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A Review on: Formulation and Evaluation of a Polyherbal Face Scrub

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Abstract: ***This study aims to formulate and evaluate a polyherbal scrub using natural ingredients such as rice flour, beetroot powder, honey, aloe vera, turmeric, fenugreek seeds, almond oil, sandalwood, shikakai, ritha, vitamin E capsule, and glycerin, this study aims to formulate and evaluate a polyherbal scrub .The purpose of the scrub is to nourish and rejuvenate the skin while removing dead skin cells.***

Appearance, pH, spread ability, wash ability, and discomfort are among the evaluation criteria. The outcomes show that the scrub improves skin health and is an excellent cleanser. Thankfully cosmetics help highlight and increase human attractiveness and uniqueness natural beauty is a blessing. Products for beautifying, cleaning, improving beauty, or changing a person's looks are referred to as cosmetics.

This study aims to develop and evaluate a polyherbal face scrub that could be used in place of chemical products. Herbal cosmetics contain natural components because they can control the flow of oil from the skin's open pores and treat acne and wrinkles. Because they don't have any harmful effects and are good for the environment, natural cosmetics are the safest and best products to use in daily life.

The present study focuses on the utilizing a combination of natural and plant-based ingredients. The main objective is to develop a facial scrub enhances its texture and supports a healthy complexion. The significance of herbal cosmetics lies in their ability to enhance natural beauty while minimizing exposure to harsh chemicals commonly found in synthetic skincare products. With increasing consumer awareness regarding the side effects of chemical-based cosmetics, the demand for eco-friendly and skin compatible alternatives is growing.

Keywords: herbal cosmetics, antioxidant, anti-aging, polyherbal face scrub, skin polisher, and skin scrub, natural cosmetics, eco-friendly.

I. INTRODUCTION

Herbal and natural skincare products have become more popular in recent years because of their improved skin compatibility and decreased risk of adverse effects. A facial scrub is a treatment, cosmetic, or beauty product that purifies the skin of the face. Cleansing your face can help remove blackheads, whiteheads, keratin, oil, and particles. It protects the appearance of the skin. Skin types can be classified into three main groups: dry, sensitive, and oily. The moisturizing and hydrating components in a face scrub are essential for any body with dry skin.

Facial scrubs should be used twice or three times a week, depending on the kind of skin. acne-free skin and a smoother appearance. Because of its many uses and safety, herbal cosmetics are becoming more and more popular. Herbal scrubs, in opposed to chemical-based solutions, are rich in bioactive substances like anti-inflammatory and antioxidants. With the aim to provide an eco-friendly and effective skincare product, this study analyzes the development of a polyherbal scrub by combining traditional knowledge with scientific analysis.

II. OBJECTIVES

1) To formulate a scrub using natural ingredients.
2) To evaluate its effectiveness through physical and chemical parameters.
3) To provide an eco-friendly alternative to chemical-based scrubs.
4) To assess the scrubs stability under different storage conditions.
5) To measure consumer satisfaction through sensory evaluation (including color, texture, fragrance and spread ability.
6) To analyze the scrub's ability to enhance skin texture, clarity, and hydration over time.

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III. BENEFITS OF SCRUBBING SKIN

1) It helps to remove dead cells and skin
2) It used to clear dirt, oil, and impurities
3) It helps to reducing blackheads and whiteheads
4) It helps to improve blood circulation
5) It helps to prepares the skin to better absorb moisturizers and skincare products
6) It helps to skin feel soft.

IV. LIST OF SKIN TYPES

1) Oily skin
2) Dry skin
3) Sensitive skin
4) Combination skin
5) Normal skin

V. LITERATURE REVIEW

Herbal scrubs have been extensively studied for their benefits in skincare due to their natural origin, and minimum side effects. There are some herbs known for their therapeutic properties and used to improve skin, treatment for acne and provide nourishment.

