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DIY HERBAL TONERS AND FACE MASKS: A REVIEW ON EFFICACY, BENEFITS, AND LIMITATIONS

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ABSTRACT

DIY (Do-It-Yourself) skin care is becoming more popular nowadays in college students, adults, and regular people for natural, low-cost alternatives to store-bought cosmetics. Herbal face masks and toners are some of the most common and widely used remedies because they are safe, easy to available, and effective. This review looks at how well herbal toners and face masks made at home work by putting together information from sources. The review talks about common herbal ingredients like aloe vera, turmeric, neem, green tea, rose water, and colloidal oatmeal. It summarise skin-beneficial phytochemicals and actions. also Benefits, drawbacks, safety concerns, and future prospective, giving students and people interested in herbal skin care a balanced view.

1. INTRODUCTION

We also knows that It used to be all about products packed with chemicals, but now, everyone is getting into natural stuff and herbal remedies.

This huge trend of DIY (Do-It-Yourself) skincare is a big deal, and there are a few reasons why. First of all, we're all much more conscious now that certain store-bought cosmetics may contain ingredients that aren't the best for our skin.

We're becoming more aware of what we put on our bodies. Additionally, people want to be more sustainable and are thinking more about the environment.

Producing your own goods reduces waste and plastic usage, which is fantastic. And let's face it, social media plays a big role. You can find a million videos and posts on places like Instagram and YouTube showing you exactly how to mix up your own face masks and toners. They make it look so simple.

Due to the revolution towards natural ingredients, herbal toners and face masks have become more popular. They are so simple to prepare with stuff you very well might already have at home or in the garden, such as honey, oats, or mint. This ease and affordability are largely the reason why individuals enjoy them so much.

The difference between DIY Herbal Toners. Toners are similar to the finishing touch when washing your face. They are liquid and are applied after face in order to leave skin feel clean and refreshed. They also serve to balance your skin's pH, tighten pores, and prepare skin to absorb moisturizer more effectively. If you prepare own herbal toner, we could possibly employ straightforward ingredients such as cucumber juice, calming rose water, rice water or even neem water and green tea extracts, which are renowned for their cleansing properties.

On DIY Herbal Face Masks

The other hand, face masks are much broad. They're designed to stay on skin for a longer period of time, usually 10 to 20 minutes, before rinse them off. This a long contact time that allows the natural herbal to extracts work more deeply into our skin. Some of the most DIY face masks include those who are containing the ingredients such as moisturizer ,aloe vera, gel, clarifying turmeric paste, or a combination of clay with herbal powders and oatmeal. Why these natural remedies appeal is that they draw on old knowledge. Most DIY skincare ingredients are used in Ayurveda, Traditional Chinese Medicine (TCM), and folk medicine. Aloe vera used to treat burns and wounds. Turmeric is traditionally known in India as "haldi" and is prized for anti-inflammatory and antimicrobial activity. Just as colloidal oatmeal had used in dermatology as a soothing and anti-pruritic agent.

Scientific research has increasingly proven those from long time. Study indicate the Plant-based actives contain a myriad number of bioactive molecules including the flavonoids, phenolic acids , also saponins , terpenoids , and alkaloids that can act on the skin with as an antioxidant agents , antimicrobial agents , and anti-inflammatory agents. Natural molecules also can acts against acne, pigmentation, dryness, etc.

Nevertheless, while there are good things about DIY skincare, there are still some challenges associated with it. Contamination, improper preparation, instability of active materials, absence of standardized dosage, and allergic reaction are some concerns that need to be considered. Although DIY skincare is not expensive and friendly to the environment, consumers should know about certain limitations. Hence, it behooves to critically assess whether or not homemade facial masks and herbal toners are effective as advertised. A review work intended to critically assess their efficacy based on available research works and reviews.

2. Objectives of the Article

1. The goal of this review is to give a simple, everyday look at DIY herbal toners and face masks. We'll explore if they really work, what good things they do for your skin, and what you need to watch out for. It's about helping you decide if making your own skincare is a smart choice for your daily routine. So we can use these remedies safely and effectively. also Compile. accessible research results about the effectiveness of DIY face masks and herbal Toners and remedies.
2. Also helps to Identify the common herbal ingredients and the main phytochemicals they contains into it.
3. Highlights the benefits and medication preparations for the Dermatology.
4. In this review article, we discussed about the benefit, risks, and restrictions DIY Herbal Toners and Face masks.
5. Future directions for the Herbal cosmetics a safe and efficient manner.

3. Methodology

This review was carried out by using only articles which are available freely that includes research articles, reviews, and open-access sources on internet published between 2005 and 2020. The databases searched included PubMed, Google Scholar, also ResearchGate, academia.edu and PubMed Central (PMC).

