

# **A Review on Herbal Face Scrub for Skin Exfoliation**

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**Abstract:** *Many of the marketed products when applied on the skin cause dryness of skin after its long-term use which results less life of skin problems of acne and redness. Solution for this problem is use of scrub which consist all herbal ingredients which increases cleansing, softening, moisturizing, fairness of skin. The use of natural ingredients to fight against acne, wrinkle and also to control secretion of oil is known as natural or herbal cosmetics. Herbal cosmeceuticals usually contain the plant parts which possess antimicrobial, antioxidant and anti-aging properties. Herbal cosmetics are the safest product to use routine with no side effects and cosmaceuticals are the product which influences the biological function of skin.*

**Keywords:** Herbal scrub, exfoliants, phyto ingredients, antioxidant, acne, skin

## **I. INTRODUCTION**

The word cosmetic was obtained from the Greek word “kosm tikos” meaning having the power, order, ability in decorating. The birth of beauty care products forms a continuous narrative throughout the history of man as they created.[1] The man in old times 3000BC used colours for the enrichment to charm the creatures that he wished to chase additionally the man survived assault from the equal by colouring his skin and embellished his body for assurance to incite fear in an enemy (whether man or animal). The wellbeing, habits, schedule work, climatic conditions and upkeep were capable for people skin and hair beauty. [2]The skin due to excessive exposure to heat will dehydrate during summer and causes wrinkle, spots, blemishes, pigmentation and sunburns. The extreme winter cause harms to the skin and hairs within the form of cracks, cuts, maceration, contaminations and hair fall. The skin diseases are common among all age groups and can be due to exposure towards organisms, chemical agents, biological toxin present within the environment, additionally to a few amplify due to malnutrition.[3] The only factor they had to rely on was the information and data of nature assemble within the ayurveda. The science of ayurveda had utilized numerous herbs and floras to form beauty care products for beautification and protection from outside affects. The beauty care products, according to the Drug and Cosmetics Act is characterized as articles intended to be rubbed, poured, powdered or sprayed on, presents into or other various products.[4]

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.[5] 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. 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 [6] 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.[7]

Herbal Cosmetics, here referred as Items, are formulated, using different permissible cosmetic ingredients to form the base in which one or more herbal ingredients are utilized to supply characterized corrective preferences as it were, might be called as "Herbal Cosmetics" Starting 1990's cosmetic manufacturer update a term 'cosmeceuticals' to describe the OTC skin care items that claims therapeutic advantage by addition of plant based active ingredient such as alpha-hydroxy acid, retinoic acid, ascorbic acid and coenzyme These active ingredients serves numerous purposes viz. increase in skin flexibility, delay in skin aging by decreasing the wrinkles, protection against UV radiation by antioxidant property and to check degradation of collagen respectively.[8]

#### **Definition of Herbal Cosmetics:**

These are the makeup which are prepared utilizing plant products having cosmetic actions. Recently the utilize of botanicals in beauty care products have expanded primarily due to the mild action and non toxic nature. In cosmetics, both natural and Phyto-ingredients are utilized. Natural products Include oils, extracts, secretions etc. Phyto-ingredients include unadulterated constituents obtained by different process.[9]

#### **Herbal Cosmetics for Various Types of Skin**

##### **1. For Dry Skin**

Example of Herbs

Rubia Cardifolia (Manjistha), Triphala, Tulsi

Glycerihza glabra in sesame oil. Fruit face mask

Banana or avocado pulp.

##### **2. For Sensitive Skin**

Example of Herbs Usheero, Curcuma longa, Triphala, Azadiracta indica mustaka, Nimba in coconut oil.

Fruit face mask

Banana or pineapple pulp.

##### **3. For Oily Skin**

Example of Herbs Tulsi, Idhora, Nimba, Curcuma longa. Fruit face mask

Strawberry or papaya pulp.

