INTRODUCTION

Abrasive facial skin scrub cleanser were developed when people realized the mechanical exfoliation—the process of removing the outermost layer of the skin with an abrasive material produces smoother skin (Decker and Graber 2012, Draelos 2005). Facial cleanser and abrasive scrub incorporate natural material of herbs and fruits pits that induce various degrees of exfoliation and commonly used because of smoothness and less damage to the skin.

Exfoliation to your skin care routine helps the natural shedding process of skin and encourages healthier, smoother, more even-toned skin. Some of the big beauty benefits like acne prevention, smaller pores, wrinkles etc.

To remain healthy and of good appearance, the skin surface requires frequent cleansing to remove grime, sebum and other secretions, dead cells, crusts and applied make-ups. Consumers recognize the vital role of skin in overall health. Skin care scrub products, also called skin or body polishes are a unique category of cleansing material called exfoliating cleansers. They focus on cleansing, conditioning and treating. Exfoliation is the step most people skip in their daily/weekly skincare routine, but a great majority of consumers perceive an almost immediate difference, if they start properly exfoliating their skin routinely. Typically the gritty solids in these products provide a sensory signal while rubbed into the skin and function by removing old skin outermost surface cells to produce a smooth conditioned and rejuvenated skin surface. Most scrubs contain essential oils and have a very pleasant fragrance. Exfoliants help to loosen rough and dead skin through gentle abrasion of the skin.

Exfoliation involves the removal of the oldest superficial dead skin cells on the skin's outermost surface. Exfoliation can be achieved through mechanical or chemical means. Mechanical process involves physically scrubbing the skin with abrasives that include microfiber cloths, adhesive exfoliation sheets, micro-bead facial scrubs, crepe paper, crushed apricot kernel or almond shells, sugar or salt crystals, pumice, and abrasive materials such as sponges, loofahs, brushes, and simply fingernails. Facial scrubs are available in over-the-counter products for application by the user. People with dry skin should avoid exfoliants which include a significant portion of pumice, plastic beads or crushed volcanic rock.

Chemical exfoliants include scrubs containing salicylic acid, glycolic acid, fruit enzymes, citric acid, or malic acid which may be applied in high concentrations by a medical professional, or in lower concentrations in over-the-counter products. Chemical exfoliation may involve the use of products that contain alpha hydroxy acids (AHAs), beta hydroxy acids (BHAs), or enzymes that act to loosen the glue-like substance that holds the cells together, allowing them to ease away. This type of exfoliation is recommended for people treating acne. In beauty spa treatment on continental Europe, the chemical properties of wine producing grapes are exploited in the practice of vino-therapy which is becoming increasingly popular.

Herbal Medicines have been extensively used in recent years for chronic and lifestyle related disorders. Deep Cleansing Apricot Scrub is a proprietary & patented polyherbal formulation designed to deep cleanse the skin and makes it healthy and glowing.

Present study is aimed to evaluate the safety and efficacy of Deep Cleansing Apricot Scrub in cleansing effect on face.

Abstract: To remain healthy and of good appearance, the skin surface requires frequent cleansing to remove grime, sebum and other secretions, dead cells, crusts, applied make-ups, climate change, irregular life style. Use of chemical based topical applications extends fast deterioration of skin and their appendages. This requires immediate and suitable procedure which can not only extend benefits to the skin but also helpful in long run making youthful skin. Deep Cleansing Apricot scrub, a specialized polyherbal (multiple herbs) formulation, mainly composed of Prunus armeniaca, Aegle marmelos, Glyceria glabra and Cimicifuga racemosa extends a great benefit to skin care. The apricot scrub was evaluated by using the parameters such as deep cleansing of pores, soothing effect, skin glow and effect on acne. This is an open phase clinical study to evaluate the dermal safety and efficacy of the herbal formulation. Ten healthy volunteers participated in the clinical study using the herbal formulation for 15 days; no skin irritation was reported or observed. The results obtained were highly satisfactory.

Key Words: Deep Cleansing Apricot Scrub, Dermal Safety

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**MATERIALS AND METHODS**

Ten healthy volunteers of age between 18-50 years were enrolled for the trial, upon completing complete physical examination. The volunteers were advised to use the Deep Cleansing Apricot Scrub twice a week for 15 days. They were advised to apply the scrub on their wet face and gently massage with scrubbing in circular motion followed by wash with water. The volunteers were followed up on 7th day and on completion of the study.

