

Good for the Body – Good for the Lake Skin Products

You don't need plastic microbeads to keep your face and body clean. Be an informed consumer and check ingredients lists carefully and avoid products with "polyethylene", "polypropylene", or "polyolefin". There are plenty of effective soaps, scrubs and toothpastes on the market that don't use plastics as cleaning agents. You can also make your own. We've compiled a few plastic-free recipes for exfoliates, masks that smell delicious, are good for your body and don't foul the water.



Coffee Exfoliant

Give your skin a buzz with used coffee grounds. Scrub the crumbly goodness all over your body for a natural exfoliant that will slough off dead skin cells while you shower. For a smoother scrub, add a bit of olive oil to the grounds.

Mocha Mask

Massage this delicious mixture into your skin in the morning for a quick wake up. Mix together:

- 2 T freshly ground coffee or used grinds
- 2 T cocoa powder
- 3 T whole milk, heavy cream or yogurt
- 1 T honey

Let the mask dry on your face for 15 to 20 minutes before washing off thoroughly. It will perk up your skin, tighten pores and remove oil. The coffee grinds help reduce puffiness and swelling while the rest of the ingredients moisturize your skin.

Avocado & Oatmeal Face Cleanser

Avocados are great for more than guacamole! Combine with oatmeal and water to make an antioxidant rich facial cleanser. Mix together into a smooth, lump-free paste:

- 1 T ground oatmeal
- 1/4 ripe avocado (mashed)
- 1 T water

Slather the mask onto your already clean face in a gentle circular motion. Massage for at least two minutes before rinsing off. The oatmeal will gently exfoliate your skin while the avocado oils will help soften and hydrate dry, flaky skin.



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Strawberry Scrub

Rejuvenate your skin with this refreshing exfoliant. Mix the following together into a paste:

- 10–12 fresh ripe strawberries
- 1/4 cup granulated sugar
- 1 T coconut oil or olive oil

Apply the paste to your body working in a gentle circular motion to exfoliate any dead skin cells. The strawberries help get rid of dry, dull skin and help skin cells regenerate while also providing moisture to give a healthy, natural glow.

Strawberry Teeth Whitener

Apply the fresh pulp of a strawberry directly on your teeth to clean them naturally. Leave on for a few minutes before rinsing off. Regular use of strawberries as a tooth paste will help your teeth to get a little brighter every time you use it.



Honey/Walnut Shell Facial Scrub

Go nuts for this enzyme-packed cleanser! To create a moisture-packed fine particle scrub blend together the following ingredients in a food processor set on a slow speed:

- 1/2 cup olive oil
- 1/4 cup walnut shells (ground fine)
- 1 T honey

Gently smooth onto your face and rinse off to cleanse and refresh your skin. Raw honey is great for moisturizing skin, fading scars and has strong anti-microbial properties that help clean and clear skin. Olive oil adds extra emollients and the finely ground walnut shells cleanse pores.

*These recipes are brought to you by the **Lake Champlain Committee (LCC)** in the interest of clean water. LCC is working to advance state and federal legislation to ban plastic microbeads from personal care products and over-the-counter drugs. Please contact us to get involved.*

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