

Formulation and Evaluation of Herbal Face Scrub

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ABSTRACT:

In recent years, the increasing demand for herbal formulation is being fueled by a growing consumer interest in natural products. In present scenario herbal cosmeceuticals have more demand because they have no side effects. People suffer from acne, whiteheads and blackheads quite often so scrubbing become more essential. In our present study we formulated 3 different formulations S1, S2, S3 in cinnamon powder, Multani Mitty, honey, aloe vera, water, gram flour (Besan), and evaluated by using various parameters such as physical appearance, viscosity, pH, Spread ability, irritability, washability and got results with all the tests. The scrub S2 was found to show excellent effects on anti-ageing ingredient, blackhead removing and preventing formation of new pimples.

Keywords: Exfoliator, Anti-inflammatory, Anti-ageing

I. INTRODUCTION::

A face scrub is one of the best product use for arsenal of weapons for clear, healthy skin. The point of using face scrub (Exfoliator), is to remove dead skin cells that build up on the face and clogging the pores. Skin cells turnover about every two weeks, face has new skin cells every two weeks. Face does not shed the dead skin cells very well and over time, the dead skin cell build up can cause face to look dull. The solution is to use a face scrub to clear away the build up and show off a polished face. A facial scrub uses small particles, beads, or chemicals to get rid of the old skin cells and make way for new ones in a process known as exfoliation. Facial scrubs are cleansers.[1]

A face scrub for men is one of the best products you can use in your arsenal of weapons for clear, healthy skin. A face scrub for men is one of the best products you can use in your arsenal of weapons for clear, healthy skin.

INTRODUCTION

Facial scrub is work as exfoliator. Exfoliating pieces that when massaged

across the skin help smooth the skin by physically lifting off dry, dead skin cells. Exfoliating scrubs can help to really smooth your skin and clear pigmentation. Facial scrub is the cosmetic product which cleanses, exfoliates the skin of the face and gives healthy complexion. Skin having three types: dry, oily, sensitive. For dry skin use scrub which contain hydrating agent and moisturizing agents. For oily skin type use exfoliates deeply to prevent the pores clogging and maintain the skin oil balance. For sensitive skin use gentle scrub. We can use the facial scrub twice a week. An ideal scrub is having the properties like it should be non toxic, possess small gritty particles, mild abrasive, non irritating, non sticky, able to remove dead skin cells.[2]

Cinnamon acts as a natural exfoliator for skin and is fit to be used on all skin types. Apart from spicing up your lattes and imparting fragrance to pulao, cinnamon is a great skincare ingredient. It has been used as an anti-inflammatory and anti-ageing ingredient. In addition to this, it can also help remedy various skin related diseases and infections. Thus, cinnamon can be used in multifarious various to improve your skin. Cinnamon is said to help with the treatment of acne and pimples. Acne scars could dry out and skin could get rejuvenated. Cinnamon used on the skin seems to increase collagen levels for up to six hours after it is applied. Breakdown of collagen causes the skin to lose elasticity and increases signs of ageing. When cinnamon extracts were used as an inducer for skin fibroblast cells, there was an increase in the levels of collagen protein, without any cytotoxic effects. Thus, cinnamon can act as a safe agent to promote collagen biosynthesis. The intracellular pathway for the synthesis of collagen involves a receptor known as the Insulin-like Growth factor-I (IGF-I). It was observed that upon cinnamon extract treatment, there was an increased level of phosphorylation of this receptor. This indicates that when cinnamon treatment was given, the biosynthetic pathway of collagen synthesis was activated to a greater extent. An enhanced expression level of the various proteins

involved downstream of the receptor was also observed due to the cinnamon treatment. Thus, cinnamon can be used as an anti-aging agent.[3]

II. MATERIALS AND METHODS:

Materials : All the ingredients were powdered and sieved through sieve no. 120. The different ingredients with their key uses are enlisted in table 1.

Table 1: List of ingredients used for formulation

Sr.No.	Ingredient	Composition			Use
		S1	S2	S3	
1	Cinnamon	0.5gm	1gm	1gm	blemish-eliminating property, exfoliator, Anti-inflammatory property, prevention and treatment of unwanted acne
2	Honey	3ML	3ML	5ML	Moisturize the skin, antibacterial, prevention and treatment of unwanted acne, polish the skin.
3	Multani mitti	3gm	5gm	5gm	remove blackheads and whiteheads, giving skin a natural and healthy glow
4	Gram flour(Besan)	3gm	3gm	5gm	gorgeously clean and smooth skin.
6	Water	q.s.	q.s.	q.s.	solvent

EVALUATION:

Herbal formulation	Color	Odour	Spreadability	pH	Irritancy	Washability	Effectiveness
S1	Reddish brown	characteristic	Easily spreadable	6	Non-irritant	Easily washable	Smoothing skin,
S2	Reddish brown	characteristic	Easily spreadable	6	Non-irritant	Easily washable	Smoothing skin
S3	Reddish brown	characteristic	Easily spreadable	7	Non-irritant	Easily washable	Smoothing skin,Long lasting glowing skin

III. RESULTS AND DISCUSSION:

The formulation S3 was very effective as compare to the S1, S2. Formulation S1, S2, S3 was tested using evolution parameter such as color, odour, spread ability, pH,Irritancy, washability. All the ingredient are herbal in nature therefore there is no side-effect.

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