



Exfoliants In Soaps & Other Bath Products

An Exfoliant is a fancy way to say skin scrubber! Used to slough off dead skin cells and reveals new smoother skin beneath. However fair warning, over exfoliating can cause damage and scarring, so don't do too frequently.

- Almonds (ground)
- Calendula (chopped or ground flower petals)
- Chamomile Flowers
- Clays (rhassoul, kaolin, bentonite, pink, red Moroccan, French green etc.)
- Coffee Grounds
- Coconut Flakes
- Corn Meal
- Eucalyptus Leaves
- Fruit Fibers (blackberry/raspberry)
- Fruit Seeds (cranberry, blackberry, blueberry, strawberry, apricot etc.)
- Jojoba Beads - If you use it in cold process soap, don't let it get above 160 degrees
- Juniper Berries
- Kelp
- Lavender Buds - (beware they turn brown in cold process soap)
- Loofah - either whole, sliced or ground

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Exfoliants Continued

Oatmeal - different amounts of grinding give different effects - coarse ground is very scrubby, whereas finely ground is very mild

Orange Peel Powder

Patchouli Leaves

Peppermint Leaves

Poppy Seeds

Pumice

Rose Hips (not the seeds) (finely ground)

Rosemary

Rose Petals

Spearmint - Again, beware the "botanical color bleed"

Tapioca pearls - (seems to work best in melt and pour soap)

Tea leaves - Will likewise bleed color

Vanilla Specks

Walnut shells - (very finely ground)

Some exfoliants will turn brown in soap.

