

HYGIENE

Plastic Option	Alternative Option(s)
Facewash/lotion	Make your own and store in glass/stainless steel container
Feminine products	Menstrual cup, cloth pads, Thinx
Loofah	Washcloth, soap bag made of natural fiber (hemp, sisal, jute, etc.)
Razor	Metal razor
Shampoo & conditioner	Shampoo & conditioner bars
Soap	Bar of soap, refillable bottles
Toothbrush	Bamboo toothbrush
Toothpaste	Make your own and store in glass or stainless steel container
Travel hygiene	Use what you already have and store in small stainless steel containers