Bathroom

The bathroom is an essential in every house, whether it is to take a quick shower after a long day, or an hour long pamper sessions. There are products we use on a daily basis and don’t realise how much waste they represent. From plastic bottles of shower gel and shampoo, to toothpaste tubes and razor heads. Luckily for us, there are alternative products available without compromising quality and are just as easy to use. Usually the products are made out of a different, more sustainable material. It may not seem like a big gesture, but by now you must understand that small changes can make a big difference. We want to help you on your journey to become eco-friendlier. We will teach you what alternatives there are for various products, how to use them and more importantly, where to find them. One thing to remember is that although some product seem more expensive, remember that you can use these over and over and on the long-run, you will have made some savings. You must think big!

Bathroom swaps

Swapping products are most probably the easiest way to be more sustainable. We would even argue, it is the first step you can take to make a difference. As said many times, we believe small changes make a big difference.

These bathroom swaps usually entail purchasing the same products or alternative products. A lot of the time, these products can be used in the exact same way as the more wasteful product. It is merely made out of a different material. Often, the change is more inside our head. Changing our mindset is more important than you thing. But let me tell you the efforts you are making will be rewarding.

We understand that one of your biggest concern is the price, indeed sustainability is often linked to expensive products. However, now that people are increasingly involved in taking actions, many existing companies have adapted, or many new companies are being created to satisfy our new needs. Here are a few brand ideas, where you can find sustainable products:

Cruelty free and vegan

A lot of the time, people tend to associate sustainability with organic, vegan and cruelty free. This is understandable as it all regards the topic of ethics. The ingredients going into our products and the conditions in which they are produced matters greatly. The more these aspects appear to be a priority to customers, the more it is going to encourage companies to change their method of production.

The product we are talking about are cosmetics and skincare, from make-up, to make-up brushes, moisturizers, face masks and more. Of course, you shouldn’t look each product one-by-one, but rather the brands. One way to be sure whether a product is cruelty free or vegan, you can look for specific logos on the packaging, or if you want to make prior researches online, the crueltyfreekitty website is regularly updated and separates brands according to their price range. They also have articles on specific brands, for example if a brand becomes cruelty free or if one stops being cruelty free.

Fashion

Going to the mall or doing online shopping is a fun activity to do. If there is a special event that is coming up and you want to dress up, finding a perfect outfit can be essential. Unfortunately buying new and cheap clothes is highly impacting our environment. Mass consumerism is a major issue developed countries are facing, our society is addicted to constantly buying new things as it gives us the sense of excitement.

We are here to suggest alternative ways of shopping, from clothes, to bags, shoes and accessories, as well as new or second hand. We do understand that it is harder to get a hold of sustainable clothes or second-hand clothes as these brands aren’t available in your local mall or not assembled on one website. We hope that through this website, you will find options that will suit your need.

Household

I believe that household habits are harder to change as these lifestyle changes require a more conscious effort. These efforts surround daily habits from grocery shopping, to making utensil swaps and choosing more eco-friendly washing products. These entail that you must learn and get use to new products to find out what works best for you in terms of laundry, dishwashing and house cleaning. These are easy and quick gestures but we understand that new habits are sometimes hard to remember. However, I do believe these lifestyle changes, once properly applied are the most rewarding. Indeed, these conscious efforts will increase your awareness of all the nastiness that is surrounding you, that is negatively impacting your environment that surrounds you daily. You will see that the kitchen is one space that requires a ton of work. Using cloths instead of paper towels, bees wax wrappers instead of aluminium foil or plastic wrap, or going to a zero waste shop rather than a conventional supermarket.

Zero waste store

In a zero waste store, everything is sold in bulk, and absolutely no plastic packaging is allowed. Shoppers bring their own reusable cloth or glass containers to carry the food, or buy reusable containers at the store. When they’re done, they take their food home in paper bags.

The basic concept isn’t new. The first zero-waste shop, Unpackaged, opened in London in 2007. Today, there are around 150 packaging-free markets around the world. Most of them are located in Europe, but there are also stores in the United States, Canada, Taiwan and South Korea, and the niche retail concept continues to spread across the globe. 27 new zero-waste stores opened their doors in 2015. Another 60 did so in 2016, while 24 opened in the first half of 2017.

Zero-waste shop owners aren’t just concerned with plastic. They’re also said to pay extraordinary attention to how the food they stock is produced. Organic options are a must, and some stores stock only organic items. Owners are also said to be careful not to buy food from producers who exploit their labor force or are indiscriminate in their use of natural resources.

Although it may seem like a business for a dedicated few, zero-waste entrepreneurs have shown that the dream is within reach for others. The initial investment necessary to open a shop depends on its potential location. The owner of Original Unverpackt, Milena Glimbovski, began with 25,000 euros raised through a crowdfunding platform. She stocked 300 products when the store opened in 2014. Since then, she’s doubled the selection.

About us

Hi guys! This blog is run by Saba and Hannah, we are two students with an interest in sustainability. We wanted to share our tips and tricks on how to be more eco-friendly through small actions. We truly believe small changes make a big difference. We know how hard it is when you do want to start being more sustainable but don’t know where to start or where to find the right products. That is why we started this blog, we wanted to have a space to help those of you who struggle. We are here to point you in the right direction, we do all the hard work and all you have to do is choose eco-friendlier products. Indeed, we want to encourage you to change your daily habits, part of which is to adapt the products you use all day. We hope this blog was helpful to you as this is our way of contributing to the major environmental issues our current world is facing.