

THE MANUAL

The Essential Guide for Men

Grooming

CHARCOAL: IT DOES A BODY AND TEETH AND FACE GOOD

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It seems counterintuitive that something fundamentally dirty is actually one of the best ways to get clean. But charcoal actually kicks ass at dislodging grime, debris and other nastiness from your head down to your toes. Which is why it has become the ingredient du jour, found at all price points and in everything from toothbrushes to shampoo. “Activated charcoal purifies, moisturizes and balances skin while ridding it of impurities,” says dermatologist [Paul Frank](#). Below, check out seven ways you can incorporate charcoal into your life.