The keywords are used in this article: DIY skincare, Herbal Toners, Herbal face masks, Colloidal Oatmeal, Rose Water, Rice Water, Turmeric, Green tea, Aloe vera , Herbal cosmetics.

Out of more than 100 initial papers are found, duplicates and irrelevant articles were excluded into it. Only some of review and original articles that were freely available and directly related to Included were herbal skincare products.

Information regarding active ingredients, effectiveness, advantages, disadvantages and safety factors was extracted through it.

To maintain the balance between traditional knowledge and scientific validation, As a final references those were chosen into it .

For students and general readers who might not have access to read the paid journals, this methodology makes sure that the article was based on trust ,from easily accessible sources on internet.

4. Herbal Ingredients and Their Efficacy

4.1. Aloe Vera

Just think like this the plant as a moisturizer multi-tasker. It consists of vitamins and enzymes which repairs the skin. It's great at moisturizing your skin, cut down flare-ups of redness that comes along with sunburn, and treating black spots With the traits that prevent aging and regenerate growth of cells this was used as an essential component to keep oneself fit, protect the skin, prevents and heals skin irritations.



4.2. Turmeric (Curcumin)

This is yellow and also contains a main component known as curcumin. It is a powerful natural component that combats inflammation and guards skin against harm. It may cause skin to appear a bit brighter, decrease acne, and oily skin . It was used as a face pack along with usheer (vertices) and also as an antiseptic .



4.3. Neem

Neem plant usually fight against germs and fungus. It's a natural cleanser that cleans up skin that removes bacteria which is harmful to skin. Neem obtained from the *Azadirachta indica*. Neem leaves have awesome advantages for the skin also for skin care. Neem leaves can be utilized as a face pack that lessens acne. In addition, the face pack of neem leaves has high amount of Vitamin E, will guarantee the skin to hold the moisture and does not dry out. Leaf granules of neem are utilized particularly in herbal face packs. Because of its high antibacterial and antifungal activities, neem extract can be utilized as skin soother in various cosmetic products.



4.4. Green Tea

consists of antioxidants, particularly one known as EGCG. It works to keep fight against tanning and pollution off skin. It can help regulate oily skin and acne too, and has anti-aging effects. Green tea (*Camellia sinensis*L.) contains polyphenolic compounds proven to have good efficacy and are safe to use as toners. The green tea toner reduces facial sebum levels better than base toner (glycerin, water, alcohol) after 14 and 28 days of use. Moreover, the polyphenols content in green tea can provide anti-aging properties by counteracting free radicals to make a face look better and younger.



4.5. Rose Water:

It is prepared from rose petals. also a soft-toning liquid that refreshes and tightens up skin. It's absolutely wonderful sensitive skin, and it provides a soothing boost of hydration to the skin. rose water is prepared by soaking rose petals in water and it's suitable for any skin type, even highly sensitive skin. Rose water is a popular beauty ingredient in almost all products because of its properties like soothing, calming, rejuvenate .it refreshes the skin immediately and no worry about side effects and drying of skin. As well, rose water has anti-inflammatory and free radical scavenging properties.



4.5. Oatmeal (*Avena sativa*)

When ground into a very fine powder, it's a skin guardian. It has special chemicals that are brilliant at making itchiness better and soothing irritated skin. That's why people put it in sensitive-skin products. It is a species of cereal grain grown for its seed, which is known by the same name (usually in the plural, unlike other grains) 25. Oats are not only consumed for nutritional purposes, but are also recognized as possessing healing and soothing properties. The gentle process used to extract oat oil from the whole oat kernels ensures that the biological value remains unaltered.



4.6. Rice water

Natural Sun Protection Rice water preserves the skin from harmful UV radiation by acting as a natural sunscreen. Applying rice water on skin with sunburns to hasten recovery. It can also be used to cure sunburns. Rice water also aids in sealing open pores. Anti-Aging Benefits Using rice water can significantly improve skin texture and restore elasticity, especially for skin that is dehydrated.



