



Formulation and Evaluation of Herbal Facial Scrub

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ABSTRACT :

This investigation into the production of herbal face scrub is the primary goal of the research project. For regular usage without any negative effects, herbal cosmetics are the safest products. Different herbs are used to cleanse and beautify the skin. The scrub was made using a simple mixing method that included homogeneous mixing of carbopol, glycerine, triethanolamine, preservatives, and fragrances with a range of ingredients, including rice

powder, neem powder, cinnamon powder, curry leaf powder, jasmine oil, and rose water. It was discovered that the scrub produced positive results for every parameter tested .

Keywords : Curry leaf powder, Herbal scrub, softening, moisturizing .

INTRODUCTION :

One of the body's major organs is the skin. The skin is also a sensitive organ that indicates the health of a person. It contains substances such as amino acids, lipids and carbohydrates, which provide the skin with the nutrition it needs to be bright, clean, clear and healthy.

DEFINATION OF HERBAL COSMETICS:

Herbal cosmetics are commonly known as natural cosmetics .Which are products made with one or more herbal ingredients to produce specific cosmetic effects. Herbal cosmetics are only to be deemed beneficial .Because they give the skin all the nutrients it needs without causing any negative side effects, herbal cosmetics are very popular right now.

Face scrub is a beauty product or treatment which cleanses and exfoliates the skin of the face. When applied to the skin, a face scrub often consists of a cream-based treatment containing microscopic exfoliating particles that physically remove dry, dead skin cells, helping to smooth the skin .For all skin types, facial scrubs are a fantastic thorough cleansing and exfoliating treatment, but they are especially helpful for oily skin .A face scrub exfoliates the skin by removing dead skin cells and preparing it for new ones by the use of tiny particles, beads, or chemicals.

Curry leaves have a high antioxidant content that protects your skin from harmful free radicals. Curry helps your skin become cleaner by clearing debris from your pores and improving the texture of your skin.

IDEAL PROPERTIES OF FACE SCRUB:

An ideal scrub is accepted to possess the following properties. It should be :

- Non- irritating
- Non- sticky
- Mild Abrasive
- Able to remove dead skin cells
- Non – toxic
- Possess small gritty particles

BENEFITS OF SCRUBBING OF SKIN :

- Unclogs skin pores – Remove different irritants that are clogging skin pores using a face scrub.
- Tackles uneven skin tone – These can be removed with a face cleanse, however they are caused by a buildup of germs and dead skin cells.
- Fights ingrown hair – A common issue is ingrown scrubs, which can be avoided with regular scrubbing.
- Speed up the Healing process –Enhancing blood circulation and collagen formation using face scrubs helps to promote skin repair.
- Soften your skin –Along with eliminating dead skin cells, face scrubs also assist to brighten and soften your skin.

ACTIVE PROFILE :

a) Curry leaves Powder :



Fig No.1 Curry leaves Powder

- Biological source – It consist of dried leaves of *Murraya koenigii* belonging to Family – Rutaceae
- Uses – Acne , itching, Ringworm.

b) Turmeric powder –

- Biological source - It consists of dried rhizomes of *Curcuma Longa* belonging to Family – Zingberaceae
- Uses – Reduces Acne, Glowing skin, lightness skin.



Fig .No .2. Turmeric powder

c) Rice powder –

- Family – Poaceae
- Uses - maintaining oil level in the skin.

Control condition, blackheads, whiteness , acne Nourish the skin.



Fig .No. 3. Rice powder

d) Walnut shell Powder :

Biological source – It consists dried walnut shell Powder of *Juglans regia* belonging to Family – Juglandaceae.

Uses – Body scrub, shower gels, peeling creams and lotions .



Fig No – 4 Walnut shell Powder

e) Cinnamon Bark Powder : Biological source – It consist the dried inner bark of the shoots of complied tees of cinnamon *zeylanicum* nees.

- Uses -Rashes , infections, enhance circulation, nourish the skin.



Fig No- 5 Cinnamon Bark Powder

f) Jasmine oil : Biological source – Jasmine oil is the essential oil derived from the white flowers of the common Jasmine plant , also known as *Jasminun .officinate*.

