

PART TWO

BE A ZERO-WASTE beauty



This month, *WF* writer and beauty addict Jo Ebsworth shows you how to give your make-up bag and wash kit an eco-upgrade

If you read part-one of my feature in last month's issue of *WF*, hopefully you've already embarked on a journey to purge your bathroom of plastic. This month, it's time to look at your make-up and gym-bag essentials. Gather all those must-haves and you'll soon see just how much packaging is involved in your favourite items – and that's not including all the packaging you bin after buying your products. According to a report from Zero Waste Week, the beauty industry is one of the worst culprits of unsustainable packaging, with global cosmetics companies producing 120 billion units of packaging a year, the majority of which are not recyclable. Ready to make the change? It's time to get started!

Zao Silk Foundation comes in a refillable glass bottle with a bamboo lid.



Pretty and plastic-free

As a make-up lover who spends hundreds of pounds each year on high-end and high street cosmetics, I desperately wanted to find sustainably packaged make-up that would work well. In the end, my battle was in finding any alternatives, regardless of quality. Lush Cosmetics has a range of cruelty-free make-up, and the majority of it comes in 'naked' packaging. Some products worked brilliantly, such as the **Glow Stick Solid Highlighter** (£12; uk.lush.com), and I loved the huge array of shades and finishes of the **Lipstick Naked Refills** (£10 each), which you can pop into a vintage-style, plastic-free Refillable Lipstick Case (£8). But I disliked how the solid, exposed **Slap Stick Solid Foundation bar** (£17)

attracted every bit of fluff, leaving me concerned that it was unhygienic.

Thank heavens then, I found vegan, 100 per cent natural, sustainably-packaged make-up brand Zao (zaoessenceofnature.co.uk). Everything from primers, foundations, concealers, face powders and blushers to eye shadows, eye liners, mascaras and lipsticks are housed in hard, refillable bamboo cases that shut with genius magnet mechanisms. The beauty of the brand is that once you've invested in a bamboo-enclosed product, you can then buy cheaper refills to replenish them afterwards. But best of all, this make-up really works. From the dewy, glowing, long-lasting finish of the **Silk Foundation** (£40), to the incredibly easy-to-use, smudge-resistant **Refillable Felt Tip Eyeliner** (£18.95), every product looks beautiful and performs exceptionally well. The biggest compliment I can give to the brand is that, after applying a full-face of Zao products for the first time, a friend said I looked absolutely radiant. Praise indeed!



Green your dental hygiene regime

Most manual toothbrushes are made from unrecyclable plastic. Considering they should be replaced every three months, that's a potential 264 million brushes thrown away annually in the UK that take hundreds of years to break down. Swapping to a bamboo toothbrush – a sustainable material that takes just six months to compost – is an easy change to make. Try the sustainable range from Woobamboo, pictured left, 3. (woobamboo.co.uk), which includes biodegradable silk floss and vegan toothpastes. The Adult Standard Handle Toothbrush is £4.49 (kids' and pets' toothbrushes are also available).

Don't fancy a wooden toothbrush? Then give TePe's new GOOD Toothbrush, 1. (£2.75; waitrose.com), a go. It's the UK's first sustainable, bio-based plastic toothbrush made from sugarcane and castor oil and is manufactured in Sweden using 100 per cent green energy. Very comfy to use.

If you prefer using an electric toothbrush, try the Foreo ISSA 2 2. (£149; foreo.com). Made with non-toxic silicone, this sleek, toothbrush is built to last for up to a decade, and you'll only need one replacement brush head costing £17 per year (versus four to five nylon brush heads for a regular electric brush), resulting in an up to 90 per cent reduction in waste. As well as delivering an amazing clean with its sonic pulsations, it lasts for 365 days on a single charge.

I love the range of **Georganics Mouthwash Tablets** (£8.90; georganics.com). Available in various natural flavours such as Spearmint and Thyme, just add one of these chemical- and alcohol-free tablets to a drop of water and gargle. **Georganics Natural Toothpaste** (from £6.90), in a glass jar, is also lovely.

Clean up your gym bag

Convenience is key with gym-bag friendly products. Thankfully, there are lots of handy plastic-free alternatives you can switch to. LLB's range of vegan, travel-friendly products (all sustainably packaged) could revolutionise your post-gym skin routine. My faves included the multi-tasking **A-Game Hydration Balm**, (£45; lbbskin.com) which contains natural, anti-inflammatory, anti-bacterial ingredients to soothe skin, plus hyaluronic acid to plump the face, and the individually wrapped, biodegradable sachets **Take Off/Touch Down XL Face and Body Cloths** (£25), which are perfect for cleansing away pre- or post-gym sweat and make-up.

I depend on dry shampoo to refresh my hair after workouts. So, I was delighted to discover Tabitha James Kraan's organic **Dry Shampoo Compact for Dark Hair** (from £19; tabithajameskraan.com). It smells divine, really works, soothes my scalp with its natural ingredients and, best of all, never stains my fingers or face (a pale version is also available). And there are 100 per cent biodegradable and resealable refill pouches (£21) to refill the compact twice over.

Using just water, the revolutionary **Face Halo sponge** (£7; facehalo.com)

Using 100 per cent natural vegan products stops harmful chemicals being washed down the drain and entering our waterways

3 OF THE BEST...SOAPS

1 Available in four scents, the hand-made, multi award-winning **Holy Lama Naturals Yogi Soaps** (£4.50; holylama.co.uk) are housed in their own oyster-like soap dishes



2 The pure lanolin soaps from **Little Beau Sheep** (from £9.45; littlebeausheep.com) are perfect for sensitive skins. Wool from different sheep breeds is wrapped around each one – acting like a soap and flannel in one, which means no soap gets wasted. Antibacterial, deeply exfoliating, completely biodegradable, practical and great fun!

3 Luxury skincare brand Cosmydor has a strict 'no plastic' packaging policy and all products are certified organic and 100 per cent biodegradable. It's **Precious Face and Hand Liquid Soaps** (£28; cosmydor.co.uk) are available in two scents packed with essential oils that deeply nourish skin, and are sold in stylish violet glass bottles. Recyclable refills are available.



Jo loves Natura's biodegradable sheet masks (mybeautybar.co.uk)

reaches deep into pores to remove and trap make-up and sweat for a deep clean and gentle exfoliation without the need for any environmentally harmful cleansing products. Dual-sided and reusable, one sponge replaces up to 500 traditional make-up wipes. I was amazed how well this worked.

On the move

Baron Shower Bars (£3.50; baronshower.com) are designed to allow you to travel light and reduce reliance on single-use bathroom products. Lasting as long as a 250ml bottle of shower gel and available in six natural scents, the bars leave you feeling cleansed and invigorated, and can be carried around in the waterproof **Everlasting Neoprene Travel Case** (£4).

La Pochette's wide range of waterproof bags made from recycled fibres will help you wave goodbye to single-use plastic bags for good. Antibacterial and deodorising, the stylish **Sweat Bag** (£35; lapochette.co) will hold all your sweaty gym kit or wet swimming costume, while the **No Excuses Bag** (from £55) will prove useful for carrying around cosmetics and cleansing products.

If there's one area Lush Cosmetics does really well, it's body pampering. Try its **Not Sleepy Shower Bomb** (£2.75; uk.lush.com), which turns into an invigorating mousse that exfoliates and moisturises. Other great products are the **Pumice Power** (£5), to rejuvenate achy feet, and the **Scrubee Body Butter Bar** (£9), which has built-in ground coconut shells and almonds to gently exfoliate.