :** These are gentle and suitable for daily use to remove dirt, oil, and impurities without stripping off natural oils.
- **Exfoliating face wash :** These contain natural exfoliants like apricots or ground walnut shells that help remove dead skin cells and promote cell turnover, leaving the skin softer and brighter.
- **Hydrating face wash:** Formulated with ingredients like aloe vera, glycerin, hyaluronic acid, and ceramides. These face washes maintain skin moisture and dry skin.
- **Anti-aging face wash:** Anti-aging face washes with ingredients like retinol, peptides, antioxidants, and collagen.
- **Brightening face wash :** These usually contain skin brightening ingredients like lemon, kojic acid, or turmeric that help reduce complexion.

- **Anti-acne face wash** : Formulated with ingredients like tea tree, green tea, neem, salicylic acid, and pore-purifying agents to prevent breakouts and reduce acne-looking skin.

TYPES OF FACE WASHES BASED ON FORMULATION

- **Gel face wash** : Gel face washes are a gel consistency, lightweight and suitable for oily skin. They cleanse the skin without leaving residue.
- **Cream face wash** : Cream face washes are a creamy texture that moisturizes and hydrating, making them ideal for dry and sensitive skin types. They gently cleanse the skin while providing nourishment and hydration.
- **Foaming face wash** : Foaming face washes create a rich lather when mixed with water, helping to lift dirt and oil. They are suitable for oily skin.
- **Powder face wash** : Powder face washes come in a powdered form and are activated with water to create a gentle cleansing foam. They often contain exfoliating ingredients and are suitable for all skin types, preventing a common level of exfoliation.
- **Oil-based face wash** : Oil-based face washes are formulated with natural oils like coconut oil, olive oil, or almond oil. These help dissolve excess oil and impurities while cleansing. They help balance the skin's natural production.
- **Micellar water face wash** : Micellar water face washes contain micelles, which are oil molecules suspended in water. Micellar water face washes are suitable for all skin types, including sensitive and dry skin.

Each formulation offers unique benefits and caters to different skin types and concerns, so it is essential to choose a face wash that suits your skin.

IDEAL PROPERTIES OF HERBAL FACE WASH

- The product should be skin friendly.

- Maintaining the skin's natural pH to prevent irritation and dryness.
- Providing hydration keeps the skin moisturized and supple.
- Offering protection against environmental damage with antioxidants to crucial skin.
- Preventing and treating to reduce the risk of acne and breakouts.
- Being ethically produced without animal testing and free from ingredients.
- Using eco-friendly packaging materials to minimize environmental impact.
- Suitable for all skin types.

HERBS USED FOR HERBAL FACE WASH



Fig 1: Azadirachta indica (neem)

It has anti-bacterial properties so it will fight against acne-causing bacteria, reducing breakouts and keeping the skin clear. Neem helps remove dead skin cells, promote a clearer complexion, and soothe skin texture. It regulates excess oil production, making it ideal for oily and combination skin types. Neem prevents premature aging and maintains youthful skin.



Fig 2: Aloe barbadensis miller (aloe vera)

Aloe vera is known for its hydrating properties, helping to moisturize the skin without leaving it greasy. Aloe vera contains compounds that can reduce acne and prevent breakouts, making it suitable for oily and acne-prone skin. It contains antioxidants that help to improve skin elasticity and delay the signs of aging, such as fine lines and wrinkles. It promotes the healing of wounds and minor skin irritations, aiding in the recovery process from blemishes or skin damage.



Fig.3. Curcuma longa (Turmeric)

Turmeric contains curcumin, which has anti-inflammatory properties. It can help reduce redness, swelling, and irritation on the skin, making it ideal for soothing conditions like acne and eczema. Turmeric is rich in antioxidant properties, which can protect the skin from damage caused by free radicals. Turmeric has natural skin-brightening properties, which can help even out skin tone and reduce the appearance of dark spots and hyperpigmentation.



