

TOOLKIT

We all like to keep clean, however our planet could do with a little cleaning up as well. One of the ways we can help is cutting down our plastic use in the bathroom. Here's some ideas...

Scrub-A-Dub-Dub



NAPPIES

It takes one nappy 500 years to decompose! Think about using reusable nappies.



TOOTHBRUSHES

Try a biodegradable bamboo toothbrush.



WET WIPES

- ✓ If you need to use wet wipes – never flush them!
- ✓ Alternatively buy a flannel – Use, Wash, Repeat!



PLASTIC FREE PERIODS

Every month, women flush and throw away hundreds of disposable period products and their packaging. Think about using reusable items.



COTTON BUD BAN

Swap to cotton buds with 100% biodegradable card sticks.



NAKED PRODUCTS

Steer clear of liquid shower gels, shampoos and hand wash. Instead switch to solids, replacing these products with bars of soap.

