

Plastic Free Beauty & Cleaning Products

HAND SOAP

Blueland Foaming Soap Tablets:

<https://www.blueland.com/products/hand-soap-refill-packs>

Dissolve these tablets in water in a reusable glass hand-soap bottle, with a **foaming** soap hand pump. Blueland has one available to purchase, or you can make your own with these lids on a small wide-mouth mason jar:

https://www.amazon.com/dp/B07CBF7C2Y/ref=cm_sw_r_cp_apa_glt_fabc_MXGVRZ86C92MZ_B9Q3RD2

Of course bar soaps are a great option, too, since many brands usually aren't wrapped in plastic. I've been using Silver Falls Sustainability bar soaps in the shower.

<https://sfsustainable.com/collections/hair-bath-and-body-care/products/shower-and-shave?variant=32373051457590>.

CLEANING PRODUCTS

As soon as I use up my cleaning products that came in plastic spray bottles, I plan to also purchase Blueland cleaning & bathroom tablets and re-use my plastic bottles. I would like to find an alternative to toilet bowl cleaners as well, but have yet to find a plastic-free option, such as a tablet.

In place of windex, there are various mirror/glass cleaning cloths that only use water. I have the Eco cloth & the Norwex versions and they work great.

DISHWASHER DETERGENT

Use any powder you choose that comes in a cardboard box! I've currently switched from Cascade tablets that came in a big plastic tub from Costco, to Seventh Generation powder that comes in a box (it's maybe not the best, but there are other powder options as well). I've been told by multiple dishwasher repair-men that the tablets have way too much soap in them anyway, which is hard on your dishwasher, and 1 Tablespoon of powder is all you need.

Blueland also has dishwasher tablets (not wrapped in plastic) that come in a steel tin, along with refills that come in a paper bag, which I may try next.

If you're into pods, these are supposedly good (see note under laundry soap about what their pods are made out of): <https://www.dropps.com/products/lemon-dishwasher-detergent-pods>

LAUNDRY SOAP

Again Blueland has laundry tablets not wrapped in plastic, that come in a cardboard tub, along with a refill bag that comes in a paper bag.

Another option: Meliora laundry powder (it comes in cardboard tub and refills come in a paper bag). <https://meliorameansbetter.com/collections/laundry>

These Dropps pods are a good pod option and come in a cardboard box:

https://www.dropps.com/?clickid=zjN3SQV-vxyLTZr1ylzjoTPwUkB3eSxV2ywt3c0&irgwc=1&utm_source=impact&utm_medium=2433284&utm_content=Online%20Tracking%20Link

The actual pods are apparently made from polyvinyl alcohol (PVOH), which they claim is non-toxic and completely dissolvable in any type of washing machine (cold temperatures included), without leaving any microplastics or non-biodegradable material.

BEAUTY PRODUCTS

Shampoo & Conditioner:

Silver Falls Sustainability Co.: <https://sfsustainable.com/>

I have been using their shampoo & conditioner bars for 5 months and love them. It takes a minute to get used to (especially the conditioner bar), but they work wonderfully and my hair/scalp is healthier than ever. I now go 4-5 days between washing my hair, using these bars.

There are many other companies that are making shampoo/conditioner bars that get great reviews, too. Here are a few more I want to try:

<https://hellohibar.com/collections/collections>

<https://habitatbotanicals.com/pages/all-products>

Lip Balm:

I love the lip balm from Silver Falls Sustainability Co., and it comes in a cardboard tube!

This is another great lip balm in a cardboard tube that's not quite as big as the SFS one:

<https://boodaorganics.com/collections/frontpage/products/booda-butter-eco-balm>

Deodorant:

Silver Falls Sustainability Co. has Deodorant in a cardboard applicator tube and it works great for me. I plan to try the deodorant from Habitat Botanicals next, and I also found at least 4 different deodorant options at Target that now come in a cardboard tube!

