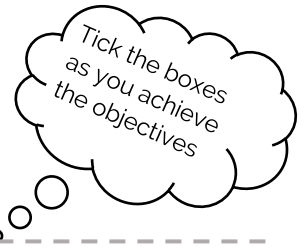


## BIN BAG CHALLENGE

### Section: Beauty

### Week: 6



When we mindlessly use shampoos, conditioners, soaps, shaving products, and creams, we forget how harmful these products and their packaging can be for the planet and ourselves. But this changes this week!

Our beauty routine has an impact in terms of packaging (plastic containers, wrapped themselves in plastic; paper inserts, cardboard sleeves, foam, and more, sometimes all present in just one purchase), ingredients (that can be linked to both environmental and health issues), and water and energy used in the production process.

#### Objective 1 Swap liquids for solids

Swap liquid products for their solid alternatives. Liquid soap requires five times more energy for raw material and almost 20 times more energy for packaging production than a bar of soap. Addresses where to find them [here](#).

- [Swap any liquid soap for solid soap](#) (bodywash, hand soap).
- [Use solid shampoo or refillable liquid shampoo](#); and reducing to the minimum amount needed.
- Use a washcloth to use less soap (may be even none). You can buy or make one.
- [Swap beard shaving cream for solid soap](#).
- Check other swaps, use our alphabetical [swap list in the beauty section](#): body scrub and moisturiser, deodorant, eye make-up removal, ears, face cleanser and moisturiser, lip balm, loofah, period and much more.

#### Objective 2 No more single or short-term use items in the bathroom

- Buy or make reusable make-up removal pads.
- Switch to a metal razor with changeable blades and a wooden shaving brush.
- [Improve your teeth brushing routine](#), with bamboo brush and interdental brushes, refillable floss and toothpaste in more sustainable jar/tube.
- Switch to [recycled toilet paper or bamboo paper](#).

#### Objective 3 Reduce your consumption of hot water

- Take shorter showers, with colder water and reduce the number of baths.

#### Objective 4 Check ingredients and give a try to the DIY recipes

- Check the ingredients of your beauty products. [Read this to know which ingredients to avoid](#). Do an audit of your beauty products today, and list those for which you need to find alternatives (once they are finished – do not throw them away now, it would go against the purpose of this waste-lite challenge)
- If you use eye make-up removal liquids, body or face scrubs, make up removal, face toner, face masks, test our recipes – selected because they are a great mix of efficiency and simplicity. They will also reduce your packaging. Download the full list of DIY recipes, including some advice and guidelines to choose your ingredients, at the bottom of [the beauty section](#).

If you do only three things only this week:

- Switch all liquid hand soap and body wash for solid soap. If you are not ready, go for refillable only.
- No more single use items: buy (or make) reusable make up removal pads, buy metal razors.
- Take shorter and colder showers.