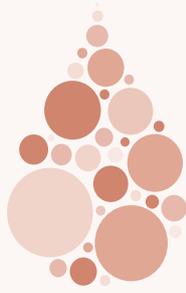


# Good Scrub Guide



## Good Scrub Guide: Make your bathroom a microplastic-free zone

In 2013, Fauna & Flora International launched the Good Scrub Guide to help shoppers find facial scrubs that are free from microplastic ingredients (also known as plastic microbeads), which can harm marine life.

However, while researching for the guide, Fauna & Flora International also found more than 100 toothpastes, 30 shaving products and 100 body scrubs that are free of microplastics.

Below you can find some great examples of brands that only sell plastic-free items in these product categories. Visit [www.goodscrubguide.org](http://www.goodscrubguide.org) for more information.

### Toothpastes

Over 100 microplastic-free toothpastes by more than 20 brands are available in the UK. Here are some great examples...

Brand	No. options*	Price range
Aquafresh	11	£0 - £9.99
Janina	4	£10 - £20
Sainsbury's (own brand)	9	£0 - £9.99
Sensodyne	13	£0 - £9.99
White Glo	4	£0 - £9.99

### Body scrubs

In the UK, over 40 brands produce more than 100 microplastic-free body scrubs. Great examples include....

Brand	No. options*	Price range
Boots Extracts	8	£0 - £9.99
Cowshed	7	£10 - £20
Lush	7	£0 - £20
Neal's Yard Remedies	4	£10 - £20
Sodashi	4	> £20

### Shaving products

There are over 30 microplastic-free shaving products by more than 20 brands on the UK market. For example...

Brand	No. options*	Price range
ALL NATURAL SOAP Co.	1	£0 - £9.99
Clarins Men	1	£10 - £20
Neal's Yard Remedies	3	£0 - £20
Pro Formula (Tesco)	3	£0 - £9.99

\* To our knowledge, all microplastic-free options in our product database are free from solid plastic ingredients including polyethylene, polypropylene, polyethylene terephthalate, polymethyl methacrylate, polytetrafluoroethylene and nylon. Products containing co- or cross-polymers or ingredients of potential concern identified by UNEP have been excluded from our recommended list pending further investigation.