Toothpaste:

Toothpaste tablets! They work great, you just chew them up and start brushing! I was using these and loved them until I realized they have stevia in them, which I'm allergic to (I still highly recommend them though). So popular, they keep going out of stock:

<https://www.hello-products.com/product/antiplaque-whitening-tablets/https://www.hello-products.com/product/antiplaque-whitening-tablets/>

On the hunt for a stevia-free toothpaste tablet, I found various options, but ordered these and they are a decent option for me:

<https://drgingers.com/products/coconut-powder-toothpaste-tablets>

I wasn't a fan of the toothpaste powder I tried from SFS, it was too much like brushing with clay (which apparently works great, I just couldn't hack the clay taste and texture).

Mouthwash:

They make mouthwash tablets that are chewable or dissolve in water. I plan to try these ones:

https://wellearthgoods.com/products/zero-waste-mouthwash-tablets-free-shipping?variant=31795854409776¤cy=USD&utm_medium=product_sync&utm_source=google&utm_content=sag_organic&utm_campaign=sag_organic&utm_campaign=gs-2018-11-10&utm_source=google&utm_medium=smart_campaign&gclid=CjwKCAjwoZWHBhBgEiwAiMN66Q6ziL-hqPP6yibdwYWQ8Vx7MkiWolrAGJCuO1rAM8bx7N1yDNNkDxoCeQ0QAvD_BwE

Sunscreen:

I am still buying plastic tubes of non-toxic mineral sunscreen. Let me know if anyone finds a good non-plastic option.

Lotions:

I made my own body butter last year and it's lasted me forever, but all the ingredients came in plastic containers. I found this lotion bar, which works great on my hands, but I've yet to try applying it all over my body.

<https://www.moonvalleyorganics.com/products/lotion-bar-lemon-vanilla>

Body oil in a glass jar would be a good option:

<https://thegoodstuffbotanicals.com/oasis/#product-tab-description>

Moisturizing salve in glass jar - great for hands, etc:

<https://allgoodproducts.com/shop/skin-care/all-good-goop/all-good-goop-2oz/>

Body butter & lotions I'd like to try:

<https://allgoodproducts.com/shop/skin-care/lotions/plastic-free-1oz-coconut-lotion/>

<https://boodaorganics.com/collections/frontpage/products/booda-butter-tin>

Face products:

I just bought a face cleansing bar from Silver Falls Sustainability to try.

This is my current face cream, comes in a glass jar and works great for very dry skin, but is a bit oily. Can be used on any area of the body, too.

<https://www.google.com/amp/s/thegoodstuffbotanicals.com/amp/gypsy-cream/>

Here is a great face toner made by an acupuncturist (comes in a reusable glass bottle), and she makes an excellent face oil as well. I get a wholesale discount with my massage license, so order through me if you live nearby. Her healing balms are excellent as well.

<https://cultivatemyhealth.com/product/balancing-skin-toner/>

Hair styling products:

Since my hair is healthier and not as dry now, I am hoping to mostly cut out styling products, but this is a tough one for sure. I am still trying to use up my old products that came in plastic and then hoping to only use this hair oil occasionally when I need extra moisture:

<https://thegoodstuffbotanicals.com/equinox-locks/#product-tab-description>

FOOD PRODUCTS:

This is the hardest area to get away from plastic for me. So many foods we buy come in single-use plastic containers. Some of the containers can be re-used, but I'm trying to cut back where I can. Some things, I just won't buy anymore (i.e. salsa from Costco in a giant plastic tub). Luckily, there are great alternatives to plastic wrap and ziploc baggies. Here's one brand I hope to invest in soon (they are expensive but work great I hear):

https://www.stasherbag.com/collections/best-sellers?gclid=CjwKCAjwoZWHBhBgEiwAiMN66ft6GEhaSQpOqCjU751IW9qOJPnhUTwjNwDzr6pkdEwFPBhzqX-W9BoChWlQAvD_BwE