

Traditional vs. Zero-Waste Toiletries

Plastic Packaging

Many of the downsides of traditional toiletries boil down to what they are packaged in—typically, single-use plastic containers that will eventually clog up landfills. “Plastics are generally non-biodegradable; hence, they may take centuries to decay.” (Sciencing) In addition, containers washed out of landfills or that weren’t disposed of properly go on to become unsightly pollution in waterways and reservoirs. Finding products that use biodegradable, eco-friendly materials or at least recyclable plastics can be a step forward towards lessening your environmental impact.

Toothpaste Tablets

Ditch plastic tubes and worrying about airport size standards for toothpaste tablets that come in a glass jar. Each tablet is perfectly proportional for a brushing and can easily be carried in a bag for no-mess travel. The glass jar is reusable and recyclable.

Bamboo Toothbrushes

Both packaged in and made from plastic, traditional toothbrushes enact a heavy toll, especially when you consider that they are meant to be binned every three months. That equates to four brushes every year. Instead of buying multiple plastic toothbrushes, opt for bamboo toothbrushes for a sustainable alternative that is biodegradable. (Volunteer)

Shampoo Bars

Both shampoo and conditioner can be purchased in bar form, eliminating the need for plastic waste and making them much more portable for any of your travel needs. Additionally, the bars are typically free of sulfates and chemicals that could end up damaging your locks. A single bar equates to three bottles of liquid shampoo, meaning you’ll have to add it to your shopping list far less.

Biodegradable Wipes

Any sort of traditional wet wipe is a nightmare for both the environment and our infrastructure. You may have heard of “fatbergs”, giant masses composed of wipes and other debris that cause huge sewer system back-ups that require costly removal. It is estimated that the flushing of wet wipes of all varieties has caused sewer backups to soar by 50% in just a few years. (Bloomberg) If you use face wipes or any other sanitary wipe, be sure that what you are purchasing won’t contribute to this growing issue.

Works Cited

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