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Exfoliation The Herbal Way: Pure Care For All Skin Types

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ABSTRACT

Semisolid cosmetic formulations called facial scrubs are meant to be applied topically to aid in the exfoliation of the stratum corneum, the removal of debris, and the improvement of skin rejuvenation. The formulation and evaluation of a herbal facial scrub that combines skin-beneficial excipients with natural exfoliating agents are the focus of this work. The ingredients like Masoor dal, Ficus religiosa, Mint, Himalayan Pink Salt, Millet, Sunflower, Cinnamon, Charcoal, poppy seeds, fenugreek seeds are used in facial scrub as an exfoliating agent. For mechanical exfoliation, natural abrasives like rice bran, oat husk, and walnut shell powder were used. Skin texture, blood circulation, pores unclogging, and topical product absorption all benefit from regular exfoliation. Natural ingredients are increasingly being used in scrubs due to their biodegradability, safety, and added therapeutic benefits. Conventional scrubs typically contain synthetic exfoliating agents. To improve skin texture and radiance, the formulation makes use of the antioxidant, anti-inflammatory, and antimicrobial properties of herbal ingredients.

Key words: Skin, Herbal Face scrub, Exfoliate, Rejuvenation.

INTRODUCTION

Face Scrub

The body's largest organ is the skin. It protects other organs and is an essential organ. The skin serves as a barrier that protects the interior from outside threats like dirt and bacteria in the air we breathe every day, as well as the harmful effects of the sun, wind, and pollution. The natural ecology of the skin supports yeast and bacteria, among other microbes, which cannot be eliminated by washing. Skin is another sense organ that can provide health-related information. A well-balanced diet is necessary to maintain a healthy and clear complexion because the skin is made up of a variety of components, such as carbohydrates, amino acids, lipids, and others. Cosmetics are items that are used to wash, beautify, improve beauty, or alter appearance. They come in many different forms and are used all over the world to make people more attractive. Numerous Skin problems, including skin protection, sunscreen, anti-acne, and anti- wrinkle products, are developed with the intention of improving the appearance of the skin. Some people are naturally beautiful, while washing have had their beauty enhanced artificially. The use of herbal cosmetics and products has significantly increased in the modern environment.[1]

It is recommended to massage the skin gently after using the scrub gel to increase oxygenation and blood flow to all areas of the body. A cosmetic or beauty product known as a facial scrub is used to exfoliate and clean the skin on the face and body. Facial scrubs can be used to get rid of sebum, skin cells, blackheads, whiteheads, and other types of acne. Additionally, it helps keep skin looking good. Regardless of the kind of

skin, scrubs are used to treat all conditions. In order to keep the skin healthy and attractive, the surface of the skin needs to be cleaned frequently to remove grime, sebum and other secretions, dead cells, crusts, and makeup. There are three distinct skin types: dry skin, sensitive skin, and oily skin. If you have dry skin, use the face scrub, which has components that hydrate and moisturize. If the person has sensitive skin, use a gentle scrub. Depending on the type of skin, face scrubs should be used twice or three times a week. However, for beginners, face washes should be used once per week.[2]

The removing dead skin cells from the skin's surface and encouraging the growth of new cells in the layer below the epidermis, herbal exfoliating scrubs reduce the effects of aging and the effects of the environment. Use a scrub or herbal products with anti-aging, vitamin, antioxidant, and antibacterial properties to thoroughly cleanse the skin and give it a glossy, appealing appearance.[3] Using a facial scrub was simple: select a standard scrub that was suitable for your skin type, massage it into hydrated skin for a minute, and then rinse it off.[4] The only essential oil that will differ depending on the type of skin is the one used in the scrub. There are dry, oily, and sensitive types of skin. [5] To increase blood flow and oxygenation, all areas of the skin should be gently massaged after using the scrub gel.[6]

The Herbal face scrub is a natural skin care product made from plant-based ingredients that gently exfoliate the skin. Unlike chemical exfoliants, herbal scrub used finely ground herbs, seeds, or natural powders to remove dead skin cells, unclog pores, and promote a healthy glow.[7] Common ingredients include neem, turmeric, sandalwood, walnut shell, and aloe vera, each offering unique benefits like anti-inflammatory, anti-bacterial, and soothing properties.[8] Ideal for those seeking a more natural skin care routine, herbal scrubs can help improve texture, tone, and overall skin clarity without harsh chemicals.[9]

Herbal Exfoliating agents in Face Scrub Formulation:

Name: **Masoor dal.**

Biological source: *Lens Culinaris*. Classification [10]

Kingdom: Plantae.

Phylum: Tracheophyta. Class: Magnoliopsida. Order: Fabales

Family: Fabaceae. Genus: *Lenus*.

Species: *Lens Culinaris*.

