

A REVIEW ON POLYHERBAL FACIAL SCRUB: EXPLORING THE SYNERGY OF NATURAL INGREDIENTS FOR SKIN HEALTH

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❖ ABSTRACT

The main objective of the present study is to prepare a multi-herbal facial scrub. Nowadays, cosmetics have become an important part of daily life for both men and women to lead a happy and confident life. Since herbs and spices have been used to preserve and enhance human beauty, as herbs have many beneficial properties such as sun protection, anti-aging, moisturizing, antioxidant, anti-cellulite and antimicrobial. Compared to synthetic cosmetic products, herbal products are gentle, biodegradable and have a low toxicity profile,^[1] so we decided to prepare and evaluate a polyherbal facial scrub to protect against acne, scars, tanning, wrinkles, aging and rash. This facial scrub contains herbs that exhibit antioxidant, antiseptic, antibacterial, skin whitening, fade permanent marks and reduce inflammation properties. Today, cosmetics play an important role in the daily lives of women

and men to make the skin glow and change the appearance. The use of natural ingredients to maintain health and look good requires frequent cleaning of the skin surface to remove oil, sebum and other secretions, dead cells, dandruff and applied makeup. Herbal cosmeceuticals usually contain parts of the plant that have antimicrobial, antioxidant and anti-aging properties. It is the safest product to use routinely, without side effects, and cosmetics is the product that affects the biological function of the skin. The increasing demand for natural and sustainable skin care products has led to the development of multi-herbal facial scrubs that harness the benefits of multiple plant ingredients. This study focuses on the formulation and evaluation of a polyherbal facial scrub with natural exfoliants and plant extracts. Ingredients such as aloe vera, neem reetha powder, sandalwood powder, coffee, orange peel powder and amla powder are included. The scrub demonstrated excellent exfoliating properties without

causing irritation and improved skin texture, clarity and smoothness after regular use. This polyherbal facial scrub is a natural alternative to synthetic products, offering an eco-friendly and effective solution to maintain healthy and glowing skin.

❖ **KEYWORDS:** Skin Glow, Natural exfoliant, Acne, Poly herbal, Natural ingredient.

❖ INTRODUCTION

A facial scrub is a cosmetic or beauty product or treatment designed to cleanse and exfoliate the skin of the face or body. Using a facial cleanser is helpful in removing dirt, dead skin cells, sebum or oil, blackheads, and whiteheads, thus helping to maintain the appearance of the skin. It is essential to consider the three main skin types: oily skin, sensitive skin, and dry skin. People with dry skin should choose a facial cleanser that includes moisturizing and hydrating ingredients. On the other hand, people with sensitive skin are advised to use a gentle scrub. For people with oily skin, an exfoliation method is recommended to prevent acne, dark spots, pimples, and regulate sebum. Depending on the specific skin type, the frequency of using a facial scrub is generally recommended to be two to three times a week. However, beginners to facial exfoliation are generally advised to start with a weekly routine. Scrubs can be applied directly to the skin or applied with a small cosmetic brush. A gentle massage is recommended when applying the Exfoliating gel which helps improve blood circulation and increases oxygen supply to the entire surface of the skin.^[2] The herbal medicine industry in India is probably the oldest medical care system in the world. Facial scrubs are an important part of the skin care process. Facial scrubs are usually a cream-based product that contains small cleansing particles that, when applied to the skin, help soften the skin. Physical removal of dry, dead skin cells. Facial scrubs are also very effective at keeping the skin on your neck smooth, making cleansing easier. When removing them, make sure to keep the skin on your neck smooth and taut, making it easier to use. Facial scrubs are an excellent deep cleansing application that exfoliates all skin types and is especially beneficial for oily skin. All of these neutral face washes help remove dirt, grime, and excess oil.^[3]

❖ Benefits of scrubbing your skin

1. For perfectly clear skin

Exfoliation allows you to have clean skin, free from dirt, sebum and sweat. In fact, cleansing milk bottles, facial cleansers and facial cleansers cannot remove all the dirt that accumulates in the pores of your skin.

2. Frees your skin from flakes

Scaly skin creates dry patches. It allows dead skin cells to accumulate over time. Exfoliating your skin can help treat cracked skin effectively.

3. Helps remove dead skin cells

Dead skin cells make your skin look dull and tired. Clean them with a gentle scrub.

4. Gives glowing skin

Exfoliation can really make your skin glow.

5. Removes dark spots

Use a scrub twice a week to see results. It is especially effective for wrists, Elbows and Knees.

6. Remove acne scars

Exfoliation helps in removing acne scars.

7. Prevents ingrown hairs

Ingrown hairs are a recurring problem and exfoliation is the solution to prevent this problem.

