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Combination Of *Moringa Leaf* Mask (*Moringa Oleifera L.*) And Honey with *Butterfly Cla Flower* Mask (*Clitorea Ternatea L.)* And Honey For Facial Skin Moisture

Ayly Soekanto[1], Putu Oky Ari Tania[2], Andra Agnez Al Aska[3], Hardiyono[4]*

Abstract
Original Research Article

Background: Facial skin care is needed to maintain and preserve moisture and elasticity of the facial skin. The use of organic masks can be used to treat and provide nutrition to the facial skin to overcome facial skin problems. **Objective:** The purpose of this study was to determine the combination of moringa leaf mask (*Moringa oleifera L.*) and honey with butterfly pea flower mask (*Clitorea ternatea L.*) on facial skin moisture. **Methods: The research method** is an analytical experimental study, 30 women aged 40-50 were given a combination of *moringa leaf mask* and honey on the right side of the face and *butterfly pea flower* mask and honey on the left side of the face, then before using the mask and after using the mask, the moisture value of the facial skin was measured with a skin moisture analyzer. The treatment in this study was given twice a week for three weeks, from April to May 2025 at the Wijaya Surabaya doctor's practice and clinic, using statistical analysis of the Pearson Correlation test with a p value of 0.000 (α <0.005). **Result:** The combination of *moringa leaves* and honey experienced an increase in moisture value of 70% moist skin and 30% normal skin, and the combination of *butterfly pea flower* mask and honey experienced an increase of 60% moist skin and 40% to normal skin. **Conclusion:** The combination of *moringa leaf* mask and honey with *butterfly pea flower* mask and honey only has a difference of 10%, meaning that the use of both combinations of these masks is equally useful in increasing moisture in facial skin.

Keywords: *Moringa leaves, Butterfly Pea flowers*, skin moisture

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INTRODUCTION

Proper facial skin care and cosmetics that suit the facial skin are needed to maintain and preserve moisture and elasticity on the facial skin(Oktaviani et al., 2018). Decreased facial skin moisture when the facial skin is touched will feel dry and there is a part of the skin texture that feels rougher, pores experience skin disorders will become red, scaly, itchy to cracked on the skin, plus hormonal factors, genetic factors, aging factors, and changes in weather will have an effect on decreasing moisture on the skin(Fujiko, 2022; Hafiza et al., 2022; Maarif et al., 2019).

To overcome moisture disorders on facial skin, one way is by using a mask, the use of organic masks can be used to treat and provide nutrition to the facial skin which aims to overcome problems with the facial skin, with the use of masks routinely and regularly can make the facial skin healthy(Fujiko, 2022). The content of natural ingredients used is formulated as an ingredient in organic masks that are useful for reducing wrinkles on the face, containing zinc and vitamins C, E, A, which are found in honey, butterfly pea flowers, moringa leaves, tomatoes, red dragon fruit, jicama aloe vera, and green beans, all of which are basic ingredients for masks that are useful for the formation of collagen and Functions to smooth and brighten facial skin.(Ceria et al., 2021,Krisnawati, 2014)

Moringa plant is a magical plant that is rich in benefits ranging from bark, leaves, seeds and fruits all have properties for medicine, food and cosmetic (Alam & Henny, 2021, Wahyuningsih. S.E. et.al, 2021). *Moringa leaves* contain vitamin C, β-carotene, protein, iron, calcium and contain phenolic compounds that are rich in high antioxidants(Viona et al., 2023). The content of various types of amino acids is found in *Moringa leaves* such as glutamic acid, aspartic acid, leucine, alanine, lysine, histidine, tryptophan, fenylalanine, methionine, cysteine(Salsabila et al., 2023). Moringa leaves are widely used as raw materials in cosmetics, the presence of high ascorbic acid, carotenoids, flavonoids in *Moringa leaves* makes *Moringa leaves* one of the basic ingredients used in making cosmetics that can make facial skin smoother and brighter(Japaries et al., 2023). Dried *Moringa leaves* can be used as an organic mask for facial skin beauty care(Viona et al., 2023, Astutik, 2020)

