



“FORMULATION AND EVALUATION OF HERBAL FACE SCRUB”

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ABSTRACT :

The main purpose of this study is to prepare a cosmetic containing gel. Using herbal ingredients to combat acne, wrinkles and control oil production is called natural or herbal cosmetics. Herbal cosmetics often contain plant ingredients with antibacterial, antioxidant and anti-aging properties. While herbal cosmetics are the safest products for normal use and have no side effects, cosmetics are products that affect the organic products of the skin. Coffee, aloe vera and honey were used in this study. The formulated scrub undergoes a series of evaluations including physical and chemical stability, pH, spreadability, particle size analysis, and microbial testing. Sensory evaluation and user acceptability trials are also conducted to gauge consumer satisfaction and product efficacy. The results indicate that the herbal face scrub is stable, safe, and effective for regular use, offering a natural and eco-friendly option for skincare enthusiasts. The study concludes that the incorporation of herbal ingredients in face scrubs can meet consumer demand for natural skincare products while maintaining high standards of performance and safety. Tissue gels are evaluated in terms of many parameters such as appearance, pH, viscosity. It meets all the necessary features such as spreadability, washability, resistance to irritation. That's why the formula has been developed to act as a powerful scrub to keep skin looking healthy and radiant.

KEYWORDS : Scrub, Exfoliation, Consistency, Spreadability, Antioxidant, Anti Microbial, Less Abrasive, Glow, Herbal Scrub, Skin Exfoliating, Dead Skin Cells, Reduce Acne.

INTRODUCTION :

In recent times, there was a growing trend in the direction of natural and natural skin care products, driven by using purchaser focus of the implicit troubles related to synthetic constituents. Natural face. Diminutives, substantially, have won fashionability because of their perceived benefits of mild exfoliation, revivification, and aliment. This creation will claw into the motive in the reverse of the system of natural face diminutives, their crucial rudiments, and the strategies used for their evaluation. The pores and skin is the body's biggest organ and serves as a protective hedge in opposition to environmental factors, making its care consummate. Face diminutives play a vital function in skincare routines by way of getting relieve of dead pores and skin cells, unclogging pores, and dealing cell development, performing in smoother, lustrously, and more healthy looking skin. But, conventional face scrubs regularly contain harsh abrasives and artificial chemical composites which can beget vexation, vexation, and long-term damage to the pores and skin. Natural face

diminutives give a herbal occasion that harnesses the mending parcels of factory-grounded completely factors. Those substances are famed for his or her mild but effective exfoliating, cleaning, and moisturizing places, making them applicable for all pores and skin types, inclusive of touchy and festers-inclined skin. By formulating natural face diminutives, we thing to give guests with a more secure, more sustainable, and environmentally-friendly option for skin care.

Cosmetics are external arrangements which might be carried out on the outside factors the body. Indeed in in advance days, ladies and men used to embellish their our bodies for enhancement of look. Guys used leaves of veggies and corridor of creatures whereas girls use to put on coloured foliage round their neck and wrist. Gradationally, they begin the use of multicolored earth and ointments on their face and frame. Scrub is described as the products used for the functions useless pores and skin cellular and exfoliates the skin, mite may be used on face skin is the most important a part of the body, which shows the facial mite and body mite. Those vary only with the facial mite due to which it's long hauls less abrasive. It'eliminates the facial mite formula. Scrubs may be without detention enforced on to paperwork and every has its own position to play on the pores and skin. Skin fitness of an character. Cosmetics are available as multitudinous sauces are used for sanctification, beautifying and to manipulate them. component will range with the kind of skin, pores and skin is classified into three feathers inclusive of dry pores and skin, unctuous pores and skin, sensitive skin on communication is suggested on operation of the mite gel of sanctification, beautifying, promoting fineness or oxygen force to all bottom of the skin rates of oil painting and sugar delivered in each.

A face mite is one of the quality products makes use of for magazine of ordnance for clean, healthy pores and skin. The factor of using face mite(Exfoliator), is to dispose of dead pores and skin cells that erecting up at the face and congesting the pores. Skin cells development about each weeks, face has new skin cells each weeks. Face does now not exfoliate the useless skin cells completely and over time, the dead skin cell make up can purpose face to appearance dull. The answer is to apply a face mite to clear away the figure-up and display off a dressed face. A facial mite makes use of small patches, globules, or chemical composites to take down the old skin cells and make way for brand bouncing new bones in a system known as exfoliation, Facial diminutives are cleaners. A face mite for men is one of the affable products you may use for your magazine of munitions for clear, wholesome pores and skin. A face mite for guys is one of the excellent wares you can use to your magazine of munitions for clear, healthy skin. Facial mite is work as exfoliator. Slipping portions that after overpraised throughout the skin help clean. the pores and skin by fleshly lifting out dry. Dead pores and skin cells. Slipping diminutives can help to easily smooth your pores and skin and clear saturation, Facial mite is the ornamental product which cleanses, exfoliates the pores and skin of the face and gives healthy complexation. Skin having three feathers dry, unctuous, sensitive. For dry skin use mite which contain hydrating agent and moisturizing merchandisers. For candescent pores and skin type use exfoliates deeply to save you the pores congesting and hold the pores and skin oil painting stability. For touchy skin use gentles mite. We can use the facial mite twice a week. An excellent mite is having the parcels like it need to be riskless, retain small gritty patches, mild abrasive, non- tense, non-sticky, suitable to cast off dead skin cells.