8. For smooth skin

Smooth skin is the key to a more beautiful person. Exfoliation not only makes your skin perfectly smooth but also makes it soft and well-nourished.

9. Improves your skin texture

Cleansing your skin gives you smooth and soft skin with improved quality.

10. Promotes clear skin

Once scales, dead cells, blemishes and accumulated impurities are removed. The scrub contains a natural skin whitening ingredient, the effect is even better. Hydration and nutrition: Herbal scrubs often contain moisturizing agents such as aloe vera or honey, which moisturize the skin. It provides essential nutrients to maintain healthy skin.

11. Anti-aging effects

Herbal ingredients like green tea, amla or vitamin E help fight free radicals. Reduces fine lines, wrinkles and improves skin elasticity.

12. Natural and Gentle

Generally free of harsh chemicals, making it suitable for sensitive skin.

❖ Ideal properties of scrub

The following characteristics are considered excellent in a scrub,^[9] It should be:

1. Toxic-free
2. Contains tiny grit particles
3. Abrasive (mild)
4. Non -infuriating
5. Non-sticky surface
6. Having the ability to eliminate dead skin cells.

❖ Use of polyherbal face scrub

- 1) Cleanse - Remove dirt, oil and sweat from the skin.
- 2) Control Oil Secretion - Regulate the amount of oil on the skin's surface.
- 3) Improve skin texture - Leave skin feeling smooth and soft.
- 4) Remove Acne Scars - Exfoliation can help remove acne scars.
- 5) Exfoliate - Remove dead skin cells to reveal healthy skin.
- 6) Promote Hydration - Exfoliation helps the skin absorb moisture.

❖ Advantages

- 1) Removes dead skin.
 - 2) Imparts glow to the skin.
 - 3) Gives a glow to the skin.
 - 4) Remove the damage Exfoliation.
 - 5) They allow your skin to absorb moisture better.
 - 6) They leave your skin smoother more even.
 - 7) Rejuvenation of the skin.
 - 8) Healthy and glowing skin, minimizes pores, reduces acne and pimples hides wrinkles
- abrasive exfoliating detergents are used for mechanical exfoliation.

❖ Disadvantages

- 1) Harsh scrubbing motion and harsh chemicals can cause skin irritation including redness and inflammation. If you have sensitive skin you may also have allergic reaction to the chemical found in synthetic cleansers.

- 2) Over exfoliation can lead to open pores that are exposed to pollution and UV rays at the same time. It also makes your skin more prone to infections and tanning.
- 3) Proper hydration after exfoliation leaves your pores open and dirt easily settles there. This makes your skin more prone to acne due to the growth of bacteria in the pores. Also it makes your skin dry.
- 4) Skin damage - Scrubs that contain large irregularly shaped particles can cause micro-cracks in the skin barrier. This can lead to dry flaky patches, redness and sensitivity.
- 5) Blocked pores- Over scrubbing can open pores which can lead to infections and tanning.
- 6) Sun sensitivity - Scrub can make the skin more sensitive to UV rays which can lead to tanning, redness and sunburn.

❖ Difference between Herbal and Synthetic scrub

• Herbal scrub

- 1) Herbal products are completely free from all harmful chemicals because they are of natural origin.
- 2) Herbal products refer to products prepared from plants for their medicinal value.
- 3) Safe to use compared to chemical-based cosmetics.
- 4) Synthetic refers to products made from chemicals.
- 5) These are made from natural plant-based ingredients such as herbs, essential oils, seeds or minerals. Common ingredients include aloe vera, turmeric, lavender, honey and sugar which are known for their skin-friendly properties.
- 6) In addition to being exfoliating, herbal scrub can provide additional benefits such as soothing, nourishing or moisturizing effect depending on the ingredients. They can be gentle on sensitive skin and are often valued for their natural healing properties.

• Synthetic scrub

- 1) Synthetic product may contain slightly harmful chemicals because they are of synthetic origin.
- 2) Synthetic products refer to products prepared from chemicals.
- 3) They can be harmful to sensitive skin.
- 4) More side effects than plant-based products.
- 5) These are made from artificial or chemical ingredients including plastic microbeads, synthetic fragrance, preservatives and surfactants. The exfoliating particles in synthetic scrubs are often made of synthetic materials such as polyethylene.

- 6) Although they can effectively remove dead skin cells synthetic scrubs may not have the skin benefits that herbal ingredients provide some times they can irritate sensitive skin especially if the cleanser containartificial fragrances.

