



# FORMULATION OF COFFEE EXFOLIATORS FOR FACE SCRUB

MOHD SHARIZ, KHAN JAHIR AHMED, HAMZA SIDDIQUI, KHAN OSAMA, KHAN KAMRUL HUDA

*\*Under The Guidance Of DR YOGESH PALVE\**



**ABSTRACT :** Coffee, a ubiquitous beverage cherished for its rich aroma and stimulating effects, has recently gained attention for its potential benefits in skincare. This abstract presents a thorough review of the literature surrounding coffee exfoliation as a facial scrub. The primary objective is to evaluate the effectiveness of coffee grounds as an exfoliant and its potential advantages for skin health. Various studies suggest that coffee possesses antioxidant properties, which may contribute to its ability to rejuvenate the skin and mitigate signs of aging. Additionally, the abrasive nature of coffee grounds makes them an ideal candidate for physical exfoliation, aiding in the removal of dead skin cells and promoting cellular turnover. However, concerns regarding potential skin irritation and the uneven texture of coffee grounds have been raised. Thus, this abstract critically examines the existing evidence, highlighting both the benefits and limitations of incorporating coffee exfoliation into skincare routines.

**EXFOLIATORS:** Exfoliation is a natural process of healthy skin, where the body sheds dead skin cells, allowing brand-new, fresh skin to be revealed beneath. Natural Exfoliating agents are used to remove dead cells present on the skin and boost blood circulation, giving renewed and glowing skin. It keeps skin free from dirt, grime, accumulated sebaceous secretions and oils which are also beneficial in keeping the skin pores clean. Natural exfoliation spheres gently exfoliates and deep cleans the skin while protecting and nourishing it at the same time. Umang Pharmatech manufactures Sprayspheres SE® beads containing natural products specially used for exfoliation.

**KEY WORDS:** Exfoliate ,peel off ,flake off ,throw out, shed off ,scrap, eliminate ,rub , Exfoliators beads , Scrub beads , Natural Exfoliators ,Cosmetic beads for aesthetic effects.

**EXFOLIATION BENEFITS :**

- Removal of dead skin cells
- Smoother, firmer skin
- Even-toned complexion
- Refined pores
- Reduces fine wrinkles, hyperpigmentation and scars
- Stimulates blood flow
- Allows for better absorption of moisturizers and serums

**COFFEE EXFOLIATORS :** Coffee scrub exfoliator is a natural remedy that reduces. lines and aging signs on skin, and get a glowing and healthy again. Coffee Scrub is a natural exfoliant and effectively cleans, heals, moisturises and rejuvenates the skin.

**INCI NAME :** Coffea Arabica (Coffee) Seed Powder

**PHYSICAL AND CHEMICAL PROPERTIES :** **Appearance** - Free flowing brown colour spheres

**Solubility** – Practically insoluble in water

**Bulk Density** - NLT 0.6 gm/cc

**pH Value** - (1.0% Slurry) - 5.0 to 8.0

**Loss on drying** - NMT 8.0%

**PARTICLE SIZES OF EXFOLIATOR BEADS :** XS = Extra Small = 0.2 mm VVS = Very Very Small = 0.2 - 0.3 mm VS = Very Small = 0.3 - 0.6 mm S

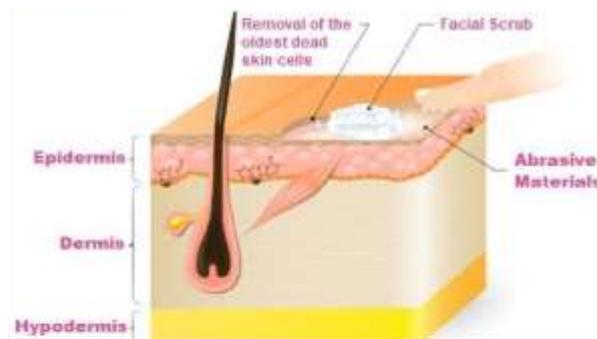
= Small = 0.6 - 0.8 mm M = Medium = 0.8 - 1.4

mm L = Large = 1.4 - 2.0 mm XL = Extra

Large =



### EFFECT OF COFFEE EXFOLIATION IN FACE SCRUB:



### KEY PROPERTIES OF COFFEE EXFOLIATORS

- Does not disappear on gentle rub
- Preservative Free
- Non GMO
- Provides Soft to mild Exfoliation
- Composition has GRAs status
- Only approved synthetic & natural colors used
- Provide visual effects
- It is natural, non-toxic, non-comedogenic and non-allergenic properties and also biodegradable
- Soft but effective abrasive, exfoliates naturally restore skin's beauty