#### **ADVANTAGES OF FACE SCRUB**

- Healthy, glowing skin, minimise spore, reduces breakout and acne, Hides wrinkles
- Allows absorption of the products, improve your tan, Maintain body pH.
- Scrubbing is the removal of dry/ dead skin cells on the surface of the skin and is one of the most important of skincare routine for face.
- Scrubbing not only helps many skin problems, it also increases blood circulation, which in turn helps you to achieve healthy and glowing skin.
- Abrasive scrub cleansers are used for mechanical exfoliation.
- Removes dead skin.
- Imparts glow to the skin.
- Gives a glow to the skin.
- Remove the damage Exfoliation.
- They allow your skin to absorb moisture better.
- They leave your skin smoother more even.
- Rejuvenation of the skin.



- Healthy and glowing skin, minimizes pores, reduces acne and pimples hides wrinkles abrasive exfoliating detergents are used for mechanical exfoliation.[10]

#### **DISADVANTAGES OF FACE SCRUB**

- 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.
- 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.
- 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 soil. Also it makes your skin dry.
- 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.
- Blocked pores- Over scrubbing can open pores which can lead to infections and tanning.
- Sun sensitivity - Scrub can make the skin more sensitive to UV rays which can lead to tanning redness and sunburn.
- Hard scrubbing motions and hard scrubbing chemicals may cause skin irritation including redness, inflammation. If you have a sensitive skin one can also have allergic reactions to the chemicals present in the synthetic scrubs as well.
- Over scrubbing can result in open pores which are exposed to pollution and UV rays at the same time. It also leaves your skin more prone to infections and tanning.[11]

#### **Materials can be used as active ingredient :**

##### **Rose Water -**



Fig No.:01

- Synonyms- Margosa
- Biological source- Rose water comes from the petals and sepals of the Rosa genus of plants
- Colour- shade 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 helps 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.



**Wheat Cover Powder :**



Fig No.:02

- Synonym – cereal.
- Biological source- It consists of dried seed covers of *Triticum aestivum* belonging to family Poaceae.
- Description Colour – White, Odour – Sweet, taste- sweet
- Chief chemical constituents Bran fibre, Cellulose and pentosans
- Uses - Provides Nourishment, Protects Against Sun Damage, Fights Acne

**Turmeric Powder :**



Fig No.:03

- Synonym-Curcuma longa
- Biological source - It consists of dried rhizomes of *Curcuma longa* belonging to family Zingiberaceae.
- Description - Colour - Yellow Odour - Aromatic Taste - Bitter
- Chief chemical constituents - Curcumin, Curcuminoids
- Uses -Reduce acne, Glowing skin, Lightens skin.



**Honey :**



Fig No.:04

- Synonym- Shahad
- Biological source -It consists of saccharine liquid prepared from the nectar of the flowers by the Honey-bee Apis mellifica belonging to family Apidae.
- Description Colour- Yellow brown coloured liquid Odour - Sweet Taste –Sweet
- chemical constituents Dextrose and laevulose (70-80%) Dextrin (0.06-1.25%) Proteins
- Uses Good for wrinkles and aging Prevent acne Remove dirt from pores

**Orange Peel Powder :**

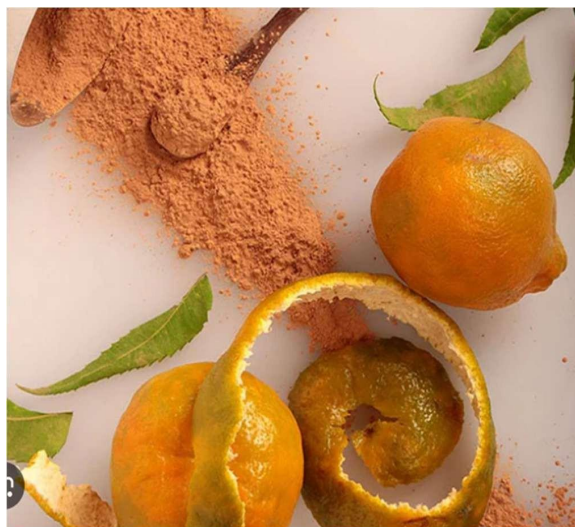


Fig No.:05

- Synonym - Orange zest
- Biological source -It consists of dried fruits of Citrus sinensis belonging to family Rutaceae.
- Description Colour- Dark orange red Odour - Aromatic Taste – Bitter
- Chief chemical constituents Terpenes, Carotenoids, Flavonoids
- Uses Reduce skin marks, skin spots, help to skin whitening, Treat pimples, acne





