

# **Polyherbal Lip Scrub: A Safe and Effective Approach to Lip Care**

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**Abstract:** Growing customer desire for chemical-free natural cosmetics has led to a significant interest in the development of herbal products. The herbal lip scrub is one such product that serves two purposes: it nourishes and exfoliates the delicate skin of the lips. The primary objective of this study is to develop and evaluate a herbal lip scrub that uses ground oats as the primary exfoliating ingredient. Other natural ingredients like as aloe vera, vitamin E oil, almond oil, honey, and almond powder were added due to their well-known moisturizing, restorative, and antioxidant properties. The lip scrub was made by combining measured amounts of the ingredients with powdered oatmeal to make a homogenous consistency. To achieve the perfect texture, spreadability, and consistency, One of the evaluating criteria was the skin irritant test. It was discovered that the pH of the final, optimized formulation was within the acceptable range of 5.5 to 6.5 for topical administration, indicating that it is appropriate for lip care. Grittiness and spreadability tests confirmed oatmeal's gentle abrasive qualities without irritating the skin. Stability tests conducted under accelerated conditions revealed no discernible changes in phase separation or physical appearance, indicating good shelf stability. The herbal lip scrub shown both moisturizing and exfoliating qualities, making it a potential replacement for store-bought scrubs.

**Keywords:** Lip scrub, benefits, evaluation

## **I. INTRODUCTION**

### **COSMETICS:**

Cosmetics are a subset of health and beauty goods used to enhance or modify a person's look or to take care of the face and body. Cosmetics are used not only to alter a person's look but also to take care of their skin and body in addition to giving them a new scent. Despite the fact that cosmetics are commonly used for skin and body care, there are many different kinds of cosmetics with important and distinct functions.

The demand for herbal cosmetics is currently rising on the international market. The demand for goods made from herbs is growing globally. Using herbal products these days is growing in popularity, and people are attempting to employ more herbal remedies to embrace healthier ways of living. Many commercial cosmetic formulations contain skin and hair. The range of hues, Alongside the recent rise in product use, the range of textures and sheen tints available has also changed and expanded.[1]

The lips are the most important feature of the human face and are involved in communication, eating, facial expression, and physical attraction. They are composed of mucous membranes, muscles, and skin. Which are located around the mouth and are separated into the lower and upper lips.

Principal Lip Components:

The upper lip

The lower lip

The Vermilion Line

The Bow of Cupid

The philtrum



Oral Commissure  
Mucosal Surface

**Layers of lips:**

The skin layer  
Zones of Vermilion  
The Layer of Muscle  
The Layer of Submucosa  
Mucosal Membrane [2]

**Anatomy of lip :**

The lips are used for pretense, suction, and speaking. It is composed of the orbicularis muscle, the epidermis, the superficial fascia, and the surrounding muscles (areolar tissue and mucous membrane).

# ANATOMY OF THE LIPS

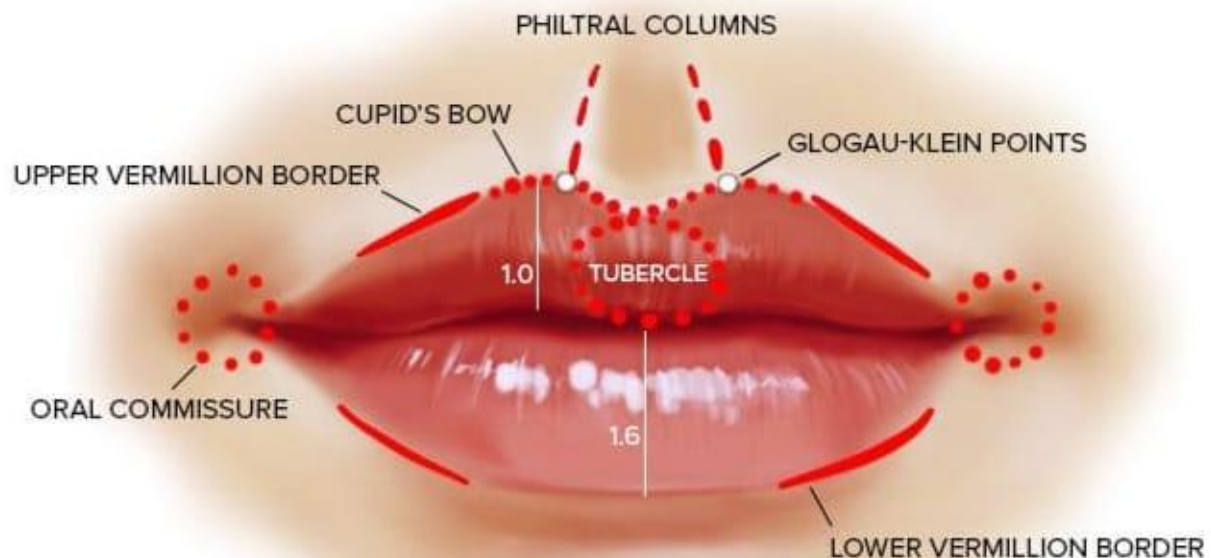


Fig no.1 Anatomy of lip

The edges of the lips have a red, dry mucous membrane. When there are numerous touch corpuscles and vascular papillae on the skin, the gums on the upper and lower lips, as well as the two folds of the superior and inferior lips in the middle line, mirror the mucous membrane within. The buccal orifice is completely encircled by coronary vessels, which are located in the sub mucous layer or areolar tissue, close to the free margin of the lips. A little artery that supplies the spectrum arteriaspetinasi is formed when the superior and inferior coronary vessels join with its counterpart on the opposite side.[3]



