



Formulation and Evaluation of Polyherbal face scrub

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ABSTRACT:

This abstract presents the formulation and evaluation of a polyherbal face scrub. Facial skin is highly sensitive and is constantly exposed to pollutants, dirt, and various environmental factors that can cause dullness and damage. Exfoliation is necessary to maintain skin health and appearance. In this study, a polyherbal face scrub was formulated using natural ingredients known for their antioxidant, moisturizing, and skin-brightening properties. The main ingredient Sapodilla have rich nutritional content, particularly its high antioxidant and vitamin levels The formulation consisted of sapodilla, red sandalwood, aloe vera gel, honey, glycerine, sesame oil, and vitamin E, carefully selected for their potential benefits on facial skin. Unlike chemical-based scrubs that may irritate sensitive skin, this herbal formulation provides a safer and more natural alternative for regular use. The scrub was designed to balance gentle exfoliation with deep hydration. Evaluation results showed that the polyherbal face scrub effectively removed dead skin cells, enhanced skin smoothness, and imparted a natural glow, thus promoting the use of plant-based ingredients for healthy skin care.

Keywords: polyherbal formulation, face scrub, natural exfoliant, sapodilla, red sandalwood, aloe vera gel, honey, sesame oil, skincare, herbal ingredients, exfoliation

1.INTRODUCTION:

A face scrub is a skincare product specifically designed to exfoliate the skin, removing dead skin cells, excess oil, dirt, and other impurities from the surface of the face

. It plays a key role in maintaining a healthy, smooth, and glowing complexion by deeply cleansing the skin and unclogging pores.

Unlike regular cleansers, face scrubs contain fine particles or natural exfoliants that physically or chemically slough off dull, dry skin. This process helps reveal fresher skin underneath, enhances blood circulation, and allows better absorption of moisturizers and other skincare products.

Used 1–3 times a week, a face scrub can help reduce blackheads, prevent acne, even out skin tone, and improve overall skin texture—making it an essential part of any skincare routine

Main Part Of The face:

- 1 Forehead
- 2 Cheeks
- 3 Nose
- 4 Chin
- 5 Around The Mouth
- 6 Under – Eye Area

Layer of Skin:

1. Epidermis
2. Dermis
3. Hypodermis

Scrub:

Scrub is a skincare product designed to exfoliate the skin by removing dead skin cells, dirt and impurities. It contains small granules, beads or natural exfoliants that helps in deep cleansing and improving skin texture. It can be used for face, body, lips and scalp which is depending on their formulation.

Types of Scrub :

1. Face Scrub
2. Body Scrub
3. Lip Scrub
4. Scalp Scrub
5. Hand and Feet Scrub.



POLYHERBAL FACE SCRUB:

A polyherbal face scrub is a skincare product that combines multiple herbal ingredients to exfoliate, cleanse, and nourish the skin.

These scrubs are typically made from natural powders, oils, and extracts, and are designed to offer both physical exfoliation and therapeutic benefits from the herbs.

It contain A Natural Exfoliant Like Remove Dead Skin And Moisturizing Ingredient Like Honey, Sapodila , Sesam Oil ,Glycerin ,Aloe Vera , Which Are Help To Nourish And Protect The Face skin.

1. BENEFITS OF FACE SCRUB:

- **Frees Your Skin from Flakes:**

Flaky skin gives rise to dry patches. It allows dead cells to accumulate over time. Scrubbing your skin can help you deal with flaky skin effectively.

- **Helps In Removing Dead Cells:**

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

- **Adds Glow to Skin:**

Exfoliation can make your skin glow.

- **Removes Dark Patches:**

Use scrub twice a week to get results. It is especially effective on knuckles, elbows and knees.

- **Removes Acne Scars:**

Exfoliation helps in doing away with acne scars.

2.EXPRIMENTAL METHOD

Firstly wash Sapodila fruit and then peel off Sapodila and cut it into small pieces then dry both of them in sunlight for 2-3 days. After drying, grind both ingredients individually and make powder of them

3.METHOD OF FORMULATION:**• Composition of 50 gm. formulation of polyherbal lip scrub:**

Sr no.	Ingredients	Quantity	Action
1.	Sapodila	20g	Antioxident
2.	Aloe Vera	8g	reduce inflammation, promote wound healing, and improve skin elasticity.
3.	Sandalwood Powder	4g	brightening, reducing blemishes and acne, and providing a natural glow
4.	Honey	6ml	Preservative, glowing skin, Moisturize and Hydrate Skin
5.	Sesame Oil	1ml	moisturizing, reducing inflammation, and acting as a natural sunscreen.
6.	Glycerine	6ml	Hydrating agent
7.	Khus Khus	0.5g	Natural Exfoliator
8.	Geranium Oil		Reduces swelling, For Fragrance
9	Rose Oil	3mi	Fragrance
10	Sodium Benzoate	0,2g	Primarily Used As a Preservative In Skincare Product Microbial Growth And Extend Shelf Life .