**Neem Leaves Powder :**



Fig No.:06

- Synonym – Neem
- Biological source It consists of dried leaves of *Azadirachta indica* belonging to family Meliaceae.
- Description Colour - Green Odour - Pungent Taste – Bitter
- Chief chemical constituents Nimbinin, Nimbidin, Quercetin
- Uses Skin toner, lightens skin blemishes, Remove blackheads

**Aloe vera:**



Fig No.:07

- Synonym- aloe vera, burn plant
- Biological source- dried latex of leaves of it also known as cape aloe belong to the family-liliaceae
- Description- Colour- clear to slightly yellow / translucent gold Odour-similar like rotten garlic or onion taste- Bitter
- Chemical constituents- aloe emodin
- Uses- heals burns and clears acne



#### Amla Powder :



Fig No.:08

- Synonym- Indian eggplant powder, Myrobalan Emblic Powder
- Biological source-Amla powder is prepared from the dried fruits of *Emblica officinalis* (*Phyllanthus emblica*), which belongs to the *Phyllanthaceae* family.
- Description (color)- Color-light brown to greenish brown.
- 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.
- Uses- Increases immunity and general health, brightens skin and reduces dark spots.[12]

#### Tulsi Leaves Powder :



Fig No.:09

- Synonym- Tulsi
- Biological source -It consists of dried leaves of *Ocimum sanctum* L belonging to family *Lamiaceae*.
- Description Colour - Green Odour - Aromatic Taste – Pungent
- Chief Chemical constituents -oleanolic acid, ursolic acid, rosmarinic acid
- Uses Prevents acne and pimples, Improve skin texture, Cleanser

#### 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 World Journal of Pharmaceutical Research 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 World Journal of Pharmaceutical Research Generally free of harsh chemicals, making it suitable for sensitive skin.[13]

#### **Ideal properties of scrub**

The following characteristics are considered excellent in a scrub 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.[14]

#### **Why the herbal scrub?**

Herbal medicine has prolonged history of use and better patient tolerance as well as acceptance. Medicinal plants have a renewable source, which is our only hope for sustainable supplies of in- expensive medicines for the world growing population.[15] Herbal face scrub will not only be safe to use but it will also exfoliate your skin, making it look healthier and more glowing. You can buy these instead of chemical ones because Face scrubs that contain natural ingredients have no side effects and are absolutely safe to use. However, you must avoid exfoliating your skin with a face scrub on a daily basis.[16] This is because when the skin gets exfoliated on a daily basis with scrubs, the cells can get damaged and that will result in rough skin. So, you should know how to use it and what things you need to prevent.[17] By using an herbal Face scrub through an exfoliation method, you can stimulate the collagen production on your skin and that will help your skin look smoother and give a radiant look to your skin. You can also save your skin from breakouts by using an herbal face scrub. You should make sure that your skin is not coming into contact with harmful chemical scrubs, so it's better to go with herbal face scrubs than chemical ones.[18]





## **OTHERS- HOME-MADE REMEDIES FOR HERBAL SCRUB**

### **1. Gentle Oat Scrub**

Soothing and anti-inflammatory oats are ideal for sensitive skin. Ground oats gently unclog pores while their natural saponins cleanse and absorb dirt and oil.

