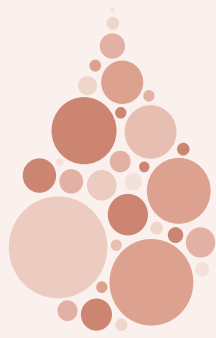


# Good Scrub Guide



Assessing the  
use of plastic  
abrasives in  
facial exfoliators

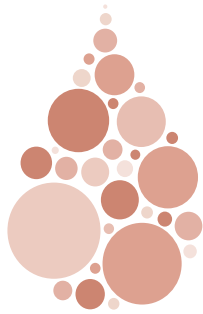
UK  
Edition



Credit: Roger Ingle/EFI

[www.goodscrubguide.org](http://www.goodscrubguide.org)

# Good Scrub Guide



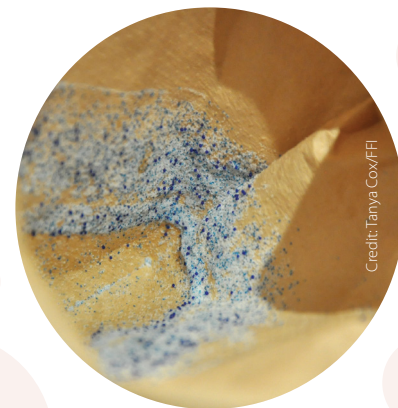
Have you ever looked at products like facial exfoliators and been madly impressed by their claims of containing 'exfoliating microbeads'? Probably not...but would you be surprised to learn that in over half the facial exfoliators currently available in the UK, these mysterious and magical exfoliants 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 the UK 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](http://www.beatthemicrobead.org)). Simply tap to download, select your region and get scanning!

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

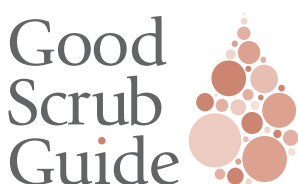
**we urge you to check all of the products you buy and use.**

## 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 Ingley/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 (July 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**
Acca Kappa	●	Natural care exfoliating facial scrub	££
Africology	●	Exfoliating cream	££
A'Kin	●	Jojoba & corn gentle exfoliating facial scrub	££
Alba Botanica	●	Natural Hawaiian facial scrub	£
Ali Mac Skincare	●	Chamomile face polish Rose & camellia face polish	££ ££
All Natural Soap Co.	●	Gentle goat's milk Oatmeal soother Seaweed spa	£ £ £
Alpha-H	○	Gentle daily exfoliant	£££
Antipodes	●	Reincarnation pure facial exfoliator	£££
Ark Skincare	●	Age-maintain renewing exfoliator Age-prepare skin refining exfoliator Age-repair smoothing exfoliator	£££ £££ £££
Aroma Actives Skincare	●	Exfoliating cleanser	£
Avalon Organics	●	Lavender luminosity exfoliating enzyme scrub	£
Aveda	●	Botanical kinetics exfoliant Tourmaline charged exfoliating cleanser Tourmaline charged radiant skin refiner	££ £££ £££
B. (Exclusive to Superdrug)	●	Refined exfoliating cleanser	£
Balance Me	●	Daily essentials - cleanse & smooth face balm	£££
The Body Shop	○	Maca root face scrub (for men) Aloe gentle exfoliator Seaweed pore-cleansing facial exfoliator Tea tree blackhead exfoliating wash Vitamin C microdermabrasion	£ £ £ £ ££

\* Brand Status key:

● All products in range are plastic free

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

\*\* Price range key:

£: £0-9.99   ££: £10-19.99   £££: >£20

Brand & Status *		Plastic-free products	Price range**
Boots (Own brand)	○	Skin clear - deep pore facial treatment scrub Skin clear - deep pore facial treatment scrub ultra rapid action Tea tree & witch hazel charcoal face scrub	£ £ £
Botanicals	●	Facial polish: rose and camellia	££
Botanics (Boots own brand)	○	All bright - purifying face scrub Face scrub (for men)	£ £
Bulldog Skincare For Men	●	Face scrub (for men)	£
Burt's Bees	●	Citrus facial scrub Peach and willowbark deep pore scrub	££ ££
Champneys (Boots own brand)	●	Gentle facial polish	£
Dead Sea Spa Magik	●	Mild exfoliant	£
DECLÉOR	○	Life radiance - double radiance scrub Phytopeel exfoliating cream	£££ £££
Derma e	●	Microdermabrasion scrub Purifying 2-in-1 charcoal mask	££ ££
Dermalogica	○	Daily clean scrub Gentle cream exfoliant Multivitamin thermofoliant Skin prep scrub	£££ £££ £££ £££
Dr. Hauschka Skin Care	●	Cleansing cream	££
Dr Organic	●	Organic manuka honey face scrub Organic rose otto face scrub Organic virgin olive oil face scrub	£ £ £
Elemental Herbology	●	Facial glow radiance peel	£££
Elements	●	Face scrub	£££
Elemis	●	Energising skin scrub - time for men Fresh skin - skin clear purifying face wash Fresh skin - skin glow exfoliating face wash Gentle rose exfoliator Skin buff skincare	£££ ££ ££ £££ £££
Forever Living	○	Forever aloe scrub	££
Garnier	○	Pure exfo-brusher wash (oil control)	£