Synonym: Red Lentil, *Lens culinaris*, Masoor, Masuri.

Active ingredients: protein, carbohydrates, dietary fiber, iron, flavonoids, catechin, tannins. Uses:

It acts as a gentle and natural exfoliant, removing dead skin cells that can make skin look dull and rough. It helps brighten the skin, reduce dark spots, and even out skin tone. By exfoliating and cleansing the skin, it can help reduce acne and prevent future breakouts. It can help tighten pores, making the skin appear smoother and firmer. It can help fade tan and damage, revealing a more radiant complexion.

Masoor dal, or red lentils, can be used in face scrub to improve skin health due to its cleansing, exfoliating, and skin-brightening properties. It's known to help with acne, blackheads, and tan removal, while also providing a natural anti-aging effect.[11]

Name: **Pipal Tree.**

Biological source: *Ficus Religiosa*. Classification [12]

Kingdom: Plantae.

Phylum: Tracheophyta.

Class: Magnoliopsida Brongniart. Order: Urticales.

Family: Moraceae. Genus: *Ficus* Linnaeus.

Species: *F. religiosa*

Synonym: *Urostigma religiosum*, *Ficus caudata*, Bodhi tree, Pippala, pipal tree. Active ingredients:

Phenols, Tannins, Steroids, Alkaloids and Flavonoids.[12] Uses:

It is used in a variety of formulations in ancient medical systems like Ayurveda, Unani, and Siddha. The whole *F. religiosa* exhibits a wide range of medicinal properties, including anticancer, antioxidant, diabetes, antimicrobial, anticonvulsant, antihelmintic, antiulcer properties. [13]

Name: **Mint.**

Biological source: *mentha spicata* linn. Classification:

Kingdom: Plantae.

Phylum: Tracheophyta. Class: Magnoliophyta. Order: Lamiales.

Family: Labiatae. Genus: *Mentha*.

Species: *Mentha spicata*.

Synonym:

Spearmint, Garden mint, Mackerel mint, our lady's mint, Greenmint Active ingredients: Menthol,

Rosmarinic acid, Flavonoids, Salicylic acid. Uses:

Cleans pore and slough off any dead skin cell. Mint leaves are a popular ingredient in skincare product and remedies due to various potential for pH adjustment to avoid irritation, particularly for sensitive skin.

A mint face scrub is a natural skincare product that is often made with gentle exfoliants and mint extracts or fresh mint leaves. It removes dead skin cells while refreshing, cooling, and cleansing the skin. [14]

Name: **Sunflower.**[15]

Biological source: *Helianthus annus* Linn. Classification:

Kingdom: Plantae.

Phylum: Tracheophyta. Class: Magnoliopsida. Order: Asterales.

Family: Compositae. Genus: *Helianthus*. Species: *H. annus*.

Synonym: *Helianthus indicus* L, *Suryaphula*.

Active ingredients:

fixed oil, triglycerides, palmitic acid, arachidic acid, behenic acid, oleic acid, linoleic acid, Vitamin E.

Uses:

Scrub and bath balls with a sunflower based ingredient can gently remove dead skin cells, leaving skin feeling refreshed and revitalized.

Name: **Millet.** [16]

Biological source: *Paspalum scrobiculatum* L. Classification:

Kingdom: Plantae.

Phylum: Tracheophyta. Class: Liliopsida.

Order: Poales.

Family: Poaceae. (Grass family) Genus: *Pennisetum*.

Species: Pennisetum glaucum. Synonym: Paspalum commersonii.

Active ingredients: vitamins, minerals, antioxidants, amino acid, fatty acid, phytochemicals. Uses:

It offers several benefits for the face due to their rich nutrient content. They can contribute to a glowing complexion by providing essential fatty acids, antioxidants, and promoting collagen production.

It is the reach source of B vitamins, especially niacin, folic acid, and pyridoxine. It is because it has a lot of lecithin. It's a great source of both macro and micro nutrients. Minerals namely calcium, potassium, iron, zinc, and magnesium.

The lacks the protein 'gluten' and is primarily utilized as a "gluten-free" food that is beneficial to gluten-intolerant individuals.

Name: **Cinnamon** [17]

Biological source: Cinnamomum zeylanicum, cinnamon bark. Classification:

Kingdom: Plantae.

Phylum: Magnoliophyta. Class: Magnoliopsida.

Order: Laurales. Family: Lauraceae. Genus: Cinnamomum. Species: Zeylanicum.

Synonym: Ceylon cinnamon, Cassia.

Active ingredients: Cinnamaldehyde, eugenol, linalool, cinnamic acid, cinnamyl acetate, benalehyde. Uses:

It can offer several benefits for facial skin including fighting acne, reducing inflammation, exfoliating, and promoting a healthy glow. Its popular ingredients in face masks and scrubs due to its antibacterial, antifungal, and antioxidant properties.