1) *Turmeric:* Anti-inflammatory and antioxidant properties. It helps in reducing skin inflammation and treat acne.
2) *Aloe Vera*: Hydration and soothing effects. It reduces skin irritation.
3) *Honey:* Antimicrobial and wound-healing, Antioxidant. It helps to remove dead skin.
4) *Fenugreek Seeds:* Acne reduction due to antibacterial activity. It helps to lightening the skin**.** In the above information we conclude that the literature supports their use not only for cosmetic purposes but also for the treatment of dermatological issues like pigmentation and dullness

VI. MATERIALS AND METHODS

The following natural ingredients we are used to prepare the polyherbal face scrub:

1) Rice Flour
2) Beet Root Powder
3) Honey
4) Aloe Vera Gel
5) Turmeric Powder
6) Fenugreek Seed Powder
7) Almond Oil
8) Sandalwood
9) Ritha Powder
10) Vitamin E Capsule
11) Glycerine



Fig.1 Ingredient



Fig.2. Aloe vera gel

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VII. FORMULATION OF POLYHERBAL FACE SCRUB

Table no. 1 formulation table

Sr. No	Ingredients	Quantity
1.	Rice flour	6g
2.	Beetroot powder	2g
3.	Honey	0.8ml
4.	Aloe vera gel	1.05ml
5.	Turmeric	0.4g
6.	Fenugreek seeds	1g
7.	Almond oil	0.5ml
8.	Sandal wood powder	0.4g
9.	Shikakai powder	0.4g
10.	Reetha powder	0.3g
11.	Vitamin e capsule	1unit
12.	glycerin	2ml

VIII. STEPS IN PREPARATION

1) Weigh all the dry ingredients and mixing all dry ingredient in Mortar Rice flour, Beet root powder, turmeric, fenugreek seeds powder, sandalwood powder, shikakai powder, and ritha powder should all be combined in a mortar.
2) Add Liquid based ingredient slowly, while stirring, add the aloe vera gel, honey, almond oil, glycerin, and vitamin E capsule liquid.
3) Blend and triturate the all both mixtures blend until you get consistent consistency. And mix well to form a smooth paste
4) Add a few Drops of Sandalwood scent for refreshing smell and fragrance



Fig 3. Requirment



Fig 4.Formulation

IX. EVALUATION PARAMETERS

1) *Organoleptic Properties:*
2) *Colour* – yellowish brown
3) *Odour* - sweet and simple odour
4) *Texture* – Smooth and semi – solid
5) *Fragrance* – pleasant, calming
6) *Consistency* – smooth and semi – thick paste
7) *Appearance*- Smooth and Homogenous paste
8) *pH*- Measured using a pH meter (range: 4 –5.5).
9) *Spread ability:* For a simple use, it has been evaluated on glass slides.
10) *Washability*- Determined by providing it a water rinse.
11) *Irritability*- Applied to assess skin reactions in volunteers. After a few minutes no irritation observe.

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X. RESULTS AND DISCUSSIONS

The polyherbal scrub featured a homogeneous consistency and a smooth texture.

1) A pH level appropriate for all skin types.
2) Excellence the spreading capability with no residue after washing.
3) Volunteers' positive comments showed that the exfoliation was successful and did not cause any irritation.

The combination of compounds nourished the skin and softly removed it. The lack of artificial components ensures long-term safety. It is easy to apply. It having a nice smell. After that apply on skin it shows positive effects.
The product was appropriate for frequent usage, safe, and effective.

XI. CONCLUSION

The formulated polyherbal scrub demonstrated effectiveness in exfoliation and skin rejuvenation. Its natural composition makes it an eco-friendly alternative to chemical-based scrubs. Further research could explore additional natural preservatives to enhance shelf life an herbal face scrub was created and tested for a number of assessment parameters in the current study. The formulation passes the tests, according to the results. It was found that the composition may be used to the skin to brighten and nourish it without developing any adverse effects. Compared to other cosmeceutics available on the market, natural and herbal cosmetics are easier to use, safer, and more efficient. One of the main advantages of herbal therapies is that they may be used to any type of skin. Polyherbal face scrubs are effective and produce a healthier skin type. Rice flour all have antibacterial, antiaging, and antioxidant properties that make using a polyherbal face scrub even more crucial.