Butterfly pea flowers or also known as *blue flowers*, *teleng flowers*, *lareng, seyamagulele*, have antioxidant, antidepressant, antihistamine, antibacterial, anti-inflammatory, and tonic content(Hadiani, 2022). The presence of phenolic compounds that function as antioxidants in *butterfly pea flowers* gives the effect of making the skin smoother and healthier, especially in topical form(Marpaung, 2020). The antioxidant content in *butterfly pea flowers* such as anthocyanins, flavonoids function to repair body cells such as skin cells, nerve cells and inhibit free radicals(Ananda et al., 2024). The presence of flavonoids which are phenolic compounds and chromophore group compounds make *butterfly pea flowers* have properties as sunscreen protectors, so that they can absorb ultraviolet B and A rays on the skin more optimally if processed into topical preparations, as ingredients for making facial masks(Handito et al., 2022). Honey is a natural ingredient produced by honey bees in the form of a thick liquid taken from flower nectar and has properties that can moisturize and smooth facial skin (Laila R., 2020, Kusumiyati et al., 2022)

Honey is rich in natural ingredients containing flavonoids, Vitamin C, K, B1. B 2, B 6, alpha hydrolytic acid and amino acids(Jati, 2016, Sri Cahnia et al., 2022). By making honey as a basic ingredient for a natural mask, it can be useful as additional nutrition to smooth the face that has problems with pores on the skin. The content of Vitamin C and antioxidants in honey is useful for skin firmness and beautifying facial skin(Fauziah et al., 2023, Madikizella et.al., 2022, Umah et.al, 2017, Soekanto, et al., 2024)

This study aims to determine the combination of *Moringa leaf* mask (*Moringa oleifera L.*) and honey with *butterfly pea flower* mask (*Clitorea ternatea L.)* on facial skin moisture. The new form provides a combination of using a *Moringa leaf* mask and honey on the right side of the face and a combination of using a butterfly pea flower mask and honey on the left side of the face on one face getting 2 treatments simultaneously plus mask compression for 30 minutes then measurements are taken before and after use and changes in facial skin moisture results are seen with a skin moisture analyzer.

MATERIALS AND METHODS

Ethics tested with number /SLE/FK/2025, this study is a non-parametric analytical experimental study, using the *Pearson Correlation* test (α= 0.05) which was then processed using statistical software and IBM SPSS 29(Adiputra et al., 2021, Darwis et al., 2022, Fadli, 2021). The study was conducted in April - May 2025 at the doctor's practice and the Wijaya Clinic in Surabaya. A total of 30 correspondents were willing to take part in this research process until completion with the inclusion criteria of women aged 40-50 years, who had never had facial treatments, were healthy and had no history of allergies to moringa leaves and butterfly pea flowers and honey(Soekanto,et al., 2024). The treatment given to the research correspondents was divided into two groups, the first consisting of 30 people on the right face was given a combination of moringa leaf and honey masks and left for 30 minutes(Astutik, 2020,Fidiastuti, 2019, Soekanto et al., 2024, Yanuarto, 2024). The second treatment on the left face was given a mask butterfly pea flowers and honey are then left for 30 minutes. Then the research data was taken before using the mask and after using the mask for 30 minutes with a moisture test of the Skin Moisture Analyzer tool. This research treatment was given twice a week and was carried out for 3 weeks, carried out 6 times. Documentation was carried out by taking initial photos and photos each time after finishing using the mask for 30 minutes.

RESULTS

The documentation results can be seen as follows:

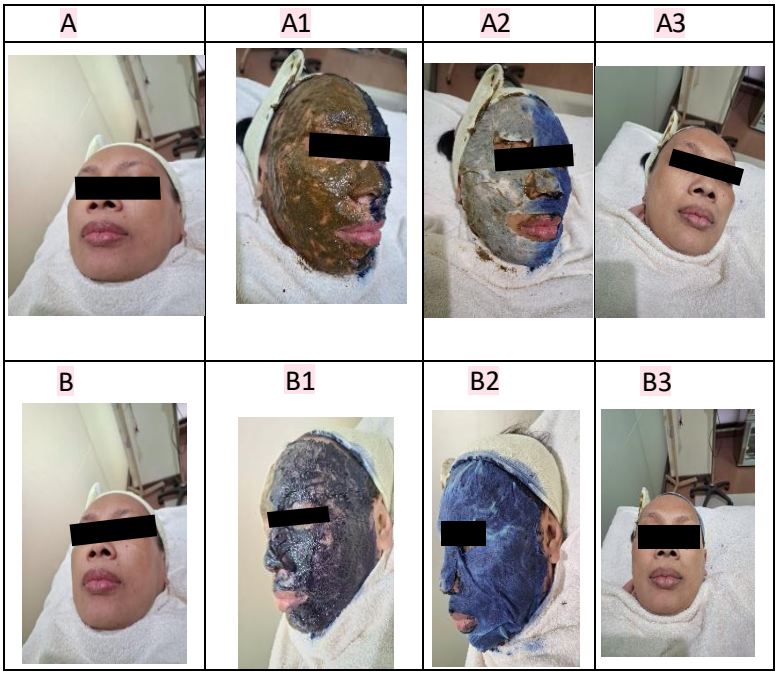

Figure 1: (A - A3) *Moringa leaf* and honey mask on the right face, (B - B 3) *Butterfly pea flower* and honey mask on the left face (source: Primary Data).

