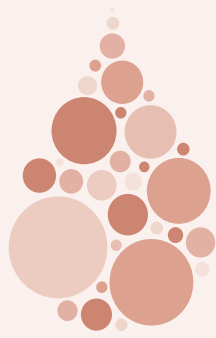


Good Scrub Guide



Assessing the
use of plastic
abrasives in
facial exfoliators

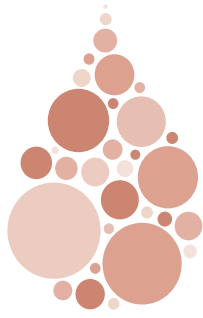
Australia
Edition



Courtesy: Robert Ingels/AFH

www.goodscrubguide.org

Good Scrub Guide



Have you ever looked at products like facial exfoliators and been madly impressed by their claims of containing 'exfoliating microbeads'? Probably not...but would you be surprised to learn that in nearly half of the facial exfoliators currently available in Australia, these mysterious and magical exfoliants are actually tiny beads of plastic? Tiny beads of plastic that whilst possibly smoothing your complexion, are definitely proving to be more than a pimple on the oceans of the world.

Increasingly, cosmetic producers have been adding plastic microbeads into a wide range of personal care products such as scrubs, toothpastes, shower gels, shampoos and cosmetics.

These non-biodegradable ingredients have replaced natural alternatives (such as oatmeal, sea salt or ground nutshells) and, measuring less than a millimetre wide, these tiny microbeads get washed straight down the drain after use and out to sea where they cause a huge problem to marine life and the natural balance of our oceans.

Microplastics adsorb concentrated toxic chemicals which are then transferred to the animals that eat them. New evidence confirms that these toxic chemicals are passed up the food chain – possibly even to the food we eat.

Not only are we washing our faces with plastic...
we could be eating it too



Around the world, Fauna & Flora International and other non-governmental organisations are working with businesses to stop this unsustainable and *unnecessary* use of plastic – **but we need your help...**



By checking what goes into the products you buy and saying No! to plastic, you'll be doing your bit to help us Beat the Micro Bead and safeguard the future of our oceans.

The Good news: there are plenty of plastic-free products in Australia that cater to a wide range of budgets and have been formulated for all skin types.

And there's more Good news: we've done the legwork, so making better choices in the store will be easy. Even better still, we've compiled all this information in one easy place – here in the Good Scrub Guide.

The Good Scrub Guide features an extensive list of face scrubs that are free from microplastics*.



For those on the go, we've also teamed up with some great organisations around the world to develop a free **smartphone app** that lets you scan a product's barcode to see if it contains plastic (www.beatthemicrobead.org). Simply tap to download, select your region and get scanning!

Even though the Good Scrub Guide initially focuses on face scrubs,

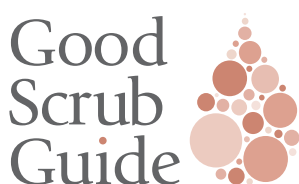
we urge you to check all of the products you buy and use.

Checking really is easier than it sounds

Just take a peek at the ingredient list on the back of your product. **polyethylene** and **polypropylene** are the two main types of plastic to look out for. To be on the safe side, also check the product is free from polyethylene terephthalate (PET), polymethyl methacrylate (PMMA), polytetrafluoroethylene (PTFE) and nylon and you're good to go.



Credit: Roger Ingler/FFI



* To our knowledge, all products featured in the Guide were free from plastic including polyethylene, oxidised polyethylene, polypropylene, PET, polymethyl methacrylate, polytetrafluoroethylene and nylon at the time of publication (October 2016).

Where products do not contain these polymers but contain either acrylate co- or cross-polymers, they have been excluded from the Guide pending further clarification on the status of these ingredients.