- ½ cup old-fashioned oats (uncooked)[19]
- Water

In a blender, pulse the dry oats until finely ground. Place a pinch of the ground oats into the palm of your hand, then add water until a paste forms. Gently massage into your face and neck. Store the ground oats in an airtight container for later use.[20] Bonus: Instead of water, you can use milk or yogurt, both of which have lactic acid as a chemical exfoliant. Or add apple cider vinegar that contains malic acid for brightening properties.[21]

### **2. Honey & Brown Sugar Scrub**

Honey and sugar are natural humectants (moisture preservers) that make a gentle scrub to buff away flakes, clear out pores, and lock in moisture.[22]

- 1 tablespoon brown sugar (the finer, the better)
- 1 tablespoon honey, preferably raw

Mix the brown sugar and honey together. Then with clean fingertips, very gently apply the scrub to your face in small circular motions to aid in the exfoliation process without damaging the skin.[23] Rinse with warm water and use a washcloth to remove any residual honey, if needed.

### **3. Baking Soda Add-In**

With its superfine texture, baking soda acts like an at-home microdermabrasion for all skin types. This inexpensive ingredient also absorbs excess oil, so it's especially helpful for oily skin.[24]

- 1 teaspoon baking soda
- Your regular liquid skin cleanser

Possibly the easiest scrub to make, just add 1 teaspoon of baking soda into a small amount of your regular cleanser, and you've just made your product work double duty as an exfoliating cleanser.[26]

### **4. Coffee & Oil Scrub**

Leftover coffee grounds are mild enough to use all over the body—even on sensitive areas like the face. Plus, the used grounds are still chock full of caffeine and antioxidants [ source] that leave the skin looking perky and toned.

- 1 tablespoon used coffee grounds
- 1 tablespoon oil (jojoba, olive, or rosehip)

Talk about reduce, reuse, and recycle! Don't throw away the used coffee grounds after making your morning brew. Just add 1 tablespoon of oil to them, and you've got a gentle, collagen-boosting scrub ready to go. Coffee scrubs (with added essential oil) are also great for cellulite-prone areas of the body [source].

### **5. Rice & Egg White Exfoliating Facial Scrub**

Ground rice powder makes an excellent cleanser for brightening complexions and lightening skin discolorations. Brown rice flour has oil-absorbing and anti-inflammatory benefits that help treat oily and sensitive skin. Combine with a tablespoon of ground almonds if you're battling aging.

- 2 tablespoons brown rice
- 1 egg

Using a coffee grinder, grind brown rice grains until fine. Add an egg white and whip to create a paste. Then gently massage the scrub into the skin in small circular motions to exfoliate dead cells. Rinse with warm water to remove.



### **6. Aloe Vera Gel & Sugar Facial Scrub**

Superfine sugar is a great kitchen ingredient to add to your scrub, the finer in grit, the better for your skin. Aloe vera is known to be soothing and healing [source] for all skin types. Combine the two ingredients, and after gently massaging them into your skin, leave the mixture on for a few extra minutes and then rinse well to remove.

- 1 tablespoon aloe vera gel
- a sprinkle of superfine sugar

### **7. Almond Jojoba Scrub**

Another easy to find kitchen ingredient is raw almonds. While you will need to grind them very finely in a coffee grinder or food processor, the end result will be skin smoother than when you started. Jojoba oil is non-comedogenic and great to use on skin prone to breakouts.

- 12 raw almonds
- 1–2 tablespoons jojoba oil

After grinding the raw almonds to a fine powder, add in the jojoba oil and gently exfoliate in circular motions. Remove with a warm washcloth.

### **8. Flax Seed Scrub**

Flax seeds are both anti-inflammatory internally and externally [source]. You can add a number of options to a handful of flax seeds and create a scrub so simple and effective.

- 1 teaspoon ground flax seeds or flaxseed meal
- 1 tablespoon carrier ingredient (aloe vera gel, yogurt, honey, jojoba oil, rosehip oil) Mix well with a mortar and pestle and then remove with warm water.

## **II. 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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