In Figure 1. In accordance with (A) before the treatment, an initial moisture test was carried out, (A1) after applying the *moringa leaf* and honey mask on the right face, (A2) A1 plus mask compression (A3) the results of the moisture test after applying the moringa leaf and honey mask on the right face for 30

minutes; in (B) Before the treatment, an initial moisture test was carried out, (B1) after applying the *butterfly pea flower* and honey mask on the left face, (B2) B1 plus mask compression, (B3) after completing the application of the *butterfly pea flower* and honey mask on the left face for 30 minutes, a moisture test was carried out. All of these treatments have been given to 30 correspondents, continued twice a week and carried out for three weeks, then continued with the collection and processing of research data. The steps for the treatment of giving this mask began first by cleaning the face with facial soap, then the initial measurement of the moisture value of the face on the right cheek and on the left cheek was carried out, continued with the use of a mask of a mixture of moringa leaf powder as much as 1 measuring spoon 15 milligrams (mg) and 1 measuring spoon 5 milliliters (ml) of honey and added 5 milliliters (ml) of rose water until a moringa leaf mask mixture is formed and applied to the right side of the face. On the left side of the face, a mask of butterfly pea flower powder is applied with a size of 1 measuring spoon 15 milligrams (mg) and 1 measuring spoon 5 milliliters (ml) of claver haney honey and added 5 milliliters (ml) of rose water until a mask mixture is formed, then applied evenly to the left side of the face. After that, in order to obtain maximum moisture results on the face, a compressor mask is added to cover the entire face except for the open parts in the two eyes, mouth and nostrils. The mask area map can be seen in image 2 below:

Figure 2: (A) green: Moringa leaf and honey mask, (B) blue: butterfly pea flower and honey mask (primary data source)

In Figure 2, (A) the green color is the natural color of the combination of *moringa leaf* mask and honey which is applied evenly on the right face starting from the right mandible to the right maxilla then to the right frontal side; in the purplish blue section (B) is the color of the combination of *butterfly pea flower* mask and honey and is applied evenly on the left face starting from the left mandible continuing up to the left maxilla and to the left frontal side.

Figure 3. Measuring humidity using the Skin Moisture Analyzer tool

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In Figure 3, the Skin Moisture Analyzer tool is used to calculate the skin moisture value, it has three scales with details of dry skin (scale 0 - 35%), normal skin (scale 36 - 45%), moist skin (scale 46 - 100%). How to use it can be directly attached to the skin part whose moisture will be assessed, and the results will appear in 4-5 seconds(Soekanto, et al., 2024).

Table 1. Results of facial skin moisture test using a combination of moringa leaf and honey masks with butterfly pea flower and honey masks (before and after)

Correspondent		Facial Skin Moisture Mask			
Number	age	*Moringa leaf* + claver honey		*Butterfly pea flower* + claver honey	
		before	after	before	after
1	42	38	52	37	51
2	40	32	48	33	49
3	41	34	51	36	54
4	44	30	50	30	48
5	42	27	40	29	43
6	41	24	49	21	43
7	45	31	51	32	49
8	42	28	49	28	49
9	44	23	50	21	47
10	43	26	48	25	46
11	45	30	48	31	51
12	41	24	51	23	48
13	44	24	49	24	51
14	42	21	45	21	44
15	45	27	51	28	48
16	45	26	47	25	51
17	46	22	43	23	41
18	43	25	41	22	43
19	40	22	41	23	42
20	43	24	51	24	48
21	47	25	45	25	48
22	42	23	49	25	46
23	44	20	41	20	43
24	45	24	50	23	47
25	42	29	51	28	52
26	46	28	48	29	46
27	42	20	43	20	43
28	43	25	41	25	41
29	44	30	51	30	49
30	45	27	43	27	45
		29(97%) dry kin, 1 (3%) normal skin	9 (30 %) normal skin people, 21 (70%) moist skin	28(93%) Dry skin people, 2 (7%) normal skin	12 (40%) normal skin, 18 (60%) moist skin

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In Table 1. 30 female correspondents aged 40-50 years before being given a combination treatment of using *moringa leaf* and honey masks, the moisture test was measured first, 97% of dry skin and 3% of normal skin were obtained, and after being given a combination treatment of moringa leaf and honey masks, a change of 70% increased to moist skin and 30% to normal skin. On the other hand, before being given the *butterfly pea flower* and honey mask treatment, 93% of dry skin and 7% of normal skin were obtained, after being given a combination treatment of *butterfly pea flower* and honey masks, a change of 60% increased to moist skin and 40% to normal skin.

