

# Recent Advances in Herbal Scrub Formulations: A Review Focusing on Oatmeal and *Citrus Sinensis* Peel Extract

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**Abstract:** Herbal scrub formulations have gained significant attention in recent years due to increasing consumer preference for natural, safe, and environmentally sustainable cosmetic products. Exfoliation plays a vital role in maintaining healthy skin by removing dead cells, improving skin texture, and enhancing the penetration of cosmetic actives. However, the adverse effects and environmental concerns associated with synthetic exfoliating agents have accelerated the shift toward plant-based alternatives. This review provides a comprehensive overview of recent advances in herbal scrub formulations, with special reference to oatmeal (*Avena sativa*) and *Citrus sinensis* peel extract as natural exfoliating agents. Oatmeal is widely recognized for its mild exfoliating action, skin barrier protection, moisturizing, and anti-inflammatory properties, while *Citrus sinensis* peel is valued for its antioxidant activity, gentle exfoliation, and skin-brightening effects due to its rich phytochemical composition. The review discusses the benefits and limitations of exfoliation, safety and environmental aspects of synthetic scrubs, advantages of herbal scrubs, phytochemical contributions, formulation considerations, evaluation parameters, and applications of herbal scrub products based on reported literature. Furthermore, the future scope of herbal scrub formulations is highlighted with emphasis on sustainable cosmetics and advanced herbal combinations. This review aims to provide a scientific foundation for the development of effective, safe, and eco-friendly herbal scrub formulations in cosmetic and dermatological applications.

**Keywords:** Herbal scrubs, Oatmeal, *Citrus sinensis*, Natural exfoliants, Herbal cosmetics, Skin care