Brand & Status *		Plastic-free products	Price range **
Aapri	○	The original exfoliating facial scrub cream	\$
Aèsop	●	Purifying facial exfoliant paste Tea tree leaf facial exfoliant	\$\$\$ \$\$\$
Africology	●	Exfoliating cream	\$\$\$
A'Kin	●	Jojoba & corn gentle exfoliating facial scrub	\$\$
Antipodes	●	Reincarnation pure facial exfoliator	\$\$\$
APIVITA	○	Queen bee mild exfoliating and rejuvenating cream	\$\$\$
Aurora spa ritual	●	Wattleseed & walnut resurfacing skin cream	\$\$\$
Australian Bush Flower Essences	●	Gentle purifying exfoliating cream	\$\$
Aveda	●	Tourmaline charged exfoliating cleanser Tourmaline charged radiant skin refiner	\$\$\$ \$\$\$
Beauty Essentials (Priceline own brand)	●	Polished face scrub	\$
Bicelle	●	Gentle cleansing cream	\$\$\$
BioElixia	●	Crystal derm exfoliator	\$\$\$
Bioré	○	Blemish clearing scrub Daily detoxify scrub Pore unclogging scrub Skin preservation - even smoother microderm exfoliator	\$ \$ \$ \$
Botani	●	Exfoliating facial cream	\$\$
Burt's Bees	●	Peach & willowbark deep pore scrub	\$
Clarins	○	Gentle exfoliator brightening toner Gentle peeling smooth away cream One-step gentle exfoliating cleanser	\$\$\$ \$\$\$ \$\$\$
Clearasil	○	Rapid action deep pore scrub	\$

* Brand Status key:

● All face scrubs in range are plastic free

○ Only the specific face scrubs listed are plastic free, others in range are not

** Price range key:

\$: \$0-19.99 \$\$: \$20-39.99 \$\$\$: >\$40

Brand & Status *		Plastic-free products	Price range**
Coast to Coast	●	Deep pore purifying polish Outback skin whitening facial polish Ultra gentle facial polish	\$\$ \$\$ \$\$
David Jones (Own brand)	●	Naturals facial scrub	\$
Derma e	●	Microdermabrasion scrub Purifying 2-in-1 charcoal mask	\$\$ \$\$
Dermalogica	○	Daily resurfacer Gentle cream exfoliant Multivitamin thermafoliant Skin prep scrub	\$\$\$ \$\$\$ \$\$\$ \$\$\$
Dr. Hauschka	●	Cleansing cream	\$\$\$
Elemis	●	Gentle rose exfoliator Papaya enzyme peel Skin buff	\$\$\$ \$\$\$ \$\$\$
Ella Baché	○	Intensive detox scrub Revealing fruit enzyme exfoliant Revitalisant Savon crème	\$\$ \$\$\$ \$\$\$ \$\$\$
Estée Lauder	○	Perfectly clean multi-action foam cleanser/purifying mask	\$\$\$
Evohe	●	Exfoliate	\$\$\$
Formula 10.0.6	○	One smooth operator - pore clearing face scrub	\$
Grown Alchemist	●	Polishing facial exfoliant: pink grapefruit & glucomannan extract	\$\$\$
iKOU	●	Lotus, bamboo & cananga flower facial scrub	\$\$
Jurlique	●	Daily exfoliating cream Fruit enzyme exfoliator Purifying mask	\$\$\$ \$\$\$ \$\$\$
Kate Somerville	○	Clearing mask	\$\$\$
Kiehl's	○	Epidermal re-texturising micro-dermabrasion Pineapple and papaya facial scrub	\$\$\$ \$\$\$
KORA Organics	●	Exfoliating cream	\$\$\$
Korres	●	Pomegranate deep cleansing scrub	\$
La Mav	●	Cranberry bio exfoliating scrub Jojoba beads and argan oil exfoliating scrub	\$\$ \$\$\$

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Brand & Status *		Plastic-free products	Price range**
Living Nature	●	Cleansing clay peel Skin revive exfoliant Vitalising exfoliant	\$\$\$ \$\$\$ \$\$\$
L'Occitane	○	Immortelle brightening instant exfoliator Shea butter ultra rich face scrub	\$\$\$ \$\$
Medik8	○	BetaCleanse CreamCleanse	\$\$\$ \$\$\$
Milk & Co	●	Face wash + scrub	\$
Molton Brown	●	Deep clean face scrub	\$\$
Moosehead	●	Anti blackhead face scrub	\$
MV	●	Gentle cream cleanser	\$\$\$
Natio	○	Acne clear pores detoxifying face scrub with jojoba beads Renew radiance exfoliator	\$ \$
Neal's Yard Remedies	●	Rehydrating rose facial polish Revitalising facial scrub	\$\$ \$\$\$
Neutrogena	○	Oil-free acne stress control power cream wash	\$
Neutrogena naturals	●	Purifying pore scrub	\$
Neways	●	Truetoouch clarifier	\$\$\$
Nivea	○	Thermo daily warming cleanser	\$
Nude by Nature	●	Exfoliating face scrub	\$
NUDE Skincare	●	Perfect polish	\$\$\$
Nuxe	●	Gelée exfoliante douce	\$\$
Only Papaya	●	Facial exfoliant with optimised fruit extract	\$
Organic Surge	●	Skin perfecting face polish	\$
Origins	○	Never a dull moment	\$\$
Pai	●	Kukui & jojoba bead skin brightening exfoliator	\$\$\$
Palmer's	●	Cocoa butter formula gentle exfoliating facial scrub	\$
PEOPLE for PLANTS	●	Aloe, grapefruit, garnet face scrub	\$
Perfect potion	●	Bare faced exfoliant Cinnamon facial scrub	\$\$ \$\$

