



Formulation and Evaluation of Herbal Face Scrub

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Abstract

In recent years, there has been a noticeable shift towards herbal and natural skincare products due to concerns about the potential adverse effects of synthetic ingredients. Now-a-days, People suffer from acne ,white heads and blackheads quite often so scrubbing become more essential. The scrub comprises various natural components that are safe to use, have fewer adverse effects, and have antibacterial, anti-infective, antioxidant, anti-aging, and moisturizing characteristics. The primary ingredient in this scrub is coffee. Coffee contains a lot of antioxidant properties. The scrub was made with as implemixing procedure and a variety of materials, including coffee powder, nutmeg, masoor dal and coconut oil mixed in melted beeswax. The prepared formulations were evaluated by different parameter such as organoleptic properties, physico-chemical parameters, stability and irritancy test. The evaluation result of face scrub had shown better results.

Facial Scrub Keywords: ,Anti- inflammatory , Myristica fragrans

INTRODUCTION

Cosmetics are defined as the products used for the purpose of beautifying, cleansing, promoting attractiveness or alternating the appearance. The formulation and evaluation of herbal face scrubs have garnered significant attention in the realm of skincare, driven by the growing consumer demand for natural and sustainable beauty products. Herbal face scrubs offer the effective skincare, to cleanse, exfoliate, nourish the skin and remove dead skin cells. Facial scrub was simple to use. Face scrubs should be used twice or three times a week, depending on the kind of skin. On use of the scrub ,a gentle massage is indicated to stimulate blood circulation and oxygenation of all skin areas.

It must be non-toxic, include small rough granules, and be slightly rough, non-irritating, non-sticky, and capable of removing dead skin cells. Coffee grounds have a strong scent and a rough surface and a lot of antioxidants . Nutmeg powder into the formulation, used to develop a natural exfoliate that not only enhances skin renewal but also addresses common skincare concerns such as acne, blemishes, and skin tone and making them exfoliating for dead skin cells. Herbal face scrubs have the potential to revolutionize the skincare industry, providing a holistic approach to skincare that promotes both health and beauty.

Benefits of facial scrub

- Leaves people with clean skin that is free from grime, oil, and sweat, but cleansing milk, face wash, and facial cleansers cannot remove it.
- Remove dead cells with a mild scrub to prevent skin from looking pale and old.
- Exfoliating has the ability to give skin a healthy glow.
- Exfoliation is an effective way to remove acne scars.

- Removes Dark Patches.

Material and Methods:

The following components were used for scrub: coffee, nutmeg, bees wax, masoor dal, coconut oil.

Preparation of scrub:

- ingredient is ground into a powder and weighed in accordance with the amounts indicated in the formulation table above .
- In a glass beaker, combine 3.5 grams of coffee and 2 grams of nutmeg.
- Beeswax melted at 70⁰C and coconut oil was homogeneously mixed until white cream base was prepared.
- After that, add the remaining ingredients one at a time and well blend
- One milliliter of glycerin was added, mixed thoroughly, and enough rose water was added.
- After that, every component is thoroughly combined to produce a smooth texture.
- The prepared scrub was then placed into an airtight container and kept out of direct sunlight in a cold, dry location.

Composition Table:

Sr.no	Ingredient	Scientific Name	Category	Quantity
1.	Coffee	Coffee Arabica	Anti- aging	4.5gm
2.	Nutmeg	Myristica fragrans	Antiseptic and anti-inflammatory	1gm
3.	Masoor dal	Lens culinaris	Cleanser	2gm
4.	Beeswax	Cera alba	Natural exfoliator	7gm
5.	Coconut oil	Cocos nucifera	moisturizing	2.5ml

Evaluation Test:**1) Color**

When the formulation's color was examined visually and assessed.

2) Odor

By spreading the solution on the hand and sniffing it.

3) Consistency

The evaluation of the preparation's texture and homogeneity on the skin, including its grittiness, greasiness, and stiffness effect, was based on the consistency of the formulation and particles.

4) Homogeneity and Texture

A little amount of the prepared scrub was rubbed between the thumb and index finger in order to reveal the uniform.

5) Washability

The skin was evaluated directly on it; pollutants were removed by applying the preparation to the skin and then washing it off with plain water.

6) pH

The pH of a 1% aqueous formulation solution was measured using a pH paper.

7) Spreadability

By sandwiching one gram of material between two parallel glass plates (10 cm, 20 cm), the spread diameter of each formulation was measured in order to assess its spreadability. On the top glass plate, a conventional 20 gram weight was installed.

The spreading quality was assessed through visual inspection.

8) Skin Irritation

After applying a smaller quantity of the mixture to the hand's dorsal region a few times, it was discovered to be edematous, non-irritating, and free of redness or other negative side effects.

Result :

Sr.no	Parameter	Result
1.	Color	Brownish red
2.	Odour	Characteristic
3.	Wash- ability	Easily washable
4.	pH	6.5

5.	Spread-ability	Easily spread
6.	Texture	Good
7.	Consistency	Good
8.	Irritation	No
9.	Redness	No
10.	Swelling	No

Conclusion:

- The new scrub formulation's safety is proven by the results above, and the coffee powder used as a scrubbing agent is effective. Most substances are natural and have low chances of adverse effects. It is appropriate for all skin types, including dry, oily, and normal. It delivers superior outcomes and leaves the skin looking radiant and bright. After applying a small amount of the mixture to the dorsal area of the hand for a while, it was observed to be harmless to the skin, non-irritant, and without any redness.

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