

RICE SCRUB (PIMPLES FIGHTER)

¹Sugat Bhagat, ²Malhar Surangalekar, ³Omkar Varhadi, ⁴Rushikesh Choude, ⁵Sumit Varghat, ⁶Kishor Deshmukh, ⁷Shubham Bansode

⁸Prof. Manasi V. Ghamande

^{1,2,3,4,5,6,7,8}Department of engineering, Science & Humanities(DESHE)

Vishvakarma Institute of Technology, Pune(India)

ABSTRACT

The project expresses the preparation of scrubber made of rice flour which is the main constituent and is purely natural without any artificiality. It is cost efficient and guaranteed safe as all the ingredients are natural so it will be effective in concern with the pimple fighters. Our project is basically on the issue of pimples and acne that many people suffer during puberty. Instead using costly fairness products we have made a scrub with no side effects.

Keywords: *Effective, Fresh, Homemade, Natural, Simple*

1. INTRODUCTION

This research is the study of natural preparation of rice scrub with the help of rice which is our major constituent. Many people in the world suffer from the problem of pimples especially the youth. These pimples can be cured easily. Today's youth is facing this issue and when such things happen they get frustrated and it lowers their confidence. In this project we have used natural things like rice flour, honey, walnut, gram flour, etc. The process of making rice scrub, where mainly rice flour is used. This scrub is very health conscious as it has honey which has many antioxidants that are great for the skin. Rice flour and honey specially used for the purpose of oily skin. And gram flour is rich in proteins and carbohydrates consists of no gluten.

2. HEALTH BENEFITS

2.1 Rice flour

Rice powder has been used for centuries as a natural beauty aid by women. Its natural anti ageing and oil-absorbing properties, makes them good for oily or acne-prone and dull mature skin. It's also a good anti-inflammatory and skin whitening agent that soothes sunburned skin and makes skin smooth and fairer naturally.

One of the best beauty uses of rice powder that it can be used as oil absorbing natural face powder. It blends easily with the skin and cover pores.

2.2 Honey

Its antimicrobial, anti-inflammatory, antioxidant, healing, and cleansing properties make it effective in treating acne. The application of raw honey on acne reduces the swelling and kills the acne-causing bacteria. This antibacterial action is because the enzymes present in honey produce hydrogen peroxide.

We can mix honey with various things such as sugar, rice flour, baking soda and so many things as each mixture has their own importance as well as own effect but at the end all these mixtures are used for the same purpose of pimple fighting.

3. AIM

This research aims to study the natural preparation of rice scrub with the help of few natural ingredients which are easily available at domestic level.

4. MATERIALS AND EQUIPMENT REQUIRED

For the preparation of this scrub, the following materials are used

4.1 Rice flour

4.2 Honey

4.3 Walnut

4.4 Baking soda

4.5 Gram flour

In this experiment spoon, bowl, grinder for rice flour and other basic things are used.

Some ingredients like honey, walnut and rice flour are shown in fig. 1



Fig.1 Ingredients used for preparation rice scrub

5.PROPOSED PROCESS AND ITS ALTERNATIVES

In the preparation of rice scrub there is nothing as compared to other products it is a pure natural hand made facial scrub so there is no certain process there is just mixing of the ingredients. So we have to just mix the different components in a finite and discrete manner so that we get a perfect mixture and it can be called as a scrub.

There are different types of scrub also which we can call its alternatives

5.1 Rice scrub for oily skin

5.1.1 1 tablespoon raw honey.

5.1.2 1 tablespoon yogurt.

5.1.3 1 teaspoon dried chamomile, rose or jasmine blossoms.

5.1.4 ¼ cup **rice** flour.

5.1.5 5 drops tea tree oil.

5.1.6 1 - 2 tablespoons water (enough to make a fine paste)



Fig 2 Rice scrub for oily face

5.2 Rice scrub for dry skin

Both of these ingredients refresh your dry skin and make your face shine and glow. Use rice flour, add a tea spoon of honey and one of yogurt. Massage gently for one minute and leave the scrub in your face as a mask for other 2 minutes before washing it away with warm water.



Fig 3 ingredients used for dry skin

6.MAJOR PRECAUTIONS

Whenever we suppose to make something innovative or different we need to take precautions as much as we can. This is so because we can't take any risk as if we are performing any experiment its result could be anything may be expected or also it can shock us, for such cases major precautions are must. In the rice scrub there are only few precautions such as we must check the expiry of the ingredients, its quality and very few such measures. All in all we can say that in this project precautions are also tending to nothing.

7.USES OF RICE SCRUB

7.1 UV protection

7.2 Dark circles

7.3 Exfoliating agent

7.4 Skin whitening

7.5 wrinkles and pimples

8.CONCLUSIONS

To sum up, it can be concluded that rice scrub acts as a fighting agent against the acne and pimples which proves that it is very cost effective according to its uses. All in all we can say that it is the best remedy as well as the cheapest one which is made from pure natural resources, hence it has no adverse effects. Some questions may often arise such as:

8.1 Why it has edge over market product? The answer is "definitely it better than market ones though these scrub are pure natural, cost effective and very easy to prepare".

8.2 Why we have to do this when we can get market product by adding some money to it?

We will give an real life example so that your all queries will vanish, "mostly we all need milk for our daily purpose but all want pure milk but we buy this preservative ,packaged milk cause they are found in very rare places so but we all know the nutritious difference between both of them".

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