



# Formulation and evaluation of Almond honey face scrub

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**Abstract :** The present project work on content research and development of “Almond honey face scrub using natural ingredients . Herbal cosmetics are easy and safe effective to use for all type of skin . the main purpose of scrub is to promote the good health and treat several skin problem . the formulated herbal facial scrub was asses using various parameter , this facial scrub prepared by using almon honey ,rose water ,walnut ,vitamin E and little amount of rice flour .

In This review paper try to present the benefits of using natural face scrub for the good healthy and youngest skin ,also treat the several skin problems and make the skin glowing and moisturizing .the formulated face scrub was asses by the various parameter like appearance, PH , washability, irritability etc. the herbal cosmetic product are use to clean, beautifying and encourage the skin .

**Key words :** ingredients , acne , moisturizing , healing .

**Introduction :** Over the last few year we have been working towards living a more natural lifestyle . ones that put less toxins in our bodies, as well as into our environment . once we adopt our real food diet , this seems to be next natural stop for us as we more connected with the food we eat and how its grown and raised , we start looking at aspect of our lives more critically . Another baby step took when I first start this transition was as I ran out of skin care product and cosmetics . [14]

The mixture doesn't only make your skin feel soft, it is also full of minerals and nutrients . Honey is superfood for skin ,it try to absorb and retain and moisture, which helps skin feel hydrated and fresh .It is natural antioxidant and antimicrobial properties, it also protect like skin in rejuvenating and refreshing skin cells .The instance formula of clean honey and crushed almond gently exfoliates skin without leaving tears . it slide over the face revealing a radiants, brighter, and smoother appearance . Cosmo beauty treat exfoliating honey and almond face scrub, with unique formula sloughs off dead skin cells and deeply cleanses facial skin by removing dirt, excess oil, and blackheads make your smooth, soft and glowing skin . honey possesses antiseptic, antioxidant and microbial properties that restore and purify the skin form within and thus aid in healing acne scars[11,13] .

**The scrub should have following qualities :**

- It should not be harmful.
- Contain microscopic grift .
- A slighter abrasive .
- Not adhesive .
- Capable of removing skin debris .

**1. Almond**

Synonym : prunus dulcis

Biological source: Its harvest from fruit of almond tree .

Family : Rosaceae family

Chemical constituents : vitamins, fatty acids, antioxidant. Uses : as cleanser , moisturizer ,hydration .[14]

- ✓ Treat dry skin
- ✓ Improve acne
- ✓ Helps reserve sun damage
- ✓ Reduce appearance of scar

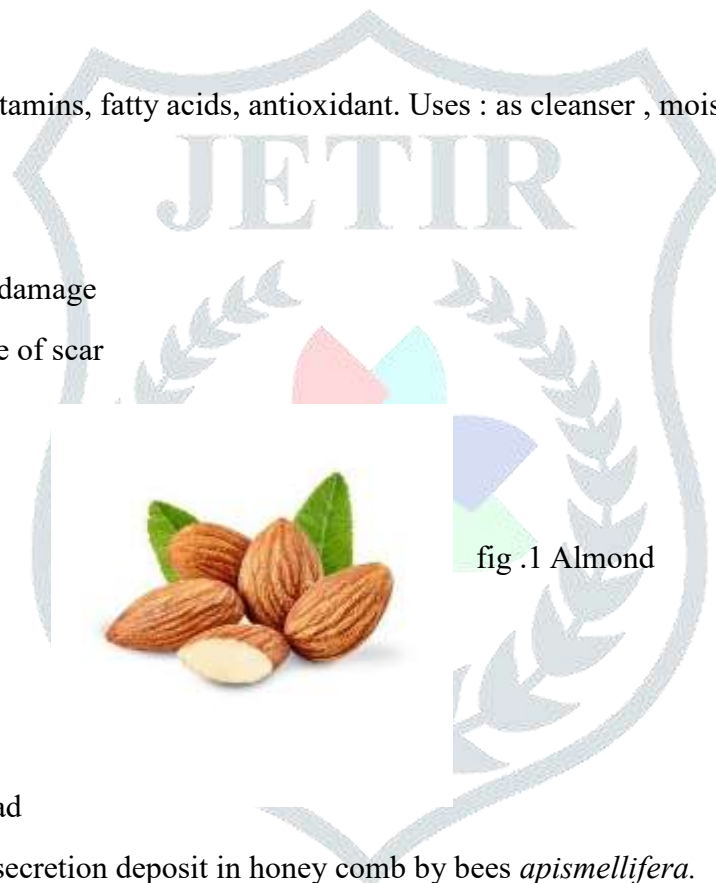


fig .1 Almond

**2. Honey**

Synonym : Madhu , Shahad

Biological source : sugar secretion deposit in honey comb by bees *apismellifera*.