Fig.4 Santalum album (Sandalwood)

Sandalwood has calming and soothing properties that can help to reduce inflammation and irritation. It has natural antibacterial and antiseptic properties that help fight acne-causing bacteria and prevent breakouts. Sandalwood can help lighten dark spots and pigmentation, resulting in a brighter and more even complexion. It has a pleasant and subtle fragrance that adds to the sensory experience of using the face wash.



Fig.5. Hamamelis virginiana(witch-hazel)

It helps to tighten pores and reduce inflammation, making it beneficial for acne-prone or oily skin. Witch hazel can help soothe irritated skin, making it suitable for those with sensitive or inflamed skin conditions like eczema or rosacea. It reduces puffiness and swelling, particularly around the eyes.



Fig. 6. Lavandula angustifolia(Lavender)

It has natural antimicrobial properties, which can help to cleanse the skin and prevent acne-causing bacteria. It reduces redness and inflammation, making it suitable for sensitive or acne-prone skin. The aroma of lavender is known to have calming effects, which can help to reduce stress and promote relaxation during your skincare routine.



Fig.7. Withania somnifera (Ashwagandha)

Ashwagandha contains compounds that help to retain moisture in the skin, keeping it hydrated and supple. It may help even out skin tone and reduce the appearance of dark spots and pigmentation, giving the skin a brighter complexion. Due to its antibacterial properties, ashwagandha can help fight acne-causing bacteria, reducing the occurrence of breakouts and promoting clearer skin. Ashwagandha is known for its adaptogenic properties, which can help alleviate stress when applied topically, leading to a more relaxed and radiant complexion.



Fig.8. Saffron

Saffron contains compounds that can lighten and brighten the skin's complexion, giving it a radiant glow. It possesses anti-inflammatory properties that can help soothe irritated skin, reduce redness, and calm inflammatory skin conditions such as acne and eczema. Regular use of saffron in face wash can help improve the texture of the skin by promoting cell turnover, resulting in smoother and softer skin. It helps to reduce the appearance of scars, including acne scars and blemishes, due to its skin-tightening properties.

COMPARISON BETWEEN HERBAL AND SYNTHETIC FACEWASH AND HERBAL FACEWASH

HERBAL FACE WASH

- **Source:** Herbal – Derived from natural plant extracts | Synthetic – Formulated with synthetic chemicals & compounds
- **Ingredients:** Herbal – Botanical extracts, essential oils, natural cleansing agents | Synthetic – Synthetic detergents, fragrances, preservatives, chemical compounds
- **Skin sensitivity:** Herbal – Milder, less irritation/allergic reactions, suits sensitive skin | Synthetic – May cause irritation, redness, inflammation (sensitive skin)
- **Environmental impact:** Herbal – More eco-friendly (natural ingredients) | Synthetic – Higher impact (production/disposal of chemicals)

- **Long-term effects:** Herbal – May provide benefits (nourishing properties) | Synthetic – Varies (potential concerns about cumulative chemical exposure)
- **Fragrance:** Herbal – Subtle, natural | Synthetic – Varies widely, often artificial to enhance appeal
- **Effectiveness:** Herbal – Mild cleansing, daily use | Synthetic – Strong cleansing, may strip natural oils

SYNTHETIC FACE WASH

- **Source:** Formulated with synthetic chemicals & compounds
- **Ingredients:** Synthetic detergents, fragrances, preservatives, chemical compounds
- **Skin sensitivity:** May cause irritation, redness, inflammation (esp with sensitive skin)
- **Environmental impact:** Higher impact due to production/disposal of chemicals
- **Long-term effects:** Varies depending on ingredients; potential concerns about cumulative chemical exposure
- **Fragrance:** Varies widely, often artificial to enhance appeal
- **Effectiveness:** Strong cleansing, may strip natural oils

CONCLUSION

Poly herbal face wash containing herbal extracts were formulated successfully by using foaming agent and sodium benzoate four batches were formulated out of that all batches showed good results. Different tests were carried out for all batches for colour, consistency, PH, greasiness, homogeneity, washability and skin irritability and they showed compatible result so from the studies it was concluded that the prepared formulation can be effectively used for healthy clear glowing skin.

