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Formulation and Development of Herbal Moisturizing Scrub

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Abstract

The present study focuses on the formulation and evaluation of a herbal moisturizing scrub designed specifically for individuals with dry and sensitive skin. Conventional scrubs containing synthetic or harsh exfoliants often lead to irritation, redness, and dryness, necessitating additional moisturizing products. To overcome these drawbacks, a mild exfoliating formulation combining Shata Dhauta Ghrita (SDG) and jojoba beads was developed. SDG, prepared by washing clarified cow ghee one hundred times, serves as a traditional Ayurvedic emollient with strong moisturizing and skin-soothing properties. Jojoba beads, being smooth and spherical, provide gentle exfoliation without abrasion, while Sapindus mukorossi (reetha) extract was incorporated as a natural foaming agent.

The prepared formulation was evaluated for various physicochemical and performance parameters, including appearance, pH, foamability, irritability, consistency, stability, washability, and grittiness. Results indicated that the scrub possessed a yellowish-brown color, characteristic odor, pH of 5.9 (within the skin-compatible range of 5.7–7.0), semisolid consistency, and mild grittiness due to the exfoliating agents. It was found to be stable under stress conditions, easily washable, and non-irritant.

Overall, the study concludes that the herbal moisturizing scrub offers dual benefits of gentle exfoliation and intense hydration in a single step. It not only cleanses and nourishes the skin but also protects against acne, pimples, and premature aging, making it a safe and effective cosmetic option for individuals with dry, sensitive skin.

Keywords- Moisturizing exfoliant, Skin hydration, Jojoba beads, Dry and sensitive skin, Sapindus mukorossi

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