Table 2. Relationship between skin moisture and the administration of a combination of *Moringa leaf* and honey masks with the *Pearson Correlation* test

Correlations

			right facial skin moisture	Giving a mask of *moringa leaves* and honey
	right facial skin moisture	Pearson Correlation	1	.934**
		Sig. (2-tailed)		.000
		N	60	60

**. Correlation is significant at the 0.01 level (2-tailed).

Table 2 shows the results showing a relationship between the administration of a combination of *moringa leaf* mask and honey on skin moisture with a p value of 0.000 (α <0.005), and the strength of the relationship is very strong with a Pearson Correlation test of 0.934. The combination of moringa leaf mask and honey has been proven to increase facial skin moisture.

Table 3. Differences between before and after giving a combination of moringa leaf and honey masks on skin moisture

	Giving a mask of *moringa leaves* and honey	N	Average	Std. Deviation	Std. Error Mean
Right facial skin moisture	before	30	25.8333	4.36351	.79666
	after	30	49.5667	4.85431	.88627

T test

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
									95% Confidence Interval of the Difference	
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
right facial skin moisture	Equal variances assumed	.610	.438	-19.915	58	.000	-23.73333	1.19170	-26.11878	-21.34788
	Equal variances not assumed			-19.915	57.353	.000	-23.73333	1.19170	-26.11936	-21.34731

Table 3 shows the results showing a difference before and after giving a combination of *moringa leaf* and honey masks on skin moisture with a p value of 0.000 using the independent sample T test.

Table 4. Relationship between skin moisture and application of *butterfly pea flower* and honey mask using Pearson Correlation test

		left facial skin moisture	applying a butterfly pea leaf and haney mask
left facial skin moisture	Pearson Correlation	1	.934**
	Sig. (2-tailed)		.000
	N	60	60

**. Correlation is significant at the 0.01 level (2-tailed).

In table 4, the results show a relationship between the administration of *butterfly pea flower* and honey masks on skin moisture with a p value of 0.000 ($\alpha < 0.005$), and the strength of the relationship is very strong with a Pearson Correlation test of 0.934. The combination of butterfly pea flower and honey mask is useful for increasing facial skin moisture.

Table 5. Differences between before and after applying *butterfly pea flower* and honey masks on skin moisture

Deskriptif

	N	average	Std. Deviation	Std. Error Mean
left facial skin moisture	60	36.9167	12.21321	1.57672
Giving a butterfly pea leaf and honey mask	60	1.5000	.50422	.06509

T test

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference Lower	Upper
left facial skin moisture	Equal variances assumed	1.374	.246	-19.979	58	.000	-22.63333	1.13288	-24.90103	-20.36563

	Equal variances not assumed			-19.979	54.139	.000	-22.63333	1.13288	-24.90448	-20.36219

In table 5, the results show that there is a difference before and after giving a combination of butterfly pea flower and honey masks on skin moisture p value 0.000 with independent sample T test.

Table 6. Relationship between skin moisture and giving a combination of *moringa leaf* and honey masks and *butterfly pea flower* and honey masks with Pearson Correlation test

Correlations

		Skin moisture	Giving treatment
skin moisture	Pearson Correlation	1	.051
	Sig. (2-tailed)		.701
	N	60	60

In Table 6, the results obtained show that there is no relationship between the combination of *moringa flower* and honey mask and *butterfly pea leaf* and honey mask with skin moisture with a p value of 0.701 (α> 0.005), and the strength of the relationship is very weak with a Pearson Correlation test of 0.051. This means that if someone is given a combination of a moringa leaf and honey mask on the right side of their face and a butterfly pea flower and honey mask on the left side of their face, the results obtained will show no significant difference from using these two masks simultaneously.

Table 7. Differences in administering a combination of *butterfly pea flower* and honey mask with a *moringa leaf* and honey mask on skin moisture.