Natural products as skin toner

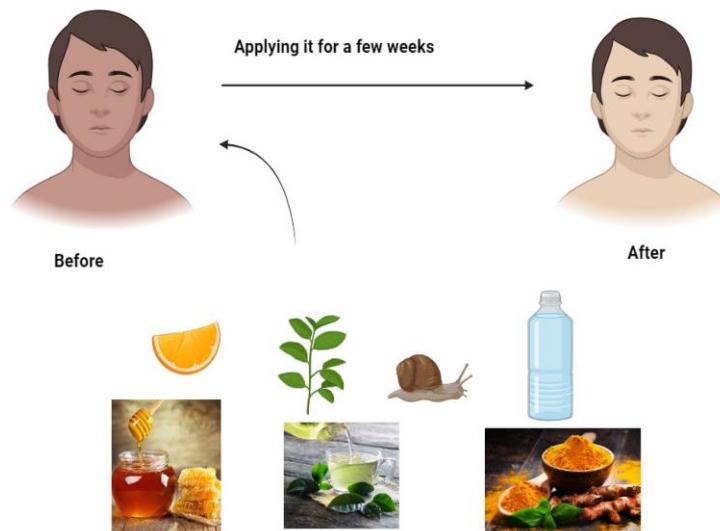


Diagram of Herbal Products as Skin Toner

Table Herbal Ingredients, Active Compounds, and Dermatological Benefits

Herbal Ingredient	Active Compounds	Main Benefits
Aloe Vera	Polysaccharides, vitamins	Moisturizing, wound healing, soothing
Turmeric	Curcumin	Anti-inflammatory, acne control, skin brightening
Neem	Azadirachtin, nimbin	Antimicrobial, antifungal, acne reduction
Green Tea	Polyphenols (EGCG)	Anti-aging, UV protection, antioxidant
Rose Water	Flavonoids, tannins	Hydration, mild astringent, soothing
Oatmeal	Beta-glucan, avenanthramides	Anti-itch, barrier repair, anti-inflammatory

5. Benefits of DIY Herbal Skincare

Self-making skincare has a lot of wonderful advantages, particularly since what you will be employing are basic and natural substances.

Saves You Money: Another wonderful thing about DIY skincare is that it's inexpensive. You can use everyday household ingredients that perhaps you use in your kitchen today, like honey, oats, or turmeric, instead of having to pay an arm and a leg to use expensive mass-produced skincare.

Good for Environment: Homemade skin care is quite environmentally friendly as well. By making your own skin care lines, you're evading products that usually contain preservative chemicals in them and you're not creating plastic waste because of all the jars and bottles. **Part of History:** Most of these herbs that we use in DIY skincare have long histories. They are culturally-based and rooted in historical skincare practices handed down generational after generation.

Easier on Your Skin: Most users will find these home remedies fairly easy on skin. With fewer synthetic chemicals, we have fewer chances to cause long-term damage or extreme reactions than some commercial products.

Tailored to Your Needs: And DIY skincare's ultimate sales pitch? It can be tailored. A recipe can be perfected to whatever skin is lacking--more moisture, less oil, or a product to fight redness. It's a personalized skincare regimen tailored to specifications.

Antioxidant Activity: Herbal actives possess antioxidants that work to help guard against damage to the skin caused by free radicals and environmental aggressors.

Anti-inflammatory Activity: Molecules such as curcumin and aloe vera polysaccharides can be beneficial redness and swelling in the skin.

Antimicrobial activity: Compounds such as tea tree oil and neem traditionally utilized against fungi- and bacterially induced acne.

Hydrating and Calming: Aloe vera and honey have a hydrating effect on skin and cause a soothing effect.

6. Limitations and Risks

6.1. Lack of standardization

lack of standardization. produce a product in-house, much signature ingredient can be highly variable. That translates to varying levels of active substances, making it difficult to know if the product works or not.

6.2. Contamination risks

Self-made products can even pose a risk of germs. If your products lacked appropriate preservatives and sanitized utensils, then your products can easily multiply bacteria or fungi. This might cause infection on your skin or any other problem.

6.3. Instability

Volatility is another issue. The active elements in freshly harvested plants will break down rather easily if they become exposed to air or direct sun. That could cause the product to become weaker within a week or two.

6.4. Allergies

Allergies can occur even against natural substances. A particular plant substance may be highly allergic to certain people's skin, producing a rash or itching.

6.5. Limited scientific validation

Finally, few DIY skincare advantages have a lot of scientific research to back them up. Most of these aims originate from long-held traditions and not double-blind research studies. This simply states that we can't always have reliable evidence to substantiate people's assertions.

7. Future Perspectives

Future research should focus on

1. Standardizing DIY recipes to be safe and effective.
2. Exploring encapsulation and nanotechnology to encapsulate herbal constituents.
3. Creating hybrid skincare products: integrating DIY herbal recipes and derm-friendly products.
4. Creating awareness and educating students and new users regarding right and safe preparation techniques.
5. Promotes open-access to publication of dermatology studies.
6. Sustainable medicinal plant cultivation and harvesting practices.

8. CONCLUSION

DIY (Do It Yourself) Herbal face masks and toners are an exciting connection between old medicine and modern skincare needs. Aloe vera, turmeric (Haldi), neem, green tea, rose water, and oatmeal provide evidence-based benefits like hydrated skin, anti-acne activity, anti-skin-ageing activity, and anti-inflammatory activity on the skin. However, contamination-related risk, lack of standardization, and allergic reactions can happen. Although these homemade preparations are not expensive and they are eco-friendly, long-term safety and clinical evidence require further research. DIY herbal skincare can be a safe but effective and green-friendly method to maintain healthy skin if properly done and supported by sufficient education and guidelines.

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