- Uses – Helps to improve skin, reduces the appearance, skin lightening.

g) Rose Water: Biological source - Rose water is flavoured water made by steeping rose petals in water.

- Uses – Reduce the appearance of facial redress, soothing the skin.

h) Carbopol :

- Water soluble carbopol is a polymer that is used for thickening, stabilizing, suspending, and emulsifying purposes.

i) Triethanolamine: To maintain the appropriate pH level of the cosmetic composition, triethanolamine also serves as a buffer.

j) Methyl Paraben: Preservatives such as parabens. In cosmetics, preservatives are essential.

k) Sodium lauryl sulphate: The most common uses of sodium lauryl sulphate in cosmetics are as surfactants or emulsifiers.

l) Propylene glycol: Propylene glycol can help hydrate your skin and address dryness and dullness.

MATERIAL AND METHOD

PROCEDURE OF HERBAL FACE SCRUB:

All the ingredients were first cleaned to remove any dirt or impurities. The ingredients were ground into a fine powder with grinder and then sieved. Then methyl Paraben was weighed and dissolve in a beaker containing water. To this carbopol was added and stirred continuously for few minutes until it forms a gel. Sodium lauryl sulphate was weighed dissolved separately with water and was added into the above gel. Propylene glycol was added, drop wise Triethanolamine added into gel to neutralise the pH. The weighed ingredients were mixed into the prepared gel and stirred. The formulated face Scrub was evaluated and then packed into a container and labelled.

SR NO.	INGREDIENTS	ROLES	QUANTITY (F 1)	QUANTITY (F2)
1.	Curry leaves Powder	Skin lightening, glowing	4 gm	3 gm
2.	Rice Powder	Anti-oxidant	3 gm	4 gm
3.	Walnut shell Powder	Anti-aging	4 gm	4 gm
4.	Cinnamon Bark Powder	Anti-bacterial	2 gm	2 gm
5.	Turmeric powder	Anti-microbial	1 gm	2 gm
6.	Jasmine oil	Skin moisturizer	2 ml	2 ml
7.	Carbopol	Thickening agent	2 gm	2 gm
8.	Methyl Paraben	Preservative	1 gm	1
9.	Propylene glycol	Neutralizer	2 ml	2 ml
10.	Triethanolamine	Moisturizer	2 ml	2 ml
11.	Sodium lauryl sulphate	Foaming agent	4 gm	4 gm
12.	Rose Water	Reduce inflammation, Fragrance	Q.s	Q.s

FORMULATION TABLE

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Fig – Formulation of Herbal scrub gel of Curry leaves.



Evaluation Parameters of Herbal Face scrub :

Parameters	Observation (F1)	Observation (F2)
Colour	Dark green	Yellowish green
Odour	Pungent	Pungent
Texture	Good	Good
Consistency	Better	Good
Spreadability	Easily spreadable	Easily spreadable
Foamability	Good	Good
pH	7.4	6.7
Grittiness	Yes	Yes
Washability	Easily washable	Easily washable

Table – Evaluation parameter of herbal facial scrub .

RESULT AND DISCUSSION :

Formulation F1 and F2 was tested for evaluation prepare such as colour, odour, texture, consistency , spreadability, foamability , washability , pH and grittiness. All the ingredients are herbal in nature therefore there is no side effect. The formulation F2 was found to be very effective as compared to the F1. The colour of the product was observed to be Yellowish green with no indicate of unpleasant smell. The consistency of the product was satisfaction for skin application the texture of the product was good and satisfactory with small gritty particles. The scrub was also washable with regular water and the pH of the product was determine 6.7 . Indicating its suitability for the skin. The formulation can be applied for all skin type.

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CONCLUSION :

Goal in this study was to develop a stable and effective natural face scrub with active components made of herbal medicinal compounds .After the created scrub gel was assessed using a number of criteria, it was determined that it was suitable for applying to the skin to leave it shining and healthy-looking with no negative side effects. Color, smell, consistency, pH, spreadability, extrudability, viscosity, irritability, washability, grittiness, and foamability were among the many characteristics that were compared to the created scrub and it was determined that it satisfied all necessary requirements. Skin is left feeling cleaner, softer, and more invigorated after using a scrub.

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