BENEFITS OF SCRUBBING SKIN

- **Helps in Removing Dead Cell** : Facial or frame scrubs are the beauty which goes past surface degree to dispose of dead pores and skin and reveal the healthful glowing skin under.
- **Free the skin form Flakes:** Loss of higher layer of skin (dermis) is referred to as as flaky pores and skin. It gives upward thrust to dry patches. Scrubbing your skin let you to address flaky pores and skin effectively.
- **Deep cleansing of pores and skin:** Scrubbing your skin allows pores and skin to get loose from dirt, oil and sweat. Different cleaning like face wash facial cleansers cannot clean the pores and skin. Thoroughly getting rid of dust amassed in the direction of the pores and skin, scrubbing does this work efficiently.

- **Gives glow to skin and smooth texture** : Scrubbing simply facilitates to provide glow and smooth remove the zits Scars texture to pores and skin.
- **Reduces strain**: Exfoliation or scrubbing the skin gives appropriate rub down, which gives enjoyable. In present scenario natural cosmeceuticals have greater call for due to the fact they have no side consequences. Humans be afflicted by acne, whiteheads and blackheads quite frequently so scrubbing become more essential.
- **Good Properties** : Facial scrubs are strong or semisolid structures of at the least components, containing numerous natural and chemical substances which are safer to use and having fewer side outcomes and additionally they possesses antiseptic, anti-infective, antioxidant, anti-getting old and humectant houses.

ADVANTAGES

1. Natural exfoliation without harsh chemicals.
2. Gentle on sensitive skin.
3. Hydrates and nourishes skin.
4. Packed with antioxidants for skin health.
5. Environmentally friendly.
6. Customizable for individual skin needs.
7. Cost-effective compared to commercial options.
8. Versatile, offering additional skincare benefits beyond exfoliation.

DISADVANTAGES

1. May not provide as strong exfoliation as synthetic scrubs
2. Some herbal ingredients may cause allergic reactions in sensitive individuals.
3. Can be time-consuming to prepare at home.
4. Limited shelf life compared to commercial products.
5. Potential for contamination if not stored properly.

MATERIALS AND EQUIPMENT'S :

MATERIALS

Sr No	Material	Source
1.	Aloe vera	Ishwar Deshmukh institute of pharmacy, Digras.
2.	Coffee	From local Market
3.	Turmeric	Ishwar Deshmukh institute of pharmacy, Digras
4.	Neem Powder	Ishwar Deshmukh institute of pharmacy, Digras.
5.	Honey	Ishwar Deshmukh institute of pharmacy. Digras

6.	Glycerin	From local Market
7.	Rose water	From local Market

EQUIPMENT'S

The equipment used to make the scrub will depend on the scale of production, but the general equipment needed may include:

- a. Mixing bowls and spoons.
- b. Digital weighing scale.
- c. Blender or grinder to grind neem powder and poppy seeds.
- d. pH meter or pH strips.
- e. Containers to store the finished product.
- f. Label printer or markers to label the product.
- g. Safety Gear such as gloves and goggles for handling ingredierits safely.

DRUGS AND EXCIPIENTS

➤ Aloe Vera



The word aloe Vera means “aloe meaning shining bitter substance while “vera” means true. Aloe Vera contains vitamin A and C and it’s also show Santi-inflammatory parcels. Aloe Vera belongs to family” Liliaceae and generally known as Ghritkumari. Aloe Vera used as moisturizing and softening agent on skin. The aloe gel gives cooling effect on skin It has part in revivification of growing skin, Aloe Vera has been used for variety of medicinal purpose. Aloe Vera also be used as a moisturizer

➤ Turmeric Powder



Turmeric Powder is a bright unheroic spice deduced from the root of the *Curcuma longa* factory, native to Southeast Asia. It has been used for centuries in traditional drug and cookery, prized for its distinct flavor, vibrant color, and implicit health benefits. Turmeric contains an active emulsion called curcumin, which is known for its antioxidant and anti-inflammatory parcels. It's generally used in cuisine, particularly in Indian and Southeast Asian dishes, as well as in potables like turmeric lattes. also, turmeric greasepaint has gained fashionability for its implicit medicinal operations, including supporting common health, promoting digestion, and abetting in crack mending.

➤ Coffee



Exfoliates Coffee grounds do n't dissolve when added to water. This makes them perfect being the main component in slipping diminutives. The junking of dead skin and the nutritional of the skin are fluently some of a coffees face mask's benefits. Fights Acne The instigations, acids, and antioxidants set up in coffee make it the perfect mite and/ or face mask to use acne to fully clean the pores. Helps Reduce Cellulite The calleine in coffee helps promote better blood inflow and when used as a scrab in areas where cellulite may be present can reduce the fat deposits and leave skin looking firmez.

