

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.

Waste free *babies*

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.



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.



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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