Family : Apidae

Uses : exfoliating, nourishing, reducing oil .[13]

- ✓ Improve skin apperanse
- ✓ Stop wrinkles ✓ Keep skin looking young ✓ Prevent infection .



Fig 2. Honey

### 3. Walnuts

Synonym : Juglans regia

Family : Juglandaceae

Biological source : any tree of genus juglans

Uses : reduce sun tan , aging ,clogging pores

- ✓ Brightness complexion
- ✓ Protect skin from sunlight
- ✓ Protect skin from sunlight
- ✓ Treat porosis



Fig 2. Walnut

### 4. Vitamin E Source : almond oil

Uses : prevent skin aging , moisturizing , Vitamin E is the fat soluble antioxidant that is essential for maintaining healthy skin . vitamin E is not a single compound but it is group of molecule with similar structure .



Fig 4 . Vitamin E

Potentially moisturizing benefits of vitamin E oil may help the skin look less wrinkled. claim that prevent the wrinkles . make the skin appear smoother and minimize the appearance of wrinkles and fine lines .when applied topically it is also skin friendly ingredients .possible benefits of vitamin E oil include moisturizing the skin, treat condition such as psoriasis and eczema , reducing the appearance of scars and wrinkles can help in improving the skin appearance .

## 5. Rice flour

Rice flour can have many benefits for skin including :[15]

- ✓ Exfoliation : rice flour fine texture gently exfoliate the skin by removing dead skin cells and unclogging pores .
- ✓ Anti -aging : rice flour contain antioxidant that help to protect the skin from environmental damage and reduce the visible sign of aging .
- ✓ Hydration : contain starch help strength the skin natural barrier , restoring moisture and hydration .
- ✓ Skin tone : rice flour can help even out skin tone and reduce the appearance of the dark spot and hyper pigmentation .

## 6. Rose water

- ✓ Toning : rose water can act as normal astringent to tone and tighten the skin, which can minimize the appearance of pores .
- ✓ Acne control: rose water have anti microbial properties can help control and prevent acne breakouts .
- ✓ Wound healing : rose water can help soothe cuts and reduce their appearance on skin. [13,15]



Fig 6 . Rose water

**The benefits of using almond honey face scrub :** The benefits of using nutty face scrub for your skin, that exfoliating is a key in any skin care routine. adding the scrub with natural ingredients like almond oil and walnut granule to your daily skin care practice can provide range of benefits.

Almond scrub is the popular choice for those who want to gently remove dead skin cells and promote more radiant complexion. when combined with ceush walnut shell these natural ingredients can work wonder on the skin.

- ✓ Exfoliate the skin
- ✓ Leave soft and smooth skin
- ✓ Moisturize the skin
- ✓ Prepare the skin for another treatment
- ✓ Promote healthy skin
- ✓ Lighten scar
- ✓ Heal and repair
- ✓ Good for acne prone skin

#### **Method of preparation :**

1. First in a glass jar, take almond and walnut shell and grind it.
2. Make the fine powder of both almond and walnut shell.
3. Take the raw rice and make rice flour.
4. Mix the rice flour and almond walnut meal until combine.
5. Add honey, vitamin E capsule, rose water.
6. Mix it circular untill form one combine mixture.

#### **Objective :**

- enhance the texture overall skin.
- Prevent new out break.



- Removing strain .
- Aid in treating ingrown hair .
- Exfoliate away the dead skin cells

#### Evaluation parameter :

- Appearance : color of the scrub is brown, smell is distinctive . the physical appearance is semi solid .
- PH : ph of scrub is 7 as per the preparation assess .
- Consistency : the consistency of the scrub is semi solid in nature due to almond meal and honey .
- Spreadability : the charm scrub that made will spread effectively on the skin , it spread softy and quick .
- Viscosity : scrub is not viscous due to semi solid in nature . chek inn glass container .
- Washability : it wash easily from the skin without irritation and make assess .

**Result :** the information contain paper was obtain from the nature which have texture, flavor, aroma and combine by dry powder .

Sr.no	Evaluation parameter	Observation
1	Color	Brown
2	Odor	Pleasant
3	Texture	Gritty
4	PH	7
5	Irritability	Non irritant
6	Consistency	Semi solid
7	Grittiness	Small gritty particles
8	Viscosity	Non viscous
9	Washability	Washable
10	Spreadability	Easily spread

**Conclusion :** In this review , I tried to make almond honey face scrub using natural ingredient for the young and healthy, glowing skin . I prepared scrub is evaluated by us on the skin surface for promote without negative effect . this scrub is on the type of the skin and justify best use of these main purpose of the herbal product is to promote healthy, glowing, tan free skin and treat skin from several problem . the sign forward procedure and little apparatus are use to make the scrub . it contain active ingredients with best quantity and therapeutic uses. The evaluation test showing that that preparation is successful . the natural component use to create the face scrub .the created face scrub was evaluate to use the various parameter for the best use and benefits .

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