

## A REVIEW ON FORMULATION AND EVALUATION OF SCRUBBING SOAP

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**ABSTRACT**

Scrubbing Soap are the agents which are use to remove the dead cell from skin, pigmentation and blackheads, white heads and make skin glowing, smooth, soft and healthy. Scrubbing soap can be directly applied onto the skin by gently massage is recommended on application of the scrubbing soap which helps to improve blood circulation and increase oxygen supply to all surface of the skin. Due to some environmental factors many people face some problem like pigmentation and uneven skin tone. Solution for this problem is use of scrubbing soap which consist ingredients which increases cleansing, softening, moisturizing, fairness of skin. In this preparation walnut shell, Himalayan pink salt and poppy seeds are use as main active ingredients. Other ingredients like glycerine base, essential oil and rose petals are use in the formulation. Thus, the developed formulation can be used as an effective scrubbing soap for using it to bear a healthy and glowing skin.

**KEYWORDS:** Pigmentation, blackheads, whiteheads, dead cells etc.**INTRODUCTION**

Cosmetics are defined as the products used for the purposes of cleansing, beautifying, promoting attractiveness or alternating the appearance. From the ancient time, different ingredients are used for cleaning and beautifying the skin. Face skin is the major part of the body, which indicates the health of an individual but our body also need to exfoliate the skin. Generally, skins are of three types; dry skin, oily skin, and sensitive skin. The people with dry skin must use body scrub which contains hydrating ingredients and moisturizer. Gentle scrubs should be used for sensitive skin. For those who are having oily skin, it is essential to get a scrub that exfoliates deeply to prevent the pores from clogging and also to balance the skin's oil production. Exfoliation refers to the removal of old skin cells from the body's surface. Generally the scrub is in the form of semisolid dosage form or in powder form but apart from face many people scrub their whole body for beautification. But these semi-solid preparation required in large quantity so with the aim to prepare these scrub in a soap form. i.e scrubbing soap for whole body.

❖ **Advantages of Scrubbing Soap**

1. Body scrubs remove dead skin cells,
2. They allow your skin to absorb moisturizer better. By doing dead skin cell buildup, any moisturizer applied afterward will soak into the skin more

thoroughly.

3. They unclog pores and prevent ingrown hairs. 4. They leave your skin smoother and more even.

❖ **Disadvantages of Scrubbing Soap**

1. Hard scrubbing motions and hard scrubbing chemicals may cause skin irritation including redness, inflammation.
2. Over scrubbing can result in open pores which are exposed to pollution and UV rays at the same time.

## 2. MATERIALS AND METHODS

Table 1: List of Ingredients.

Sr.No	Ingredients	Scientific name	Uses
1.	Walnut shell 	Juzglans	Walnuts have Vitamin E and Vitamin B5 that helps in tightening the pores and brightening the skin. The Vitamin B5 present in walnuts works to get rid of tan and dark spots, improving skin complexion and making the skin glow. Vitamin E repairs skin, keeping it healthy and soft.
2.	Himalayan pink salt 	Pink Halite or Mineral Halite	Himalayan salt can be used in a number of different ways to benefit the skin. It can be used as an exfoliant, cleanser, or toner. It is also believed to help improve circulation and detoxify the skin.
3.	Glycerine cubes 	-	Acts as an effective moisturiser to increase skin hydration, relieve dryness, and refresh the skin's surface. Cleanses and tones. Locks in moisture. Helps to target spots and blemishes. Suitable for all skin types.
4.	Poppy seeds 	-	Poppy seeds being a powerhouse of antioxidants and essential nutrients reduce skin inflammation, scalp infections and promotes overall skin and hair health. The high amount of linoleic acid in poppy makes it extremely effective in treating eczema, burns and itching.
5.	Essential oil 	-	Lemon oil is used for a variety of skin conditions, including acne. It can also clarify your skin, gently exfoliating dead skin cells that so often become trapped in hair follicle and pores
6.	Rose petals 	-	Rose petals can be used to lighten the skin pigmentation, too.

**FORMULATION TABLE**

Ingredients	Activities
Walnut Shell	Antibacterial, Antioxidant
Himalayan pink salt	Maintaining optimum pH levels
Glycerine cubes	Emollient
Poppy seeds	Anti – bacterial
Essential Oil	Anti – microbial
Rose Petals	Skin pigmentation

**EVALUATION TESTS**

1. Appearance: The prepared scrub was evaluated for its colour and odour.
2. Ph :- Ph of the scrub was evaluated by using ph paper small amount of scrubs applied on ph paper.
3. Consistency: It was found to be solid visual observation.
4. Irritability: Small amount of scrubbing soap was applied on skin and kept for few min. To be non irritant.
5. Washability: The scrubbing soap was applied over the skin and was washed with water. formulation on applied on skin was easily removed by washing with water tested manually.
6. Grittiness: This test is checked for the presence of any gritty particle by applying it on the skin.
7. Foamability: Small amount of formulation was taken in a measuring cylinder and water in it and shake for 10 times and note the final volume.

❖ **BENEFITS**

- Exfoliation: Removes dead skin cells to reveal brighter, smoother skin
- Cleansing: Removes dirt and oil from pores
- Unclogging: Opens pores and prevents ingrown hairs
- Evens skin tone: Helps with pigmentation and uneven skin tone
- Moisturizer absorption: Helps the skin absorb moisturizers
- Anti-aging: Reduces visible signs of aging
- Detoxification: Improves blood flow and circulation
- Acne treatment: Calms breakouts of acne

❖ **ADDITIONAL BENEFITS**

- Buffs away dry, flakey skin
- Smooths patches of keratosis pilaris
- Leaves skin feeling fresh and brightened
- Makes skin glow, smooth, soft, and healthy

**CONCLUSION**

z	A1	A2	A3
Color	Yellow	Green	Red
Odour	Lemon	Lemon	Lavender
State	Solid	Solid	Solid
PH	6.2	6.5	8.5
Foamability	Less foam	Less foam	Foam valume upto 70ml after 10 times shaken

**HOW IT WORKS**

- Scrubbing soap removes dead skin cells, which allows moisturizer to penetrate the skin more effectively
- It unclogs pores and prevents ingrown hairs
- It can also improve blood circulation and increase oxygen supply to the skin

**OTHER USES OF SOAP**

- Soap is used for cleaning and lubricating products
- Soap is used for washing, bathing, and other types of housekeeping
- Soap sanitizes by destroying microbes, bacteria, and viruses

**FIG: SCRUBBING SOAP.****QUALITY OF SCRUBBING SOAP**

The most important factor to be considered in soap quality is its total fatty matter (TFM). Higher the TFM quantity in the soap, better is its quality.

Buffing your skin with an exfoliating soap bar helps improve skin tone and texture for a smoother look and feel.

The Dove Beauty Bar formula is pH balanced and free from sulfate cleansers, parabens, and phthalates.

### Conclusion of Scrubbing Soap

Scrubbing soap is a valuable addition to any skincare routine, offering numerous benefits, including:

1. Exfoliation: Removes dead skin cells, revealing smoother skin.
2. Improved skin texture: Unclogs pores and enhances skin tone.
3. Boosted circulation: Massaging the scrub soap increases blood flow.
4. Relaxation and rejuvenation: Provides a calming and refreshing experience.

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