

INTISARI

Masker gel *peel-off* merupakan masker yang memiliki beragam kelebihan. Dalam formulasi masker gel *peel-off*, *gelling agent* memiliki peran sangat penting yang dapat menentukan tampilan fisik dari masker gel *peel-off*. PVA (polivinil alkohol) merupakan salah satu *gelling agent* yang paling sering digunakan. PVA memiliki peran yang sangat penting sehingga optimasi formulasi perlu dilakukan, *narrative review* ini bertujuan untuk mencari tahu pengaruh PVA dalam formulasi, rentang konsentrasi PVA yang optimal, serta keamanan dan kenyamanan penggunaan masker dengan adanya *gelling agent* PVA.

Penelitian ini merupakan metode studi literatur yang hasil akhirnya berupa *narrative review* dan studi deskriptif. Pencarian literatur dilakukan melalui *database* daring seperti GoogleScholar, ScienceDirect, Scopus, dan Portal Garuda dengan menggunakan kata kunci yang sesuai dengan rumusan masalah. Seleksi literatur berdasarkan kriteria inklusi dan eksklusi yang telah ditetapkan.

Dilakukan analisis terhadap 30 artikel yang lolos seleksi. Hasil *review* menunjukkan pengaruh *gelling agent* PVA dalam formulasi yaitu meningkatkan viskositas, memperlambat daya sebar, mempercepat waktu pengeringan, dan memberikan efek *peel-off* dalam sediaan masker gel *peel-off*. Rentang proporsi optimal *gelling agent* PVA tunggal berkisar 10-16%, *gelling agent* PVA kombinasi dengan *gelling agent* sintetik dan semisintetik perbandingan persentase 11-16%:1-2%. *Gelling agent* PVA yang paling optimal ialah penggunaan PVA kombinasi baik dengan sintetik maupun dengan semisintetik, serta PVA yang terkandung dalam masker *peel-off* tidak memengaruhi keamanan masker namun memengaruhi kenyamanan penggunaan masker.

Kata kunci: Masker gel *peel-off*, Formulasi, PVA, *narrative review*

ABSTRACT

Peel-off gel mask is a mask that has various advantages. In the formulation of the peel-off gel mask, the gelling agent has a very important role in determining the physical appearance of the peel-off gel mask. PVA (polyvinyl alcohol) is one of the most commonly used gelling agents. PVA has a very important role so that formulation optimization needs to be done, this narrative review aims to determine the effect of PVA in the formulation, the optimal range of PVA concentrations, as well as the safety and comfort of using masks in the presence of a PVA gelling agent.

This research is a literature study method with the final result in the form of a narrative review and a descriptive study. Literature searches were carried out through online databases such as GoogleScholar, ScienceDirect, Scopus, and Garuda Portal using keywords that matched the problem formulation. Selection of literature based on the inclusion and exclusion criteria that have been set.

An analysis was conducted on 30 articles that passed the selection. The results of the review showed the effect of the PVA gelling agent in the formulation, namely increasing viscosity, slowing down spreadability, accelerating drying time, and providing a peel-off effect in peel-off gel mask preparations. The optimal proportion range of single PVA gelling agent is 10-16%, combined PVA gelling agent with synthetic and semisynthetic gelling agent percentage ratio is 11-16%:1-2%. The most optimal PVA gelling agent is the use of a combination of PVA both with synthetic and semisynthetic, and the PVA contained in a peel-off mask does not affect the safety of the mask but affects the comfort of using the mask.

Keywords: *Peel-off gel mask, formulation, PVA, narrative review*