

Beauty and the beach



45 mins

Guides

About this activity

Skincare, make up and toiletries are often packaged in single-use plastic, creating tons of waste that often ends up in the ocean. Can you help by creating a zero-waste beauty routine?

Outcomes:

- Consider the potential environmental impact of product choices
- Find alternatives to products in single-use plastic and non-recyclable packaging

You will need:

For the session, each person will need:

- A pen and paper or a copy of the [Beauty audit sheet](#)
- Access to the internet, on a phone or computer

To make lip scrub, each person will need:

- Brown sugar
- Granulated sugar
- Olive oil
- Honey
- Bowl
- Tablespoon

Beauty and the beach

Skincare and beauty routines affect the ocean. It's the norm for cosmetics and toiletries to be packaged in single-use plastic containers. We can help the planet by reducing the amount of plastic packaging we consume.

Part 1 Beauty audit

Carry out a **beauty audit**. Think about an average day. List the beauty, skincare and toiletries products you use. For each item, note the packaging material.

Part 2 Can you reduce?

In small groups, review your beauty audits.

Are there lower-waste alternatives? Can you learn from each other and think of ways to reduce the waste you're creating? For example, could you switch from shower gel to soap, use face cloths rather than face wipes, buy larger packs, or avoid pumps that can't be recycled?

Part 3 Recycle more?

Up to 60% of the rubbish that ends up in the bin could be recycled if it was disposed of correctly, and bathroom waste is the least recycled waste in UK homes. Can you recycle more of your packaging?

1. On your Beauty audit, note whether the packaging for each product can be recycled in the local council (at home) collection. If you don't know what you can recycle at home, you can type your postcode into the Recycle Now website and find out:

- www.recyclenow.com/local-recycling (England)
- www.recycleforscotland.com/recycling-locator (Scotland)
- www.recycleforwales.org.uk/local-recycling (Wales)
- www.recyclenow.com/local-recycling (Northern Ireland)

Now look at the remaining items. Can they be recycled elsewhere e.g. with the TerraCycle scheme? Check at terracycle.com

Part 4 Zero-waste beauty

1. Look at the products left on your audit sheets. Are there any other changes you can make to reduce the waste you send to landfill?
2. Make notes so that when you need more products, you can buy the most 'ocean-friendly' items.

Part 5 Beauty hacks

Some homemade items can be as good as shop bought and be better for the environment as they create less waste.

- Instead of using face wipes, you could make your own make-up remover pads by cutting up old towels, cotton T-shirts or face cloths and hemming the edges.
- You could make your own lip scrub by mixing together 1 tablespoon each of brown sugar, granulated sugar and honey, and then adding half a tablespoon of olive or coconut oil.