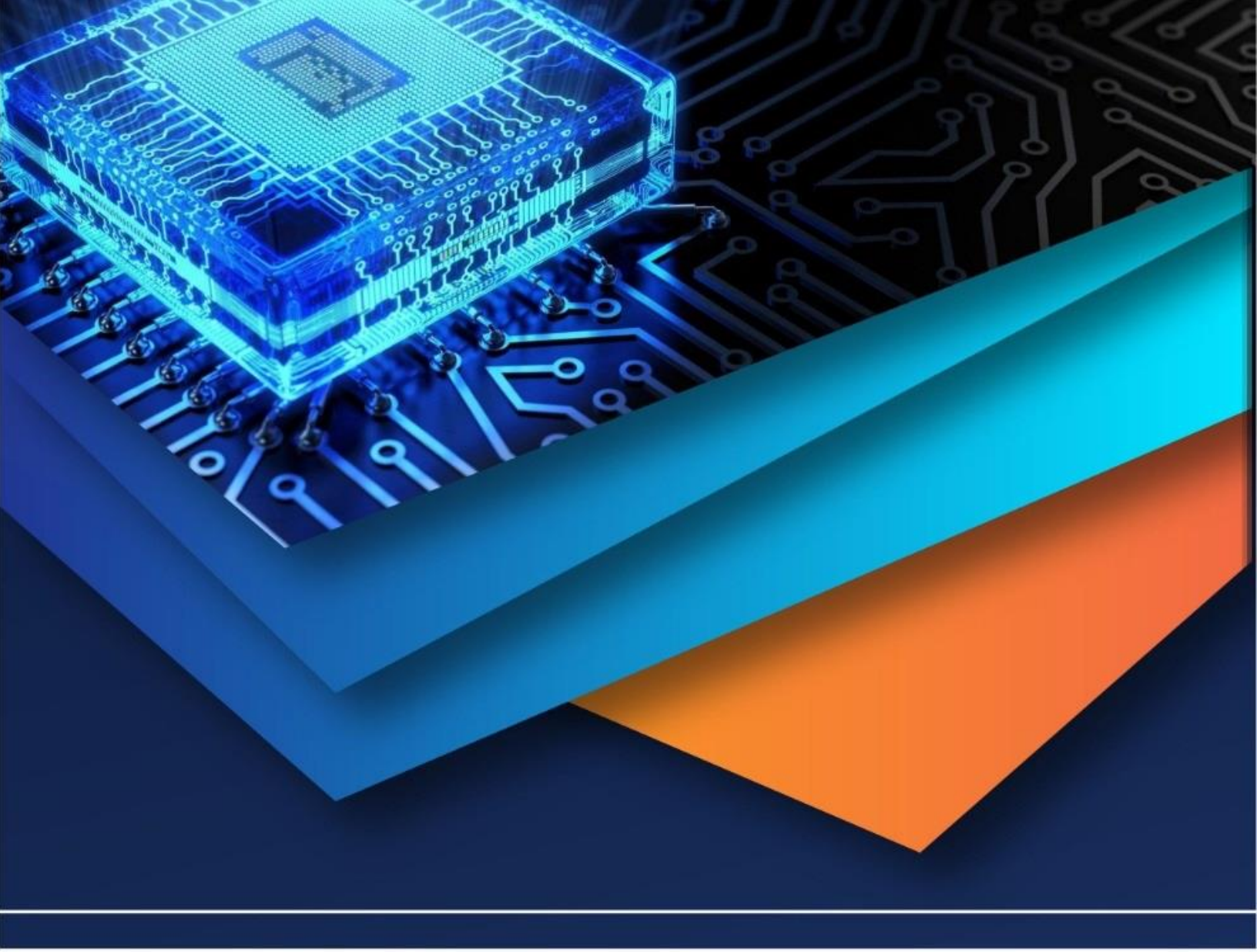
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