



Bathroom Talk: Squeaky Clean and Plastic Free!

Today's Plastic Free July challenge, now that you've got your wooden toothbrush, is to **skip the plastic in the shower and bath!** Instead of using liquid soap, shampoo and conditioner, try solid bars instead. Dry skin? Consider switching to coconut oil in a glass jar for a natural moisturizer. **Check out our list below** for plastic alternatives in the bathroom, including razors, lotion, deodorant, feminine hygiene products and more.

JR Liggett Shampoo Bar (NH) <https://jrliggett.com/shampoo-bars/>

Badger Balm Shampoo Bar (NH) <https://www.badgerbalm.com/p-984-shampoo-bar.aspx>

Conditioner Bar: EcoRoots (CO) <https://ecoroots.us/col.../zero-waste-shampoo-conditioner-bars>

Re-fillable shampoo, conditioner & lotion aluminum bottles:

Plaine Products (OH) <https://www.plaineproducts.com/shop/>

Face lotion: YayForEarth (NY) <https://yayforearth.com/>

Sunscreen Tin: RAW ELEMENTS USA (CA) <https://www.rawelementsusa.com/collections/plastic-free>

Re-fillable Deodorant:

Meow Meow Tweet (NY) <https://meowmeowtweet.com/collections/deodorant>

Pit Liquor (CO) <https://distilledbathandbody.com/>

Plastic Free Razors: Albatross Designs (CA) <https://albatrossdesigns.it/.../albatross-shaves-the-world-fr...>

Leaf Shave (PA) <https://leafshave.com/story/>

Menstrual Products:

Tampons: Switch to cardboard applicators or applicator-free!

Menstrual Cup: LENA Menstrual Cup (NY) <https://lenacup.com/>

Re-usable pads: GladRags (OR) <https://gladrags.com/collections/cloth-pads>

Period-proof underwear: Thinx (NY) <https://www.shethinx.com/collections/thinx-shop-all>