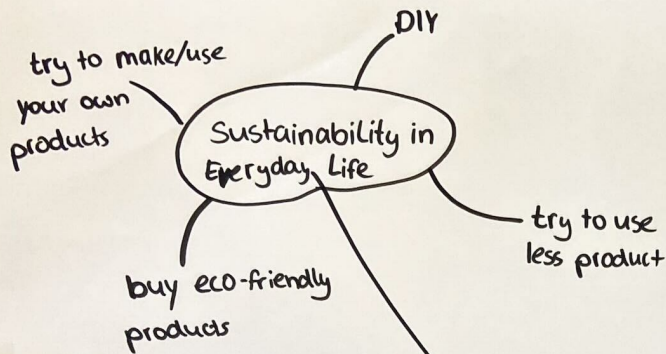




try to recycle the packaging/bottle



conditioner bars

2 in 1 Soap/Shampoo

only use products that are natural

Sustainable and green body care



plant-based products

no animal testing

use vegan products

buy eco-friendly products

try to buy from local producers

Shipping

smaller carbon footprint

regional products



Shampoos which aren't
tested on animals.
(Foamie)

Only buy products with a package
which is recyclable



Sustainable and green body care

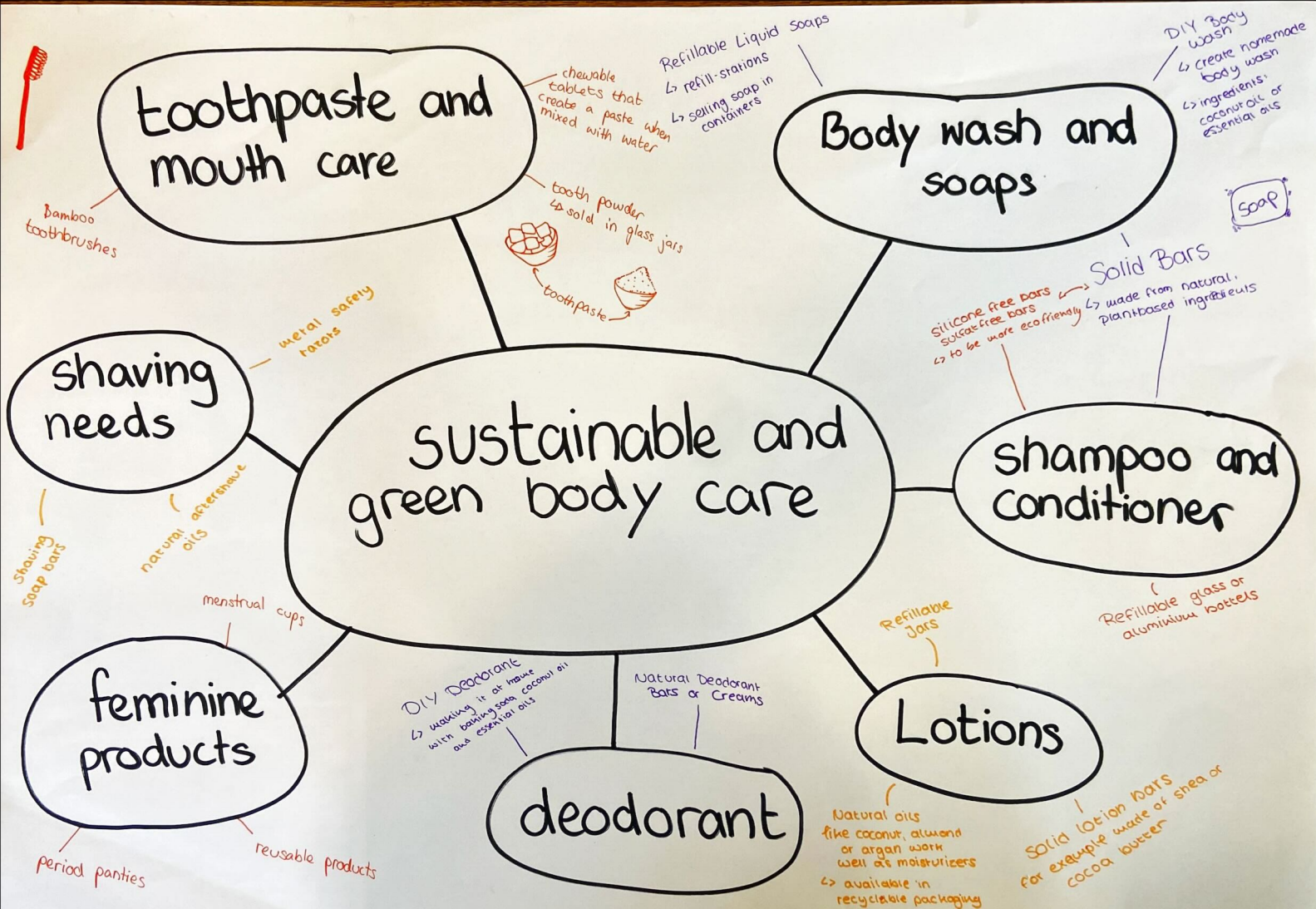
use solid soap (Foamie)

use products without microplastic

Skincare: Aloe vera



Organic products
(e.g. Bee wax, herbs, green tea)



brand: Lumene
(at least 80% sustainable)

cow excretions
as a toothpaste
(made to powder; even healthier)

bamboo toothbrush
(no toothpaste needed; ecologically degradable)

healthy food
for body
(less body care is needed)

using natural
waste (for bowls or packaging)

recycle every
plastic packing
you used

Sustainable and green body care

potato plant ~~powder~~ ^{flour}
and essential oil
(mix it at home; using as dry shampoo)

made out of
ecological ingredients
(less pollution)

packaging
(made out of paper; at least
no plastic e.g.: biocomposite)

Bar shampoo
(body wash, shampoo, conditioner, etc.)

crystal
deodorant
(100% natural; multiple time usable)

only use as
much as needed



Alternatives

- Solid shampoo
- Bar soap
- Vaseline

Check- list

- ☑ packaging?
- ☑ ingredients?
- ☑ symbols ≠ sustainable
- ☑ vegan ≠ sustainable
=> no animal testing

SUSTAINABLE AND GREEN BODY CARE

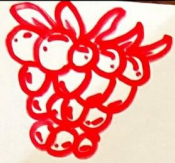
Results

Pros

- more sustainable
- lasts longer (not expensive in comparison)
- less damage for your skin

Cons

- greenwashing (sustainable advertisement ≠ sustainable products)
=> biological ≠ sustainable
- not very common
- seems expensive



Regional products

try to reduce
online shopping

Avoid animal testing by using
alternatives such as skin
simulations / synthetic tissues

Recycleable packaging

let companies, who use palm
oil, etc. pay extra taxes

Sustainable and green body care How can it be realized?

Use products that are
made from the nature's resources
like berries

Lumene

Parfum free

Support companies that
make vegan and cruelty
free products

Buensound

In Finland
Lumene

Reduce the use of
PLASTIC/MICROPLASTIC

efficiency of
these products

Sustainable and green body care

Natural Waxes

recyclable

Ingredients

Plant-Based Oils

Aqueous Base

brands

weleda
natural cosmetics

Burt's Bees

Lush

Alverde

Lavera

Dr. Hauschka