❖ **General scrubbing agents**

• **Reetha powder**



- 1) Synonyms - Soap Nut Powder, Arishtakadi Powder
- 2) Biological Source - Reetha powder is obtained from the dried fruits of *Sapindus mukorossi*, which belongs to the Sapindaceae family.
- 3) Color Description - Color: Light brown to sandy brown.
- 4) General Information - Reetha is a natural detergent, mainly known for its high content of natural saponins, which create a soapy lather when mixed with water. Reetha powder is made by drying the fruit husks, removing the seeds and grinding the husks into a fine powder.
- 5) Uses - Treats acne, eczema and other skin conditions. Acts as an exfoliant to remove dirt and dead skin.

• **Amla powder**



- 1) Synonym- Indian eggplant powder, Myrobalan Emblic Powder
- 2) Biological source-Amla powder is prepared from the dried fruits of *Emblica officinalis*

(*Phyllanthusemblica*), which belongs to the *Phyllanthaceae* family.

- 3) Description (color)- Color-light brown to greenish brown.
- 4) General Information- Amla (Indian bitter gourd) is a rich source of vitamin C and antioxidants. The fruits are small, round and yellow-green with a sour and astringent taste. The powder is made by drying the fruit, removing the seeds and grinding the pulp into a fine powder.
- 5) Uses- Increases immunity and general health, brightens skin and reduces dark spots.

- **Neem powder**



- 1) Synonym - Neem.
- 2) Organic source - Consists of dried leaves of *Azadirachta indica* belonging to the family *Meliaceae*.
- 3) Description color - Green Odor - Wild Taste - Bitter.
- 4) General information- Neem powder is made by drying neem leaves and grinding them into a fine green powder. It is rich in bioactive compounds such as nimbin, nimandial, nimbinin and quercetin, which contribute to its antimicrobial, anti-inflammatory and antioxidant properties.
- 5) Uses - Antifungal, antibacterial, antiseptic and anti-inflammatory, relieves wounds.

- **Alovera gel**



Synonym:- Aloe, Musabbar

Biological source: - Aloes is obtained from the dried juice of the leaves of

a) Aloe barbadensis Miller.

b) Slow perry Baker.

Family: -Asphodelaceae

Description Colour - Pale green

General Information:- The Aloe vera mean "aloe" meaning shining bitter substance while "vera" mean true Aloe Vera contains vitamin A and C and it also shows anti-inflammatory properties.

Uses:-Strong purgative, Laxative, Anti-spasmodic, Irritation and Malignancy, Prevent skin ulceration.

- **Orange peel powder**



Synonym:- Orange Zest

Biological Source:- It consist of dried fruits of Citrus sinensis.

Family:- Rutaceae

Description colour:- Dark orange, red etc.

General information:- An Orange is a type of Citrus fruit which often eaten. Orange is a very good source of vitamins, especially vitamins orange juice is an important part of many people's breakfast.

Uses:- Reduce skin mark, Skin spots helps to skin whitening, Treat pimples, Acne.

- **Rose water**



Synonyms- Margosa

Biological source- Rose water comes from the petals and sepals of the Rosa genus of plants

Discription –

Colour- shead of red

General information - kingdom- plantae, family- rosaceae, order-Rosales, Class - Angiosperms, Genus -Rosa

Uses-

- 1) Rose water may be an excellent complement to a face scrub.
- 2) It is well renowned for its calming qualities which makes it perfect for delicate skin.
- 3) It help regenerate skin tissue and delay the signs of aging.
- 4) Our skin is beautiful and usually heals very quickly. If you have scars or cuts applying rose water to fade these scars and reduce their appearance.

- **Coffee**



Synonyms - Java, chocolate, caffeine

Biological source- Coffee comes from the berries of the coffea genus of flowering plants.

Dried ripe seed.

Description -

Colour - Medium to deep, rich brown with hints of red and black

General information -

Family -Rubiaceae, Order- Gentianales, Genus- coffea.

Uses-

- 1) Boosts energy levels.
- 2) May be linked to a lower risk of type 2 diabetes.
- 3) May promote weight management.
- 4) Could support brain health.

- **Xanthan gum**



Synonyms- Guar gum

Biological source- bacterium xanthomonas campestris.

Description -

Colour - White powder. General information - Kingdom- bacteria

Family- Xanthomonadaceae.

Genus- Xanthomonas.

Class- Gamma subdivision of proteobacteria.

Uses-

- 1) Xanthan gum gives gluten - free doughs and batters elasticity and stickiness so they don't crumble.
- 2) Xanthan gum adjusts the viscosity of the mixture to create a smooth and stable texture
- 3) Xanthan gum acts as a binder to keep the toothpaste uniform.

❖ CONCLUSION

The knowledge of medicinal plants used by the population seems to be known in their culture and tradition. In the present study we identified many plants used by the population for the treatment of dermatological disorders and as cosmetic product. The prepared poly-herbal formulation, nourishes hydrates, cleans protects the skin from premature aging, acne, and pimple.

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