Name: **Himalayan pink salt**. [18]

Biological source: Khewra salt mine. Classification:

Kingdom: Mineral. Class: Halide.

Chemical formula: NaCl.

Synonym: Sendha namak, Rock salt, Halite.

Active ingredients: calcium, iron, zinc, magnesium, potassium, sulfur. Uses:

Salt is a nutrient that may play a signification role in human health maintenance. Salt can moisturize the skin while also dirt and dead skin cells. Apart from that, salt is also used for relaxation and improving blood circulation.[19]

Name: **Charcoal**. [20]

Biological source: peat, coal, wood, coconut shell, petroleum. Classification:

Synonym: Wood coal, coke, fusain, carbon Active ingredients: Carbon, Oxygen, hydrogen. Uses:

Hair removing properly, remove dirt. Oil cleansing. Reduction of acne. Smoothing Skin. Activated charcoal, which has the ability to absorb fat, dark spots, and pollutants that stick to our skin, is used in cosmetic preparations for skin-lightening creams. Additionally, pore strips, facial cleansers, carbonated face masks, and soaps frequently contain it. In addition, a number of manufacturers of pharmaceuticals and cosmetics assert that the charcoal in their products can help treat adult acne, wounds, minor infections, seborrheic dermatitis, and itchy scalp.

Name: **Poppy Seeds.**

Biological source: *Papaver somniferum*. Classification:

Kingdom: Plantae.

Phylum: Tracheophyta. Class: Alkaloids.

Order: Ranunculales. Family: Papaveraceae. Genus: *Papaver*.

Species: *Papaver somniferum*.

Synonym: khus khus, posta dana, poppy kernel.

Active ingredients: morphine alkaloids, noscapine, papaverine, fiber, magnesium, manganese, phosphorus, zinc, iron.[21]

Uses:

The use of seeds in all type natural skin care products is a very popular due to their gentle yet very effective exfoliation properties. Seeds have strong anti-inflammatory ability, and thus actively used in Ayurvedic preparation. [22]

Name: **Fenugreek Seeds.** [23]

Biological source: *Trigonella foenum-graecum*. Classification:

Kingdom: Plantae.

Phylum: Tracheophyta. Class: Magnoliopsida. Order: Fabales.

Family: Fabaceae. Genus: *Trigonella*.

Species: *Trigonella foenum-graecum*.

Synonym: fenugreek, methi, methika, methi dana, menthya.

Active ingredients: carbohydrates, proteins, fiber, flavonoids, alkaloids, vitamins, fatty acid, steroidal saponins. Uses:

It not only removes the dead skin cells but also reduce the excess oil from the skin. [24]

OTHER HERBAL ALTERNATIVES AS EXFOLIATING AGENT IN FACE SCRUB [25-30]

Brown sugar, Jojoba beads, Coffee, Walnut, Oats, Rice flour, Multani mitti, orange pill powder, flaxseed, Reetha, Gram flour.

HERBALS IN FACE SCRUB [31-53]

Neem powder- Neem has antibacterial and anti-inflammatory properties that can help clam irritated skin.

Sandalwood- Sunburn relief.

Tulsi- Anti- acne and antibacterial.

Hibiscus powder- soothing effect, moisturizing. Almond- Moisturize and nourish dry skin.

Honey- Hydrates, Anti- acne, Remove dirt from pores. Turmeric- Reduce dark spots, Remove of hair.

Aloe vera- Moisturize, Enhance skin glow. Saffron- Antiseptic and preservative.

Milk powder- The skin to remove dark spot, pigmentation, acne. Amla- Increase skin firmness.

Green tea- Decrease whiteheads and blackheads. Basil seeds- Protect skin disease.

Lemon peel powder- Brightening and oil control. Coconut oil- Deep moisturizing.

Rose petal- The antioxidant neutralizes free radicals that quicken the appearance of wrinkles, fine line, and freckles. Ginger- Anti-inflammatory and antioxidant effect.

CONCLUSION

The study concludes that the herbal scrub formulated using natural ingredients are effective in exfoliating the Skin, improving its texture and tone. A natural and efficient way to exfoliate and rejuvenate the skin is to make an herbal face scrub with Masoor dal, Ficus religiosa, Mint, Cinnamon, Millet, Himalayan pink salt and charcoal powder. These herbal ingredients can work to gently yet effectively remove dead skin cells, leaving the skin smooth, luminous, and feeling rejuvenated. This scrub is a popular option for people looking for natural beauty remedies because it can help and encourage healthier-looking skin without the use of harsh chemicals or additions in a skincare program. This study provides a cost-effective and natural alternative to commercial skin exfoliating products, which often contain synthetic ingredients and chemicals.

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