T test

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference Lower	Upper
Skin moisture	Equal variances assumed	.746	.391	-.387	58	.701	**-.36667**	**.94858**	**-2.26546**	**1.53213**
	Equal variances not assumed			-.387	57.402	.701	**-.36667**	**.94858**	**-2.26588**	**1.53255**

In Table 7. The results obtained, there is no difference in giving a combination of moringa leaf and honey mask with a butterfly pea flower and honey mask on skin moisture with a p-value of 0.701, this result shows that both are beneficial in providing moisture to facial skin with very small differences and no effect on changes in facial skin moisture.

DISCUSSION

In 30 correspondents before using the combination of moringa leaf and honey masks, it was found that 29 people originally had dry skin and 1 person had normal skin, after using the combination of moringa leaf and honey masks, the results were 9 people had normal skin and 21 people had moist skin. And in the treatment before using the combination of butterfly pea flower and honey masks, 28 people had dry skin and 2 people had normal skin and after using the combination of butterfly pea flower and honey masks, the results changed to 12 people having normal skin and 18 people having moist skin(Kevin et al., 2018, Annas T, 2019, Uliasari et al., 2022). After using a combination of moringa leaf and honey masks on the face, there is a change in the increase in moisture in the facial skin, the face becomes fresher and brighter. The content of Vit B1 and C as antioxidants in moringa leaves smoothens blood circulation so that body cells are sufficiently oxygenated and nourished by facial skin. Likewise, giving a combination of butterfly pea flower and honey masks to the left face increases moisture in the left face. The content of anthocyanins, anthomicins and polyphenols in butterfly pea flowers as antioxidants can be useful for tightening, brightening the skin so that it looks youthful. Natural antioxidants found in butterfly pea flowers can overcome premature aging, this smooth-textured butterfly pea flower mask can perfectly close the surface of the pores of the facial skin so that blood circulation becomes smooth and the skin becomes smoother and reduces aging on the facial skin. Facial skin that has moist skin is related to a fairly high water content which affects the smoothness and moisture of the facial skin., Ananda et al., 2024, Izzulhaq .et.al. 2022, Pangondian et al., 2023).

From the statistical results of the Pearson Correlation test 0.934 with a p value of 0.000 (α <0.005) obtained after using a combination of moringa leaf and honey masks for 30 minutes, these results indicate a significant effect on changes in moisture in the facial skin on the right side, in 21 correspondents who were tested for moisture on the right cheek of the face experienced an increase in results to moist skin and 9 correspondents increased skin to normal skin. The combination of moringa leaf and honey masks is effective for use in facial care(Sausan, 2020, Masluhiya AF, 2019, Sinulingga et al., 2018).

The same changes also occur in the results of using a combination of butterfly pea flower and honey masks given on the left face, there was a change in time when a moisture test was carried out on the left cheek, where 18 people experienced changes to moist skin and 12 people increased to normal skin. From these results, it shows that using a combination of butterfly pea flower and honey masks is beneficial in increasing moisture in the left face. There is a change in the circulation of water levels in the skin in the stratum corneum, where the endogenous and exogenous fluid circulation system undergoes a diffusion process that affects skin moisture and keratin cell bonds in the stratum corneum which are sufficient to bind water, providing changes in moisture in the facial skin. Maintaining facial skin moisture can prevent wrinkles on the face, and increase circulation and oxygenation of skin tissue which can have the effect of shrinking skin pores, lifting dead skin cells and making the skin healthier (Yuniarsih et al., 2021, Astuti, 2022, Luciana O, 2023).

From the results of the combination of moringa leaf and honey masks with butterfly pea flower and honey masks, the skin moisture value was obtained with a p-value of 0.701, meaning that the moisture test on the right cheek and the left cheek had almost the same results. The results of using both masks had the same effect on the moisture value of the facial skin, only having results that were not much different by only 10%. The use of both combinations of masks has been proven to have the same effect of increasing facial skin moisture and is safe to be given for facial skin care therapy, especially on faces with dry skin problems and can be given routinely and regularly using both masks to maintain facial skin moisture.

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CONCLUSION

In the use of a combination of moringa leaves and honey, there was an increase in moisture value of 70% to moist skin and 30% to normal skin, as well as in the treatment of using a combination of butterfly pea flower and honey masks, there was a change in the increase of 60% to moist skin and 40% to normal skin. The results of using a combination of moringa leaf and honey masks with butterfly pea flower and honey masks both affect the moisture value of the facial skin, and only have a difference of 10%. The use of both combinations of these masks has been proven to increase facial skin moisture and is safe to be given as facial skin care therapy on the face with dry skin criteria. And if done routinely and regularly, the moisture of the facial skin will be maintained and the skin will become smoother and healthier.

CONFLICT OF INTEREST

1 There is no conflict of interest in this study.

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REFERENCES