➤ **ROSE WATER:**



Rose water uses for different purposes like helps soothe skin irritation, Soothes sore throats, reduces skin greenishness, helps help and treats infections, contains antioxidants, heals cuts, scars, and blemishes, enhances mood, relieves headaches, it has anti-aging benefits, soothes digestion problems.

➤ **HONEY :**



Largely popular and used in ornamental treatment honey used in preparing hair conditioner and face mask, etc. Honey is the only nonentity deduced natural product which has remedial and ornamental well as nutritive values Honey has been used for both as food and in drugs since ancient times. Honey is one of the most appreciated and valued natural products roughly 300 kinds of honey have been linked although there are numerous nutritive studies of honey.

➤ **GLYCERIN :**

Glycerin is generally used in herbal face treatments due to its moisturizing benefits. It helps to hydrate the skin and help it from drying out during exfoliation. also, glycerine can also help to soften the skin and ameliorate its texture, making it a popular component in skincare products, including herbal face treatments.

METHODOLOGY AND EXPERIMENTAL WORK**INGREDIENTS :**

- Aloe vera gel: 50g (Antioxidant)
- Turmeric powder: 10g (Antiseptic)
- Coffee grounds: 10g (Scrubbing Agent)
- Neem powder: 10g (Anti – inflammatory)
- Glycerine: 5ml (Emollients)
- Honey: 5ml (antibacterial)
- Rose water (Perfume)

PROCEDURE FOR HERBAL FACE SCRUB :

1. Measure and gather all the ingredients needed for the herbal face scrub.
2. In a clean, dry bowl, combine the aloe vera gel, turmeric powder, coffee grounds, and neem powder.
3. Mix the ingredients thoroughly until they are well incorporated.
4. If desired, add glycerin and honey to the mixture for added moisture and antibacterial properties.
5. If using essential oil for fragrance, add it to the mixture and stir well.
6. Transfer the mixture into a clean, airtight container for storage.
7. Label the container with the name of the product and the date of preparation.
8. To use the herbal face scrub, wet your face with warm water and apply a small amount of the scrub onto your skin.
9. Gently massage the scrub onto your face in circular motions for 1-2 minutes, avoiding the eye area.
10. Rinse off the scrub with lukewarm water and pat your face dry with a clean towel.
11. Use the herbal face scrub 2-3 times a week for best results.

EVALUATION TEST :

The prepared face scrub was deemed to be satisfactory after being tested for a number of characteristics, including pH, irritability, washability, grittiness, extrudability, foamability, and spreadability. The product's formulation works well as a cleansing scrub to support glowing, healthy skin. Among the organoleptic qualities are:

1. Texture: Assess the texture of the scrub to ensure it is not too abrasive on the skin.
2. Smell: Evaluate the fragrance of the scrub to ensure it is pleasant and not overpowering.
3. Consistency: Check if the scrub holds together well and is easy to apply onto the skin.
4. Skin Feel: After using the scrub, assess how your skin feels – it should feel smoother and refreshed.
5. Sensitivity: Monitor for any adverse reactions such as redness or irritation after using the scrub.
6. Colour: Yellowish brown colour of facial scrub was observed by visual examination
7. Odour: Odour found to be characteristics. Sweet and simple syrup like odour.
8. State: State of scrub observed by visually.
9. Consistency: Consistency was found to be smooth with visual observation.

10. PH: PH of the prepared gel evaluated by using PH paper. Small amount of scrub applied on PH paper was found in the range of 4.5

RESULT :

The formulated herbal face scrub was estimated at different parameters. All the organoleptic parcels were checked. Visually similar as colour, odour, thickness and texture. As a result, colour observed as unheroic brown, no bad smell passed from expression. The thickness of the expression set up suitable as needed to apply patches were used to check for the texture and unity of medication on skin set up good and satisfactorily as the medication show grit, greasiness parcels on skin. Washability parcels set up good, as it's fluently removed by washing with normal water. pH of the expression checked and set up 4.5 means suitable for skin. No vexation, greensickness, edema and any dermatological goods observed on skin.

EVALUATION TABLE:

Sr.No	Parameter	Results
1	Colour	Yellowish brown
2	Odour	Like Syrup , sweet
3	pH	4.5
4	Irritability	Non irritant
5	Stability	Stable
6	Texture	Greasy
7	Consistency	Semi – solid form
8	Spreadability	Spreads Uniform
9	Washability	Easily washes off
10	By visual	Smooth
	By touch	Consistent to touch
11	Removal	Easily Removable

CONCLUSION :

Primarily based on the results provided, evidently the new scrub method is a safe and effective option for exfoliating the pores and skin the usage of coffee powder as a scrubbing agent is promising. And the reality that the general public of the ingredient is herbal makes it a most advantageous preference for individuals with one-of-a-kind skin types. The look at suggests that the scrub is appropriate for dry, oily, and everyday skin and it is probably to supply better consequences than different conventional scrubs. Additionally, the mixture was examined at the dorsal location of the hand, and it changed into determined to be non-irritating and without any unfavorable effects, indicating that it's miles safe to be used.

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