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Green People	●	Fruit scrub exfoliator Scrub it exfoliator (for men) Sensuous sugar scrub	££ ££ ££
Groomed	●	Face scrub for men	£
Kiehl's	○	Epidermal re-texturising micro-dermabrasion Pineapple papaya facial scrub	£££ £££
Kiss the Moon	●	GLOW after dark face polish	£££
Korres	●	Wild rose exfoliating cleanser	££
La Roche-Posay	●	Effaclear clarifying lotion micro-exfoliant astringent lotion	££
Lavera	●	Faces - calendula organic exfoliant wash Organic purifying scrub (for all skin types)	£ £
Living Nature	●	Cleansing clay peel Skin revive exfoliant Vitalising exfoliant	£££ £££ £££
Liz Earle	●	Face scrub (for men) Gentle face exfoliator	£ £
L'Occitane	○	Brightening instant exfoliator	£££
Lush	●	Angels on bare skin Dark angels Let the good times roll Ocean salt facial scrub	£ £ £ £
Melvita	●	Bio-Excellence facial scrub Cleansing face gel (for men) Exfoliating cleansing cream	££ ££ ££
Milk & Co	●	Face wash and scrub	£
Murad	○	Clarifying cleanser	£££
MyChelle	●	Fruit enzyme scrub	££
NSPA	○	Hot cloth polish	£
Neal's Yard Remedies	●	Honey & orange facial scrub NYR men - revitalising face scrub (for men) Purifying palmarosa facial polish Rehydrating rose facial polish	££ ££ ££ ££
NEOVA	●	Microdermabrasion scrub	£££

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No. 7 (Boots own brand)	○	Beautiful skin radiance exfoliator	£
NUDE Skincare	●	Perfect polish	£££
Organic Surge	●	Skin perfecting face polish	£
Origins	○	Never a dull moment	£££
Optiat	●	Lemongrass & peppermint	£
Pai	●	Kukui & jojoba bead skin brightening exfoliator	£££
Palmer's	●	Cocoa butter formula gentle exfoliating facial scrub	£
PHB Ethical Beauty	●	Balancing exfoliator with rose geranium & organic lavender	££
		Gentle exfoliator with olive kernel & white tea	££
		Gentlemen's exfoliator with lemongrass & eucalyptus	££
Philosophy	○	The great mystery one-minute daily facial	£££
PHYTOMER	●	Purifying gommage exfoliant	£££
		Vegetal exfoliant	£££
Pulpe de Vie	●	Sweet frappé	££
Pure (Marks & Spencer own brand)	●	Pure instant radiance skin exfoliator	£
REN	●	Gentle exfoliating cleanser	££
		Micro polish cleanser	£££
Repcillin	●	Handmade scrub with crocodile oil	££
Rituals	○	Face No. 2 for men	££
Sanctuary Spa	○	Exfoliating pore refiner	££
		Radiance exfoliator	££
		Warming microabrasion polish	££
Sibu Beauty	●	Sea buckthorn exfoliating scrub	£
Sk:n	●	Facial exfoliating cleanser for normal skin	£££
		Facial exfoliating cleanser for oily skin	£££
Soap & Glory (Exclusive to Boots)	○	Scrub your nose in it	£
		The greatest scrub of all	£
Sodashi	●	Enzyme face polish	£££