Coffee exfoliators makes a great exfoliant in facial scrub . Coffee scrub exfoliators do not dissolve in water, which makes them good at scrubbing away dead skin cells.

Coffee exfoliators unclog the pores. removes dead skin cells, making the skin look younger with its amazing antiwrinkle properties. Coffee exfoliators contains antioxidants such as polyphenols that helps to protect from harmful U.V rays and signs of ageing linked to sun exposure .

### FORMULATION PROCEDURE:

**Step I:** Beeswax is melted in a container by using water bath to a temperature of about 70° C. Then mineral oil is added to the melted beeswax. This is mixture A.

**Step II:** In another container, water is heated to a temperature of about 70° C and borax is dissolved in it. This is mixture B. Mixture B (aqueous phase) is added slowly to mixture A (Oily phase) along with stirring. Stirring is carried out until a creamy emulsion is formed.

**Step III:** Finally, perfume is added to the preparation when it attains a temperature of about 40°C. Coffee exfoliator is added at the end of manufacturing at moderate temperature and at slow stirring. Shearing or other mechanical stresses should be avoided all manufacturing and filling process.

**DOSAGE:** 0.5 % to 2% for visual effect and up to 10 % for colour or active delivery

### FORMULATION TIP

Face Scrub

Ingredient	Qty(%ww)	Role O/Ing
White beeswax	20g	Emollient
Mineral oil	50gm	Lubricant
Perfume	q.s (0.5)	Odour
D.W	28.8gm	Vehicle
Borax	0.7gm	Buffer
Coffee Exfoliator	0.5-2%	Scrubbing agent

**COFFEE EXFOLIATOR FACE SCRUB SEVERAL ADVANTAGES FOR SKIN CARE :**

- Natural Exfoliation:** Ground coffee acts as a natural exfoliant, helping to slough away dead skin cells and unclog pores. This promotes smoother, brighter skin and can help reduce the appearance of blemishes and uneven texture.
- Improved Circulation:** The massaging action of applying a coffee scrub stimulates blood flow to the skin's surface. Improved circulation can enhance the skin's overall health and appearance, giving it a radiant glow.
- Antioxidant Benefits:** Coffee is rich in antioxidants, such as chlorogenic acid, which can help protect the skin from damage caused by free radicals. This can potentially reduce the signs of aging, including fine lines, wrinkles, and sagging skin.
- Reduction of Inflammation:** The anti-inflammatory properties of coffee may help soothe irritated or inflamed skin conditions, such as acne or rosacea. Regular use of a coffee scrub may help calm redness and reduce the severity of breakouts.
- Temporary Reduction of Cellulite:** Some believe that caffeine in coffee scrubs can temporarily improve the appearance of cellulite by stimulating blood flow and tightening the skin. While the effects may be temporary, regular use of a coffee scrub can contribute to smoother-looking skin.
- Moisturizing Effects:** Coconut oil, often used as a base in coffee scrub formulations, is rich in fatty acids that moisturize and nourish the skin. This helps to prevent dryness and leaves the skin feeling soft and supple after exfoliation.
- Sensory Experience:** The aroma of coffee can provide an energizing and uplifting sensory experience during skincare routines. The invigorating scent can help awaken the senses and boost mood, making the skincare ritual more enjoyable.
- Overall, coffee exfoliator face scrubs offer a range of benefits for the skin, from gentle exfoliation to antioxidant protection and moisturization. Incorporating a coffee scrub into your skincare routine can help promote a healthier, more radiant complexion.

