



Herbal Face Scrub for Skin Exfoliation

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ABSTRACT

Numerous products available in the market can lead to skin dryness with prolonged use, often resulting in increased acne and redness. A viable solution to this issue is the application of a scrub composed entirely of herbal ingredients, which enhances cleansing, softening, moisturizing, and skin fairness. The utilization of natural components to combat acne, wrinkles, and regulate oil secretion is referred to as natural or herbal cosmetics. Typically, herbal cosmeceuticals include plant parts that exhibit antimicrobial, antioxidant, and anti-aging properties. Herbal cosmetics are considered the safest option for regular use, as they generally do not produce side effects, while cosmeceuticals are products that positively affect the biological functions of the skin.

Keywords: Herbal scrub, exfoliants, phyto ingredients, antioxidant, acne, skin.

INTRODUCTION

A face scrub is a skincare formulation designed to unclog skin pores. It typically contains abrasive particles that, when applied to the skin, assist in eliminating dead skin cells, impurities, and surplus sebum from the pores. Consequently, a face scrub serves to purify the skin and mitigate various signs of aging, including acne and wrinkles.

The tradition of scrubbing and exfoliating has its roots in ancient practices, where individuals utilized dried corn cobs and crushed seashells. In contemporary times, body scrubs are often crafted from natural components such as charcoal, coffee, ubtan, and others.

One of the primary advantages of utilizing a face scrub is its ability to cleanse and detoxify the skin pores. Through effective exfoliation, face scrubs eliminate numerous irritants that can obstruct the pores. Accumulated dead skin cells can render the complexion dull and dry, while excess sebum may lead to greasiness and potential acne outbreaks.

Ideal Properties of Scrub

An ideal scrub is accepted to possess the following properties:-

It must be non-toxic,

It contain small gritty particles that provide a mild abrasive effect,

It must be non-irritating, non-sticky, and capable of effectively removing dead skin cells

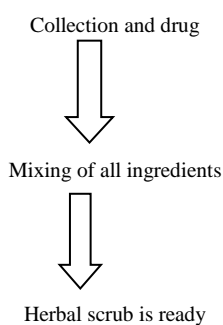
ADVANTAGES OF FACE SCRUB:-

Healthy, radiant skin can be achieved by minimizing pores, reducing breakouts and acne, concealing wrinkles, enhancing product absorption, improving tanning, and maintaining the body's pH balance. Exfoliation, which involves the removal of dry or dead skin cells from the skin's surface, is a crucial component of a skincare regimen for the face. This process not only addresses various skin issues but also boosts blood circulation, contributing to a healthier and more luminous complexion. Mechanical exfoliation is typically performed using abrasive scrub cleansers.

MATERIAL AND METHODS:

S.no.	Ingredients	Scientific Name	Part Used	Quantty Used
1.	Wheat powder	Triticum aestivum	powder	2g
2.	Neem	Azadirachta indica	Leaf	1.8g

3.	Tulsi	Ocimum tenuiflorum	Leaf	1g
4.	Turmeric powder	Curma longa	Root powder	1.6g
5.	Orange peel	Citrus reticulata	Peel powder	1.7g
6.	Sandal wood powder	Santalum alba	Wood powder	1.9g
7.	Multani mitti	Calcium Bentonite	Powder	1.8g
8.	Honey	Honey comb by Apis mellifica	Honey	1ml
9.	Aloe Vera	Aloe barbadensis	Dry juice	1.5g

Methods of preparation:**EVALUATION PARAMETERS OF SCRUB :**

1. **Appearance:** The prepared scrub was assessed for its scent and hue. It was determined to have a brown color and a characteristic odor.
2. **Consistency:** The visual observation revealed that it was semisolid and homogeneous.
3. **pH :** The pH of the prepared scrub was assessed. A small quantity of the scrub was placed on pH paper, revealing that it is neutral in nature.
4. **Spreadability:** The ability to spread is a crucial aspect of gel behavior, as it possesses excellent spreadability that allows it to be easily dispensed from the tube.
5. **Extrudability:** A small quantity of scrub was placed into a collapsible ointment tube, with one end sealed and the other left open. Gentle pressure was applied to the sealed end. The duration required for the gel to be extruded and the volume of gel expelled were recorded.
6. **Irritability:** A small quantity of the scrub was applied to the skin and left for a few minutes, resulting in no irritation.
7. **Washability:** A small amount of scrub was applied to the skin and rinsed off with water, allowing for easy removal.
8. **Grittiness:** The scrub was discovered to contain several gritty particles.

RESULT

The herbal scrub was developed and assessed for its effectiveness. The laboratory-formulated herbal facial scrub was evaluated against several criteria, including appearance, pH, spreadability, washability, and irritability, and it met all necessary specifications. Consequently, this formulation can serve as an effective scrub for promoting healthy and radiant skin. It includes wheat powder and multani mitti, both known for their exfoliating properties, skin tone enhancement, and ability to reduce dark spots while effectively cleansing oil and dirt. Wheat powder acts as a natural exfoliant, aiding in the removal of dead skin cells, enhancing scrubbing action, and improving blood circulation. Multani mitti is effective in eliminating dust and impurities. After application, the skin is guaranteed to feel softer, cleaner, and revitalized. This scrub contributes to a more beautiful, youthful, and glowing complexion. Herbal cosmetics are associated with minimal or no side effects, leading to an increased preference for their use.

CONCLUSION :

The formulation of a herbal face scrub aimed at skin exfoliation has proven to be successful, yielding positive results. The scrub demonstrated excellent spreadability and effective peel-off properties without causing irritation or swelling. This study focused on creating an herbal scrub using an appropriate base to achieve a gel-like consistency. The resulting scrub was evaluated against various parameters, including color, fragrance, texture, pH, spreadability, extrudability, irritability, washability, grittiness, and foamability, and met all necessary criteria. Consequently, the developed formulation is suitable for

use as an effective scrub that promotes healthy, radiant skin. Utilizing all-natural ingredients ensures minimal to no side effects. The herbal scrub was found to be effective for skin application, contributing to a healthier and more luminous complexion. Its use enhances blood circulation and boosts oxygen supply to the skin's surface, resulting in softer, cleaner, and revitalized skin post-application.

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