• Method of preparation of Polyherbal Face scrub:

- For preparation of Polyherbal facial scrub, the main ingredient is Sapodilla .
- Firstly, the pulp of Sapodilla is taken and dried at sun temperature to evaporate moisture and for obtaining dried powder.
- Firstly weight all the ingredients as required quantity
- then take sapodilla powder and red sandalwood powder mix them well
- after that add aloe vera gel and honey into it and mix then well by continuous stirring
- add Geranium oil ,sesame oil and rose oil into it and mix it well
- last add glycerine , Khus-Khus and sodium benzoate into it them mix them well
- then face scrub is ready

4. EVALUATION OF POLYHERBAL FACE SCRUB:

- **colour:**

The colour of the Face scrub is Redish Brown .

- **Ph test:**

Ph of Face scrub was done by using ph meter. ph was 5,29

- **Spreadability test:**

Small amount of the gel was placed on the glass slide and another glass slide was placed on the gel. A weight was placed on it. The time required for the gel to spread, and the area was measured. The amount and the area of gel on the glass slide represent the efficiency of Spreadability

The purpose of stability testing is to provide evidence on how the quality of drug substance or drug product varies with time under the influence of variety of environmental factors such as temperature, humidity and light and enables to recommend storage condition and to predict.

assesses how easily and uniformly the product spreads over the skin. It's a common quality control test in cosmetics. Here'

The shelf life. Stability study for scrub was performed at accelerated conditionStore at cool room temperature: 15°C

to 25°C (59°F to 77°F)

- **Stability Test:**

The stability of the formulation can be tested by filling the scrub in plastic containers and placing it at room temperature for 2 weeks, after 2 weeks, result conclude no changes in taste, coulour, smell,odour.

- **Skin Irritation Test:**

It was carried out by applying product on the skin for 10-15 min

- **Antimicrobial Test :**

Sr.No	Sample ID	Staphylococcus Aureus
1	Polyherbal Face scrub	Absent

5.RESULT AND DISCUSSION:

- Evaluation parameters:**

Sr no	Parameter	Result
1	Color	Redish Brown
2	Odour	Pleasant
3	Texture	Smooth
4	pH	5.29
5	Skin irritation	No irritation
6	Spreadability	2.5cm
7	Washability	Easy washable
8	Anti-microbial Test	absent

6. CONCLUSION:

- The present study was attempted to prepare a polyherbal scrub. The prepared scrub was evaluated using various parameters and was found to be satisfied for the application on the skin to make it healthy and nourishing, glowing, de tan, without any side effects. The prepared scrub is planned to carry out with in vivo studies for its irritancy. This formulation can be used as an effective poly herbal scrub.

- Herbal scrub is made using Red Sandal wood Powder, Sapodila Powder, Aloe Vera Gel and and oil like Sesame Oil,Rose Oil and geranium oil. it shows beneficial result on skin. The evaluation parameter shows that the herbal scrub passed all the required standard and observations. This indicates that the formulation has been successful in meeting the desired quality and efficacy criteria. The Presence of natural exfoliation agent in Formulation Give desirable effect in cleansing of skin and remove dirt, dead cell and give healthy and shiny skin. The anti-bacterial Property of plant help to Fight against acne, pimple. The Sandalwood in this formulation help to reduces sunburn and suntan and beetroot gives healthy and glowing skin the various formulations were successfully carried out with several evaluations. The different concentration in each

formula affects the evaluation result of face scrub. From different 4 batches F3 is consideration as best preparation. Overall, the formulation of the herbal scrub has shown promising result and gives cleansing effect to the skin and makes skin healthy and glowing.

- The final result we conclude which shows better effect of f3 formulation at ph 5.29, spreadibility 2.5 cm, easy to wash, viscosity is better ,thus F3 is more effective than F1 and F2 This formulation can be used as an effective poly herbal scrub

7. FINAL FORMULATED FACE SCRUB:



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