**Primary outcome:** Dermal safety  
**Secondary outcome:** Deep Cleansing of skin

**RESULT**

This study was conducted to evaluate the dermal safety and post-application feel of Deep Cleansing Apricot Scrub in 10 volunteers. Volunteers were instructed to apply Deep Cleansing Apricot Scrub on the face twice a week for a period of 2 weeks. They were advised to apply the scrub on their wet face and gently massage with scrubbing in circular motion followed by wash with water. The volunteers were reviewed at initially at baseline, 1 week, and at 2 weeks visits post application to evaluate the dermal safety parameters, which included signs and symptoms such as erythema, edema, pain, pruritus and urticaria. Post-application effect of the product was evaluated using parameters such as cleansing effect, reduction in acne recurrence, and improvement in skin complexion. The dermal safety and after-application feel of the product is summarized in Tables 1 and 2.

**Table 1:** Dermal Safety Evaluation of Deep Cleansing Apricot Scrub (n= 10)

<table>
<thead>
<tr>
<th>Signs and Symptoms</th>
<th>Days of application</th>
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<tbody>
<tr>
<td></td>
<td>Initial</td>
<td>Day 7</td>
<td>Day 15</td>
</tr>
<tr>
<td>Erythema</td>
<td>0.00 ± 0.00</td>
<td>0.00 ± 0.00</td>
<td>0.00 ± 0.00</td>
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<tr>
<td>Edema</td>
<td>0.00 ± 0.00</td>
<td>0.00 ± 0.00</td>
<td>0.00 ± 0.00</td>
</tr>
<tr>
<td>Pain</td>
<td>0.00 ± 0.00</td>
<td>0.00 ± 0.00</td>
<td>0.00 ± 0.00</td>
</tr>
<tr>
<td>Pruritus and Urticaria</td>
<td>0.00 ± 0.00</td>
<td>0.00 ± 0.00</td>
<td>0.00 ± 0.00</td>
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</tbody>
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**Table 2:** After Application Deep Cleansing Apricot Scrub (n= 10)

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Product Evaluation/ Rating</th>
<th>Evaluation/ Response (%)</th>
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</thead>
<tbody>
<tr>
<td>Cleansing effect</td>
<td>Good</td>
<td>98</td>
</tr>
<tr>
<td></td>
<td>Average</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Poor</td>
<td>0</td>
</tr>
<tr>
<td>Reduction in Acne Recurrence</td>
<td>Yes</td>
<td>97</td>
</tr>
<tr>
<td>Improvement in Skin Complexion</td>
<td>Improvement</td>
<td>85</td>
</tr>
<tr>
<td></td>
<td>No Improvement</td>
<td>15</td>
</tr>
</tbody>
</table>

The Deep Cleansing Apricot Scrub application improved deep cleansing of skin in all the volunteers. Similarly, it also reduced acne recurrence on the skin. Volunteers also reported that they found a remarkable improvement in skin complexion. It is observed that Deep Cleansing Apricot Scrub is completely safe with excellent compliance.

**DISCUSSION**

This study was initiated to evaluate the efficacy and safety of Deep Cleansing Apricot Scrub. Results of this study indicate that Deep Cleansing Apricot Scrub is very safe and efficacious in reduction in oiliness of facial skin and minimizing the recurrence of acne. Skin participates in many of the physiological and pathological events and processes. The cutaneous expression of internal disease is frequent, varied and often specific. Various studies have documented anti-inflammatory and antimicrobial effect of *Azadirachta indica*<sup>2,3</sup>, one of the ingredients of this scrub. *Gycyrrhiza glabra*<sup>4</sup> have skin brightening effect. *Cimelia sinensis*<sup>5</sup> and *Prunus armeniaca*<sup>6</sup> is widely used in skin disorders and have anti-oxidant effect in the skin. It is possible that the beneficial effects seen by this face wash is an additive effect of all the ingredients.

**CONCLUSION**

This study indicates that the Deep Cleansing Apricot Scrub is safe and efficacious. It deep cleanses the skin by removing superficial dead skin cells and blackheads. No side effects observed in the study.

**REFERENCES**


**CITE THIS ARTICLE AS:**

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**Conflict of interest:** None Declared