



f Share This!

(<http://facebook.com/sharer.php?u=http://storyofstuff.org/blog/move-over-microbeads-here-comes-the-loofah/>)

t Tweet This!

(<http://twitter.com/intent/tweet?text=Move+Over+Microbeads.+Here+Comes+the+Loofah+http%3A%2F%2Fbit.ly%2F1eW0QJn++via+%40storyofstuff>)



Shana DeClercq

Move Over Microbeads.

Here Comes the Loofah.

I think about microbeads a lot. Like really a lot. Here at The Story of Stuff Project, we honed in on those tiny plastic mega-polluters as a kind of Stuff the world can do without. We made a movie about them, and we created lots of different ways for citizens to take action to stop this small-but-prolific menace to our lakes, rivers and waterways.

So you won't be surprised that one day, while I was taking a shower, I decided to look at my own bath and body products. I have a couple facial scrubs that I bought at my locally-owned beauty store. I scrutinized the back of the labels looking for those telltale ingredients:



And – phew – was I ever relieved to only see ingredients like apricot seeds and walnut shells. No beads in this tub!

Nevertheless, I got to thinking about those fancy scrubs. It's true that they're all-natural, but they are also expensive, and I just plain don't love the experience of washing my face with a bunch of soap and just a few scratchy bits.

When I got out of the shower, I went over to my beauty stockpile. (It's not much of a secret that many women own way more cosmetic products than they currently use.) But ever since I moved, I've decided: I'm not going to buy any more beauty products for the foreseeable future. I'm gonna use the Stuff I already have. And I feel really good about that.

So there I was, looking at a box that contained ancient bath salts and innumerable bars of glycerin soap, and what did I see but a scratchy brown loofah! Talk about a blast from the past.

In my memory, loofahs were all the rage in the '90s. But picking it up now, I had to wonder: why did we ever stop using these? I had remembered them as somewhat rough, but when I wet this one with warm water, it felt about as soft as a cotton washcloth. And it's totally natural and renewable – it grows from a plant in nurseries. When you are done with one, you can put it right in your compost with zero guilt.

And so, for my next shower, I tried the loofah – and was I ever delighted. Can we just talk about the awesome feeling of scrubbing with a loofah? It holds soap as long as you need it, but it's also super easy to wash the soap out of it when you're done. It strikes exactly the right balance of scrubbing thoroughly without being abrasive. My elbows have never felt so well-loved.

I'll confess. I'm now a total loofah convert. No more expensive soaps. And certainly no more of those horrible plastic "puffs." Really, I've become a loofah evangelist.

Which leaves just one question: have YOU tried a loofah yet?

- Learn more: [Watch the mini-movie \(http://storyofstuff.org/movies/lets-ban-the-bead/?utm_source=SOSblog&utm_medium=blog&utm_campaign=loofahblog\)](http://storyofstuff.org/movies/lets-ban-the-bead/?utm_source=SOSblog&utm_medium=blog&utm_campaign=loofahblog).
- Take action: [Help STOP polluting microbeads everywhere \(http://storyofstuff.org/plastic-microbeads-ban-the-bead/?utm_source=SOSblog&utm_medium=blog&utm_campaign=loofahblog\)](http://storyofstuff.org/plastic-microbeads-ban-the-bead/?utm_source=SOSblog&utm_medium=blog&utm_campaign=loofahblog)!

4 Comments Story of Stuff

Login

Recommend Share

Sort by Best

Join the discussion...

Awesome Express · 2 months ago
The title made me think that the Loofah was the next item we were all going to try and lobby against. Are there any retailers that sell these without plastic packaging?

storyofstuff Mod → Awesome Express · 2 months ago
Good question Awesome Express! We're not aware of any, but we ARE aware of tons of our Community members growing their own!

Sarah · 2 months ago
I think someone decided they 'unsanitary' as they were filled with dead skin cells, and that single use scrubs were somehow better. And that is how we are in this situation today.

storyofstuff Mod → Sarah · 2 months ago
Isn't amazing how fear of germs supersedes plastics creation everywhere - making the whole world more toxic? In this case, to clean a loofah, you simply thoroughly wash it in clean water. Then, either microwave it or put it in the sun to dry. Voila! Clean and compostable.

ALSO ON STORY OF STUFF

WHAT'S THIS?

Buy a Plastic Eiffel Tower? Or Sip Wine at the Champ de Mars?

2 comments · 2 months ago
storyofstuff — So true Carol!

Private: Born in Mexico City, An Idea to Change the World

1 comment · 10 months ago
Lover of Truth — They say a picture is worth a thousand words. Indeed they can be powerful. At the same time our hearts needs to be opened to receive

Private: With Project Ara, Modular Phones Are Here!

2 comments · 9 months ago
Peter Block — I cannot wait for this

Meet Michael O'Heaney

1 comment · 6 months ago
Philippe Samouilhan — Thanks Michael for your commitment to the worthy goal of getting people to think about consumption an stuff - I live in South Africa



(http://storyofstuff.org)

FAQ (http://storyofstuff.org/faq)

Contact (http://storyofstuff.org/press)

Privacy Policy (http://storyofstuff.org/privacy/)

Jobs (http://storyofstuff.org/jobs/)

© 2015 Story of Stuff Project. Creative Commons License (http://creativecommons.org/licenses/by-nc-nd/4.0/deed.en_US).



<https://www.facebook.com/storyofstuff>



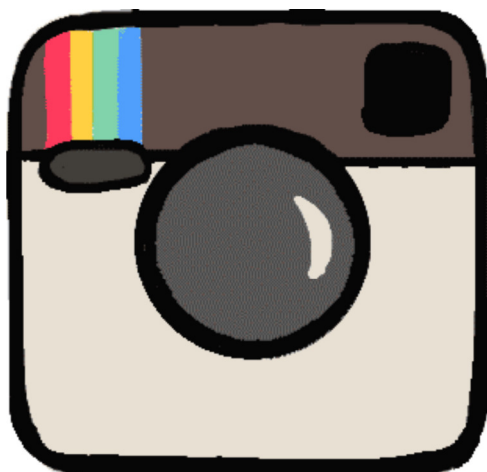
<https://twitter.com/storyofstuff>



<http://www.youtube.com/user/storyofstuffproject>



<https://www.pinterest.com/storyofstuff/>



[\(https://instagram.com/storyofstuff/\)](https://instagram.com/storyofstuff/)



[\(https://www.linkedin.com/company/the-story-of-stuff-](https://www.linkedin.com/company/the-story-of-stuff-)

[project\)](#)