



Changes you can make in the bathroom:

1 Use bamboo toothbrushes.

Bamboo toothbrushes are becoming more popular due to their ability to decompose. Sometimes made with nylon bristles (which do not decompose) and others made with charcoal bristles that do! Replace the plastic toothbrushes!

2 Use shampoo bars, eliminate those plastic bottles.

Using a shampoo and body bar can greatly reduce the plastic in your bathroom. Did you know that the pump itself cannot be recycled?

Also recently added to the offerings on the market are shampoo and shower gel tablets that can be added to water to produce a full bottle of liquid shampoo or shower gel. Reuse those old bottles and pumps!

3 Save on soap by making your own.

A cool project to do at home. Check out some soap recipes. Buying an eco friendly soap bar instead of liquid soap can also be tricky - check that it doesn't contain palm oil. Palm oil production is on the rise to the point of seriously endangering many species of wildlife.

Another tip with bar soap would be to save all those little broken pieces that end up in the soap dish when its life is near the end, put them in a saved bottle or jar with some water overnight to let them dissolve. In the morning you will have your very own liquid soap.



Brought to you by Willy The Green Dragon & Draco Viridi

No part of The Green Dragon characters may be reproduced,, copied or stored with out the express permission of the copyright owner.

Changes you can make in the bathroom Cont/d

4 Choose responsibly sourced toilet paper

Most toilet paper on the market today is made from freshly cut felled trees!



Look for rolls made from recycled paper or bamboo. There are now some producers of environmentally friendly toilet paper that can delivery so no need to wrap in plastic! Also try to avoid brands that individually wrap the rolls.

Check out this organisation in HK: <https://www.milmill.hk> And this one based in many countries now: <https://au.whogivesacrap.org> (pardon the language!). Do some research and you will find more, I can assure you!

5 Ditch the plastic Q-tips for paper based products

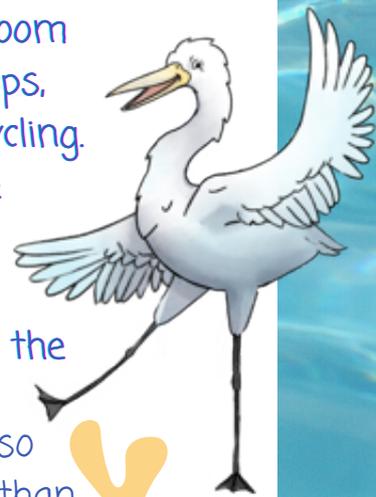
We have all seen the image of the poor seahorse holding onto the plastic Q-tip haven't we? Well that plastic stick will be on the planet beyond your grandchildren. Switch to a paper based ear cleaning product to help save the sea creatures.

6 A bathroom compost bin

Did you know its possible to compost much of your bathroom paper waste? Items such as empty toilet rolls, paper Q-tips, tissues and cotton can be recycled in with your paper recycling. Make it easy for your family and have a recycle bin in the bathroom.

7 Save on your towel laundry.

Many of us are guilty of taking a lovely, fresh towel from the cupboard before we really need to. Use that towel once or twice more to save on laundry. Also when that clean laundry is done, dry it on the line rather than in the tumble dryer.



Brought to you by Willy The Green Dragon & Draco Yiridi

No part of The Green Dragon characters may be reproduced, copied or stored with out the express permission of the copyright owner.

Changes you can make in the bathroom Cont/d

8 Reduce your shower time

We all love to have a long shower every now and then but a long shower is really wasteful. Try to time yourself, beat your own record.

See how long it takes you to have an efficient shower, not missing the bits behind your ears!

'A 10-minute shower with a standard shower head uses about 80 gallons of water and is responsible for producing about 4 lbs of CO₂,' says Casey Meehan, the Sustainability Manager at Western Technical College who holds a Ph.D. in Climate Change Education. "Reducing a shower to five minutes can go a long way. To reduce your footprint even more, install a low-flow shower head'.

Another tip to saving water; while you wait for that shower water to heat up to your desired temperature, fill up a bucket or some jugs and use the water later to water your plants. Cool tip!

9 Save water when flushing.

If you don't have a low-flow toilet cistern then there is a simple way to reduce the amount of water that you flush each time. Remove the label and then place a plastic bottle filled with pebbles or rocks and then fill with water. Place into your cistern to displace some of the water. You can also put in a small brick or any heavy object. These objects will take the space of water and your cistern will not fill up to its maximum capacity.

10 Switch to eco friendly cosmetics

Can you raise awareness with your female relatives and urge them to research some eco friendly cosmetics. Our Mums, Aunties & Grandmas love to look their best but it doesn't have to be at the cost of the planet. There are lots of companies out there now that are producing some beautiful eco friendly cosmetics.

Brought to you by Willy The Green Dragon & Draco Viridi

No part of The Green Dragon characters may be reproduced,, copied or stored without the express permission of the copyright owner.