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Brand & Status *		Plastic-free products	Price range**
Peter Thomas Roth	○	Anti aging buffing beads	\$\$\$
REN Clean Skincare	●	Gentle exfoliating cleanser	\$\$
		Micro polish cleanser	\$\$\$
Repcillin	●	Handmade scrub with crocodile oil	\$\$
Sanctuary Spa	●	Brightening facial polishing hot cloth cleanser	\$
		Brightening facial radiance exfoliator	\$
		Deep cleanse facial pore refining exfoliator	\$
		Youth boosting warming microabrasion polish	\$
Sanctum	●	Gentle face exfoliant	\$
		Men's face and body scrub	\$
Simplicité	○	One step exfoliating cleanser	\$\$\$
Skin Doctors Cosmeceuticals	○	Accelerating cleanser	\$\$
Skinceuticals	●	Micro-exfoliating scrub	\$\$
Sodashi	●	Enzyme face polish	\$\$\$
Springfields	●	Bamboo & macadamia smoothing exfoliator	\$
St. Ives	○	Blemish control apricot scrub	\$
		Fresh skin apricot scrub	\$
		Timeless skin-renew & firm apricot scrub	\$
StriVectin-SD	○	StriVectinLABS 5-minute weekly glycolic peel	\$\$\$
Sukin	●	Foaming facial cleanser	\$
		Foaming facial cleanser pump	\$
		Revitalising facial scrub	\$
Swisse	●	Bamboo facial exfoliant	\$
The Body Shop	○	Aloe gentle exfoliator	\$\$
		Blue corn 3 in 1 deep cleansing scrub mask	\$\$
		For men maca root face scrub	\$\$
		Honey & oat 3 in 1 mask & scrub	\$\$
		Seaweed pore-cleansing facial exfoliator	\$\$
		Vitamin C microdermabrasion	\$\$
THEFACESHOP	○	Smart peeling honey black sugar scrub	\$
		Smart peeling mild papaya peel	\$\$
Trilogy	●	Active enzyme cleansing cream	\$\$
		Gentle facial exfoliant	\$\$
Ultracuticals	●	Ultra gentle exfoliating gel	\$\$\$

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Brand & Status *		Plastic-free products	Price range**
Witch	●	Gentle exfoliating face wash	\$
Yes to	●	Blueberries - softening facial exfoliator	\$
		Carrots - exfoliating cleanser	\$
		Grapefruit - daily facial scrub	\$
		Tomatoes - daily pore scrub	\$

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About us

Fauna & Flora International (FFI) is a proven conservation innovator, acting to conserve threatened species and ecosystems worldwide. Established in 1903, FFI is a highly regarded conservation organisation that is well respected for its work with corporate partners, identifying and minimising environmental impacts to safeguard biodiversity whilst promoting and rewarding sustainable natural resource management. Concerned by emerging evidence of the threats to marine biodiversity arising from microplastic pollution, FFI works with businesses and other like-minded organisations to eliminate direct sources of microplastic pollution.

Get in touch

If you have any questions or would like to send us details of a product that you think should be added to the Good Scrub Guide, drop us a line at goodscrubguideaustralia@fauna-flora.org

Who are we working with?

To ensure the continued success of this initiative, we have teamed up with the Surfrider Foundation - a grassroots non-profit organisation with 25 active volunteer branches across Australia. Surfrider Foundation is dedicated to the protection and enhancement of Australia's oceans, waves and beaches for all people, through Conservation, Activism, Research and Education (CARE). Surfrider Foundation is a branch based organisation with international affiliates worldwide.

The Beat the Micro Bead campaign was launched by Plastic Soup Foundation and the North Sea Foundation in 2012 in response to the severity and scale of oceanic microplastic pollution. Working closely with government representatives, industry leaders, scientists and the global NGO community to effect change, Beat the Micro Bead is a grassroots campaign that ultimately puts the power in the hands of the consumer.

