Waste free bathroom

Environmentally friendly alternatives in your bathroom don't just reduce your waste production and your money. Making your own soap or cosmetics cuts out nasty chemicals on your skin and doesn't support animal testing. Choose recycled containers whenever possible and look for the following alternatives in your local health food store or online.

Reusable "hardware"

There are many plastic free and long-lived alternatives to common single use items:



Sustainable "software"

Many personal care products can be homemade or replaced with packaging free alternatives. Find detailed recipes, reusable toothpaste tubes and spray bottles for storage online.

Cosmetics: Jump on-

line for inspiring recipes

to make your own skin

care, beauty and make-

up products out of

natural ingredients.

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Shampoo: Buy in bulk, try a shampoo soap bar or massage baking soda in to remove grease and rinse with vinegar for shine



Exfoliators: Baking soda or oatmeal serve as exfoliators, and clays (French, kaolin, bentonite etc.) mixed with apple cider vinegar make masks.

 Face and body soap: Use multi purpose natural soap bars or buy liquid castile soap in bulk



Shaving cream: Use a rich shaving soap, wrapped in paper. Deodorant: Mix shea oil and baking soda or use

Hair spray: Simmer 2-4 sliced lemons for 30 minutes, strain and add 1 tbsp rum or vodka. Fill it into a spray bottle.

butter, coconut oil, tea tree a Himalayan salt ball.





Babies use up to 8,000 nappies in their lifetime. Disposable nappies use a multiple of water, energy and raw materials to manufacture compared to cotton nappies, and take 500 years to decompose - the waste mountain created is huge. Do your wallet and the environment a favour by switching to modern reusable products or a combination of both. Choose natural latex teething toys and glass bottles

> to keep you baby away from harmful chemicals in plastic products.



Women's business

Sanitary pads and tampons are made largely from plastic fibres, don't decompose and expose you to nasty chemicals. Try reusable pads or natural sponges to cut down on waste and save money. A menstrual cup is a long term alternative that – once you got the hang of it – can be more convenient than tampons. As a bonus: None of these products have been associated with toxic shock syndrome.

Microbeads

Microbeads are minute plastic spherules in some shower gels, exfoliating creams or toothpastes to add abrasive features. Too tiny to get filtered out in treatment plants, they get directly washed into the waterways and oceans where they contribute to the growing microplastics issue. Use microbead free products and download the "Good Scrub Guide" to learn what Australian personal care products are plastic free.











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