Exfoliating scrubs have become a staple in many individuals' skincare routines. Majority of the scrubs contain plastic microbeads that get washed down the drain and end up polluting our oceans.

Microplastics have been reported in every major open ocean and many freshwater lakes and rivers. Their small size makes them bioavailable to thousands of species across nearly all trophic levels. They have been shown to absorb chemical pollutants from their surrounding environment, thus raising concern as to their role in the movement of the pollutants through the food chain and causing further consequences on the health of the organisms that ingest them.

These plastic microbeads in facial scrubs are also bad for our skin. They are too abrasive for the delicate skin on our faces and can cause micro scarring which after prolonged use can be visible in our skin’s texture. The best and efficient way to exfoliate our skin is through chemical exfoliants like AHAs and BHAs. AHAs are alpha hydroxy acids like glycolic and lactic acid. BHAs are beta hydroxy acids like salicylic acid. Not only are they much gentler compared to physical exfoliants but they penetrate deeper into the skin layer, doing a much better job at exfoliating. We could stop using physical scrubs and not only help our oceans but also our skin.