**There Are Some Potential Disadvantages Of Coffee Exfoliator Face Scrub :**

**1. Abrasive Nature:** Coffee grounds can be abrasive, especially if the particles are large or unevenly sized. Over-exfoliation with a coffee scrub can cause micro-tears in the skin, leading to irritation, redness, and sensitivity, particularly for those with sensitive or delicate skin.

**2. Potential for Staining:** Coffee grounds have a natural brown color that can temporarily stain the skin, particularly if left on for too long or if the scrub is not rinsed off thoroughly. This can be more noticeable on lighter skin tones and may require additional cleansing to remove.

**3. Messy Application:** Coffee scrubs can be messy to apply and rinse off, as the grounds may leave residue in the sink or shower. Care should be taken to avoid clogging drains with excess coffee grounds.

**4. Risk of Allergic Reactions:** While coffee is generally considered safe for most people, some individuals may be allergic or sensitive to caffeine or other compounds found in coffee. It's essential to perform a patch test before using a coffee scrub, especially if you have known allergies or sensitive skin.

**5. Drying Effect:** While coconut oil is often used in coffee scrub formulations for its moisturizing properties, some people may find that coffee scrubs leave their skin feeling dry or tight, particularly if not followed up with a hydrating moisturizer.

**6. Limited Benefits for Certain Skin Concerns:** While coffee scrubs can help exfoliate and temporarily improve the appearance of the skin, they may not address specific skincare concerns such as deep wrinkles, hyperpigmentation, or severe acne. In these cases, targeted skincare products or professional treatments may be more effective.

**7. Not Suitable for Certain Skin Conditions:** Coffee scrubs may aggravate certain skin conditions, such as eczema, psoriasis, or open wounds, due to their abrasive nature. Individuals with these conditions should consult a dermatologist before using a coffee scrub.

Overall, while coffee exfoliator face scrubs can be beneficial for many people, it's essential to be aware of their potential disadvantages and use them with caution, particularly if you have sensitive skin.

## CONCLUSION FOR COFFEE EXFOLIATION FOR FACE SCRUB

In conclusion, coffee exfoliator for a face scrub offers a natural and invigorating way to revitalize your skin. By harnessing the exfoliating properties of ground coffee and brown sugar, combined with the moisturizing effects of coconut oil, you can create a skincare product that gently buffs away dead skin cells while nourishing and hydrating your complexion.

This formulation provides a simple yet effective way to achieve a radiant and refreshed look, with the option to personalize the scrub by adding essential oils for fragrance or vitamin E oil for extra nourishment. Regular use of this coffee exfoliator can help improve circulation, promote cell turnover, and leave your skin feeling soft, smooth, and rejuvenated.

With the satisfaction of knowing exactly what ingredients are going onto your skin, along with the cost-effectiveness of creating your own skincare products, making a coffee exfoliator face scrub at home is not only beneficial for your skin but also a delightful sensory experience. So indulge in the natural goodness of coffee and treat your skin to a spa-like treatment right in the comfort of your own home.

## HERE ARE THE SOME REFERENCES :

1. Bhagwat, S., Haytowitz, D. B., Holden, J. M. (2010). USDA Database for the Caffeine Content of Selected Foods. U.S. Department of Agriculture.
2. Espinoza, F., & Quintanilla-Dieck, L. (2019). Coconut Oil: Chemistry, Production and Its Applications - A Review. *Grasas y Aceites*, 70(3), e332.
3. Ludwig, A., & Hundhausen, C. (2013). Brown Sugar: A Sweet Way to Treat Wounds? *The Journal of the American College of Clinical Wound Specialists*, 5(1), 8-12.

4. Papakonstantinou, E., Roth, M., & Karakiulakis, G. (2012). Hyaluronic acid: A key molecule in skin aging. *Dermato-Endocrinology*, 4(3), 253-258.

5. Rizer, R. L., & Stephens, T. J. (2015). Cosmeceuticals and Natural Products: Wound Healing. *Clinics in Plastic Surgery*, 42(4), 605-612.

6. Schagen, S. K., Zampeli, V. A., Makrantonaki, E., & Zouboulis, C. C. (2012). Discovering the link between nutrition and skin aging. *Dermato-Endocrinology*, 4(3), 298-307, Etc.

