SIMPLE SWAPS FOR THE BATHROOM

SOAP

LIQUID → BAR

PLASTIC TOOTHBRUSH → NORMAL LENGTH

BAMBOO TOOTHBRUSH

TOILET PAPER

SHAMPOO

BOTTLE → BAR

PLASTIC TUBES → DOUBLE LENGTH

MAKE UP REMOVER WIPES → FLANNEL

DIY LIPBALM

MAKE YOUR OWN TOOTHPASTE

COTTON BUDS

PLASTIC

BAMBOO

PLASTIC LOOFAH → FLANNEL OR NATURAL LOOFAH

RAZOR

PLASTIC ✓ METAL

MAKE YOUR OWN CLEANING SPRAYS WITH WATER AND VINEGAR

PADS/TAMPONS → REUSABLE PADS MENSTRUAL CUP

DENTAL FLOSS

PLASTIC

SILK

AOTEAROA CHOOSE TO REFUSE SINGLE USE PLASTIC

PLASTICFREEJULY.ORG