### SCRUB:

A skincare product called scrub is intended to exfoliate the skin by eliminating debris, pollutants, and dead skin cells. Its tiny granules, beads, or natural exfoliants aid in deep cleansing and enhancing the texture of the skin. Depending on how it is made, it can be applied to the face, body, lips, and scalp.

### Scrub Types:

Face scrub  
Body scrub  
Lips scrub  
Scalps scrub  
Hands and feet scrub [2]

### BENEFITS OF SCRIBING:

#### 1. Cleanses Skin :

The primary advantage of using a facial scrub is the elimination of dead skin cells from your face. Your face appears dry and depressed due to dead skin cells. These also clog your skin's pores. Facial cleansing eliminates dead skin cells and thoroughly exfoliates your skin.

#### 2. Clears Skin Pores :

The body naturally creates sebum, a type of oil, to keep the skin hydrated. However, in rare occasions, production may become excessive, and the surplus sebum oil is stored in the pores of your skin. When skin pores become stuck instead of being expelled into the environment, acne breakouts occur. Shedding removes sebum oil and unclogs pores in the skin.

#### 3. Promotes Skin Smoothness :

In addition to this, face scrubs leave your skin feeling smooth and radiant. The smoother, softer, and more radiant appearance you achieve will undoubtedly boost your self-esteem.

#### 4. Enhance the texture of skin :

Improve skin absorption. Compared to the skin on other areas of the body, the skin on the face is thinner, more sensitive, and more prone to damage. Skin that is unpleasant and depressing might result from improper skincare, pollution, etc. [4]

### LIP SCRUB:

A lip scrub is a cosmetic product used to exfoliate the lips by removing dead skin cells. It typically contains a gentle abrasive (like sugar or salt) combined with a moisturizing base (such as oils or butters like coconut oil, shea butter, or petroleum jelly). [2]



Fig no.2 Lip scrub



Application of lip scrub:

1. A natural lip scrub is a treatment that is used to the lips to prevent dryness and shield them from harmful environmental elements.
2. There are a lot of chemical-based lip scrubs on the market right now. One such product is natural lip scrub. Men and women are both supposed to use it.
3. In order to create lip scrub, the concentration of the primary ingredients—butters, oils, waxes, and other excipients—must be balanced. Because lip scrubs are consumed by the user.
4. It is crucial that health regulators examine the substances in lip scrubs at the microscopic level. [3]

Ideal qualities of a herbal lip scrub

1. It should be smooth and easy to spread on the lips.
2. It should not cause irritation or be harmful.
3. It should have the right softness, a pleasant smell, attractive color, nice texture, and good packaging.
4. It should stay stable over time, without changing or forming any oily layers during storage.
5. It should be clean and free from germs.
6. It should not contain any rough or hard particles.
7. It should last for a long time after use.
8. It should not melt or become too hard due to different weather conditions.[5]

How to use lip scrub :

First, moist lips, which reduce abrasive friction. Next, apply your homemade mixture or store-bought lip scrub straight onto wet lips. The American Academy of Dermatology (AAD) recommends washing with lukewarm water after 30 seconds of utilising tiny, circular finger strokes. If using a brush or sponge, apply with light, brief strokes.



Fig no.3 Lip scrubbing

lip scrub is a fantastic way to soften and smooth them. Don't use them if your lips are raw, sunburnt, or have any open wounds. Generally speaking, apply gentle exfoliation only when necessary (for example, if your lips are noticeably flaky), as excessive use may result in unwelcome irritation. [6]





#### **Advantages:**

Polyherbal lip scrubs use natural ingredients such as sugar, pink guava, shea butter, honey, and jojoba oil, which provide antioxidant, brightening, and moisturizing effects for healthier lips.

They help remove dead skin cells gently, restore softness, and give lips a glossy appearance without causing irritation, making them safer than synthetic alternatives for regular use.

Herbal components are often biocompatible, soothe inflammation, and nourish the lips, offering additional therapeutic benefits.

These scrubs generally do not cause skin irritation or microbial contamination when formulated and tested properly.

#### **Disadvantages:**

Overuse or harsh exfoliation may still damage delicate lip skin, potentially leading to micro-tears and prolonged dryness, especially with abrasives.