REFERENCES

1. Singh, H., Gullaiya, S., & Kaur, I. (2015). Anti-acne herbal face wash gel: formulation, evaluation, and stability studies. *World Journal of Pharmaceutical Research*, 4, 1261–1273.
2. Aburi, J. T., & Natsheh, F. M. (2003). Plants used in cosmetics. *Phytotherapy Research*, 17(9), 987–1000.
3. Saraf, S. L., & Khanna, Herbal face wash: A comprehensive review. *Pharmacognosy Reviews*.
4. Patel, A. K., & Patel, M. K. Herbal cosmetics: Used for skin and hair. *International Journal of PharmTech Research*.
5. Yadav, N., Maurya, S., Yadav, P., Yadav, M. K., & Maurya, M. K. (2021). A review of formulation and development of herbal face wash. *Journal (unspecified)*, 8(6).
6. Rasheed, A., Reddy, G. A. K., Mohanalakshmi, S., & Kumar, A. (2011). Formulation and comparative study of polyherbal anti-acne face wash gels. *Pharmaceutical Biology*, 49(8).
7. Pal, H., Singh, et al. (2015). Anti-acne synergistic herbal face wash gel. *World Journal of Pharmaceutical Research*, 4(9).
8. Yadav, N., et al. (2021). Formulation and development of face wash. *Journal of Emerging Technologies and Innovative Research*, 6(6).
9. Srinivas, M., et al. (2021). Current review on herbal face care. *International Journal of Pharmaceutical Sciences Review and Research*, Article No. 17.
10. Rao, K. K., et al. (2019). Formulation and evaluation of polyherbal anti-acne face wash. *International Research Journal of Pharmaceutical and Biosciences*, 5(2).
11. Mane, P. K., & Dangare, A. (2020). Herbal face wash gel of *Cynodon dactylon* having antimicrobial and anti-inflammatory action. *Pharmaceutical Resonance*, 3(9).
12. Fartade, S. J., et al. (2020). Formulation, development and evaluation of dual-purpose antimicrobial polyherbal gel: Face wash and hand wash. *World Journal of Pharmaceutical and Medical Research*, 6(6).
13. Gadegone, S., et al. (2017). Formulation and development of skin whitening face wash. *International Journal of Researches in Biosciences, Agriculture and Technology*, 5(2).

14. Khan, A. D., & Alam, M. N. Cosmetics and their associated adverse effects.
15. Malik, V. The Drug and Cosmetics Act, 1940 (18th ed.). New Delhi: Eastern Book Company, pp. 5–6.
16. Draelos, Z. D. (2015). Cosmetics: The medicine of beauty. *Journal of Cosmetic Dermatology*, 14(2), 91.
17. Schneider, G., Gohla, S., Schreiber, J., Kaden, W., Schomock, U., Lewerkuhne, H. S., Kuschel, A., Petsitis, X., Pape, W., Ippen, H., & Diembeck, W. (2001). Skin cosmetics. In *Ullmann's Encyclopedia of Industrial Chemistry* (6th ed., Vol. 10, pp. 24–29). Germany: Wiley-VCH.
18. Lal, B. B. (2002). *The Saraswati Flows On: The Continuity of Indian Culture* (Vol. II, pp. 56–57).

Cite: Ruchita phalaskar, Tanvi salunkhe, Mukarrama Lambade, Nikita Pisal, Rais Pinjari, A Systematic: Review On Herbal Face Wash for Refreshing & Cleansing, *Int. J. Med. Pharm. Sci.*, 2026, 2 (4), 1-7. <https://doi.org/10.5281/zenodo.19764768>