

ZERO WASTE

BEAUTY SWITCHES



START SMALL

Zero Waste is not something that happens overnight, it's a process. It takes time to do your research and find suitable alternatives.

I've found it helps a lot to focus on one thing or area in your house at a time, otherwise, you can seriously overwhelm yourself which in turn makes you want to give up zero waste altogether.

Today we're going to focus on zero waste beauty.

EASY SWITCHES

Below is a list of easy zero waste beauty switches that you can make. Even if you only make one switch a month you are on your way to living a more sustainable lifestyle.

BODY

- Wooden Body Brush
- Bar of Soap

SHAVING

- Safety Razor
- Epilator
- Coconut Oil as Shaving Lubricant

TEETH & MAKEUP REMOVER

- Bamboo Toothbrush
- Reusable Face Wipes
- Coconut Oil to Remove Makeup



BEAUTY



HAIR

- Shampoo Bars
- Conditioning Bars
- No Poo

After a lot of trial and error, I now use Lush shampoo bars for my hair. I tried to go 'no poo'. I didn't wash my hair with a shampoo for 7 months but I just couldn't get it to work for my hair.

The Lush shampoo bars do contain SLS so might not be for everyone.



ZERO WASTE PERIODS

Reusable Cloth Pads
Menstrual Cup

One of the zero waste switches that I'm most proud of is making the switch to reusable sanitary pads. Granted this one isn't for everyone but personally, I'd never go back to using disposables.

I have slowly built up my stash and I haven't used a disposable pad for well over a year now. I have tested a variety of different pads and definitely have my favourites. I've also got a wet bag which is great for storing used pads when I'm out and about.

REMEMBER

Start Small

It's a Journey

Enjoy It

FIND OUT MORE

ON MY BLOG: GYPSY SOUL

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