Even natural ingredients may trigger allergies or sensitivity in some individuals, especially if the product contains mint, fragrance oils, or certain herbal extracts.

While polyherbal products are generally safe, quality varies and improper formulation can reduce effectiveness or cause slight skin irritation

There is a risk of over-exfoliation if used too frequently, which may compromise the lips' barrier function over time.[7]

#### **Disorder of lips**

##### **Swelling**

Inflammation Lips may enlarge as a result of an allergic reaction. Sensitivity to specific meals or beverages, medications, cosmetics, or airborne irritants could be the source of the reaction. Once these causes are found and removed, the lips typically recover to their natural state. However, the origin of the swelling is often still unknown. Hereditary angioedema is a disorder that can result in recurrent episodes of swelling. Lip swelling may also be brought on by nonhereditary illnesses including Erythema multiform, sunburn, cold, dry weather, or trauma.



**Fig no.4 Swellon lip**

##### **Sun damaged :**

Sunlight damage Lips, particularly the lower lip, may become dry and hard due to sun damage. Damage that raises the risk of developing cancer later on is indicated by red spots or a white, filmy appearance. Applying a lip balm with sunscreen to the lips can lessen this kind of damage; it shields the face from the sun's rays. The corners of the mouth may become uncomfortable, inflamed, red, cracked, and scaly when there is lip inflammation. may be caused by a diet lacking in vitamin B2.





Fig no.5 Sun damage

### 3. Discoloration:

Around the lips, freckles and asymmetrical brownish patches are frequent and can last for years. Kawasaki disease, an unidentified illness that typically affects infants and kids ages 8 and under, can cause the mouth's lining to redden and cause dryness and cracking of the lips.



Fig no.6 Discoloration of lips



### 5. Sores

Skin cancer may be the cause of a raised spot or a lip sore with sharp edges. Various sores may appear as signs of various sores illnesses, like syphilis or an infection with the oral herpes simplex virus. There is no known cause for certain others, such as keratoacanthoma. Fillnesses, like syphilis or an infection with the oral herpes simplex virus. [3]



Fig no.7 Lip sores

### Components of Polyherbal Lip Scrubs

A typical polyherbal lip scrub includes the following types of ingredients:

#### 1. Exfoliating Agents :

sugar (brown or white): Natural exfoliant for removing dead skin cells.

Oatmeal powder: Soothes and gently exfoliates.

Coffee grounds: Provides texture and antioxidant activity.

#### 2. Herbal Actives:

Aloe vera : Heals and hydrates.

Turmeric (Curcuma longa): Anti-inflammatory and depigmenting.

Tulsi (Ocimum sanctum): Antibacterial and soothing.

Neem (Azadirachta indica): Antimicrobial and purifying.

Licorice (Glycyrrhiza glabra): Reduces pigmentation and soothes irritation.

#### 3. Oils and Butters:

Coconut oil: Deeply moisturizes and provides antibacterial properties.

Shea butter: Softens and protects the lips.

Almond oil :Rich in vitamins A and E, supports skin regeneration.



#### 4. Essential Oils (optional)

Peppermint oil or lavender oil for fragrance and added therapeutic benefit.

Pharmacological Activities of Herbal Ingredients:

Turmeric :-Anti-inflammatory, antioxidant, depigmenting

Neem :-Antimicrobial, wound healing

Aloe vera Moisturizing, anti-inflammatory, soothing

Tulsi:- Antibacterial, adaptogenic

Licorice Skin lightening, anti-irritant.

Coconut oil :-Emollient, antibacterial.[8]

#### Experimental work :

##### 1. Colour:

The lip scrub hue was visually examined.

##### 2. Odour :

scent by sniffing the product, its scent was assessed.

##### 3. pH test :

The produced scrubs pH was assessed. The pH paper was covered with a small amount of the scrub.

##### 4. Spreadability :

A tiny bit of the scrub was applied to the glass slide, and then the gel was placed on top of another glass slide. It had a wooden weight on it. The area and the amount of time needed for the gel to spread were measured. The spreadability efficiency is shown by the quantity and area of scrub on the glass slide.

##### 5. Irritation test :

The lip scrub was determined to be non-irritating after a small amount was applied to the skin and left there for a few minutes.

##### 6. Washability test :

Washability Formulations were personally tested after being applied to the skin and removed with water. Gritty Applying the product to the skin allowed for the detection of any gritty particles.

##### 7. Safety and Stability :

Polyherbal lip scrubs are generally considered safe due to their natural origin, but stability testing is essential to ensure product shelf life. Common tests include pH stability, microbial load assessment, and organoleptic evaluation. The presence of natural preservatives (like vitamin E or rosemary extract) can enhance stability. [9]

## II. CONCLUSION

Polyherbal lip scrubs present a natural, effective, and holistic approach to lip care. Their multifunctional properties — exfoliating, moisturizing, and healing — make them a valuable addition to herbal cosmetic formulations. With further scientific validation and standardized production methods, these products can play a significant role in the herbal cosmetics industry.

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