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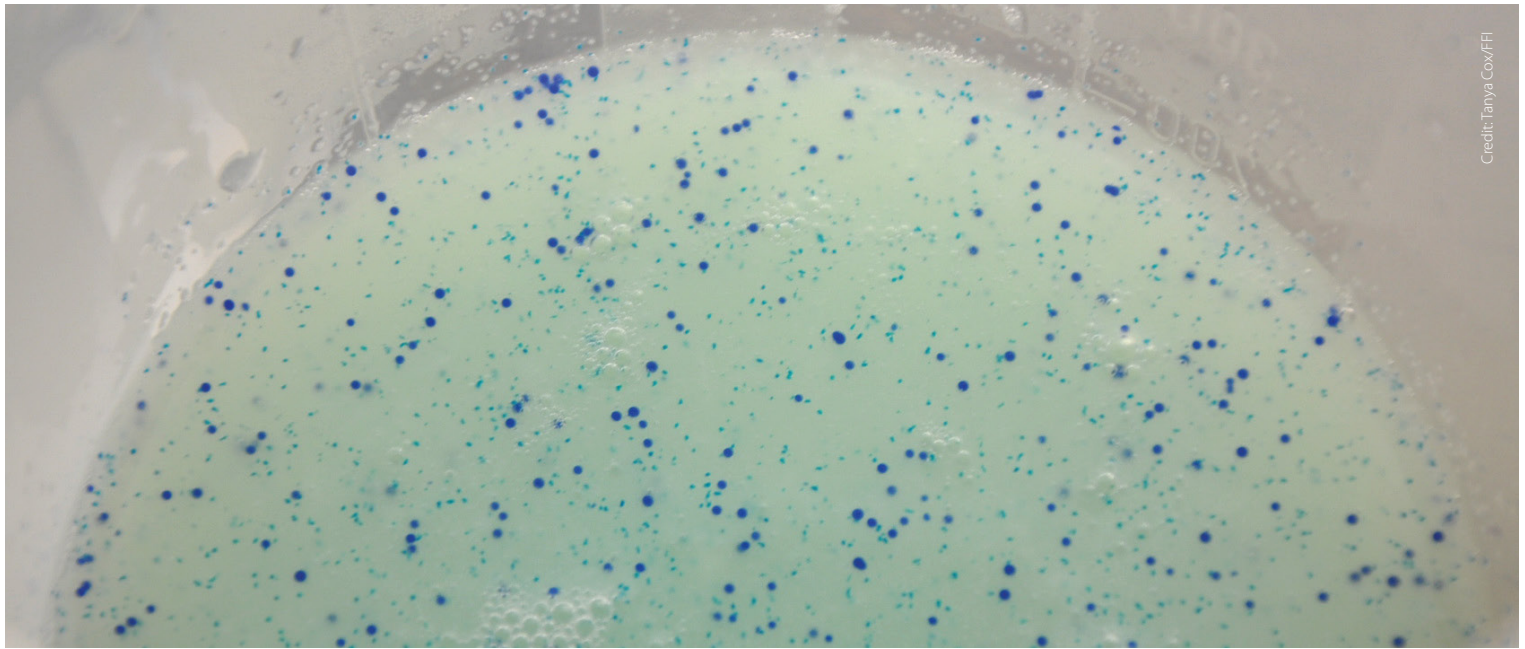
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Brand & Status *		Plastic-free products	Price range**
St. Ives	○	Apricot scrub - gentle (sensitive skin) Apricot scrub - invigorating (fresh skin) Apricot scrub - renew & firm (timeless skin)	£ £ £
Sukin	●	Foaming facial cleanser Foaming facial cleanser (pump action) Revitalising facial scrub	£ £ £
The Real Shaving Co.	●	Pre-shave invigorating daily facial scrub - invigorating (for men)	£
Time Delay (Exclusive to Boots)	●	Daily skin health deep cleansing facial exfoliator	£
Trilogy	●	Gentle facial exfoliant	£££
Urban Veda	●	Purifying exfoliating facial polish Radiance exfoliating facial polish Reviving exfoliating facial polish Soothing exfoliating facial polish	£ £ £ £
Wish4 Beauty	●	Rebalancing facial exfoliator Regenerating facial exfoliator	£££ £££
Witch	●	Foaming facial scrub (for men) Gentle exfoliating face wash	£ £
Yes To	●	Carrots - exfoliating cleanser Grapefruit - uneven skin tone daily facial scrub Tomatoes - combination skin 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 [goodscrubguide@fauna-flora.org](mailto:goodscrubguide@fauna-flora.org)

## Who are we working with?

To ensure the continued success of this initiative, we have teamed up with the Marine Conservation Society (MCS) – a UK charity dedicated to the protection of our seas, shores and wildlife. MCS campaigns for clean seas and beaches, sustainable fisheries, and protection of marine life. Through education, community involvement and collaboration, MCS raises awareness of the many threats that face our seas and promotes individual, industry and government action to protect the marine environment.

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.

