



Sustainable tips for your daily routine

*"Individually, we are one drop.
Together, we are an ocean."*

Our sustainable drops for you

Everybody can be sustainable starting from the little things we do every day. Daily gestures that represent a first step to change and reduce our environmental footprint. For example, we can buy less and prefer products that respect us and the planet, putting into practice simple daily swaps to better habits. We can reuse our things several times, and try to repair them before throwing everything away. With our creativity, we can rethink their function and reuse what we already have in other ways. And when we just can't use it anymore, we can recycle it.

This E-book collects 25 swaps that you can easily apply to your daily routine. What is a swap?

A simple change. A small turning point, to change the world one step at a time.

Discover some suggestions you may not know yet.

We hope you enjoy it!



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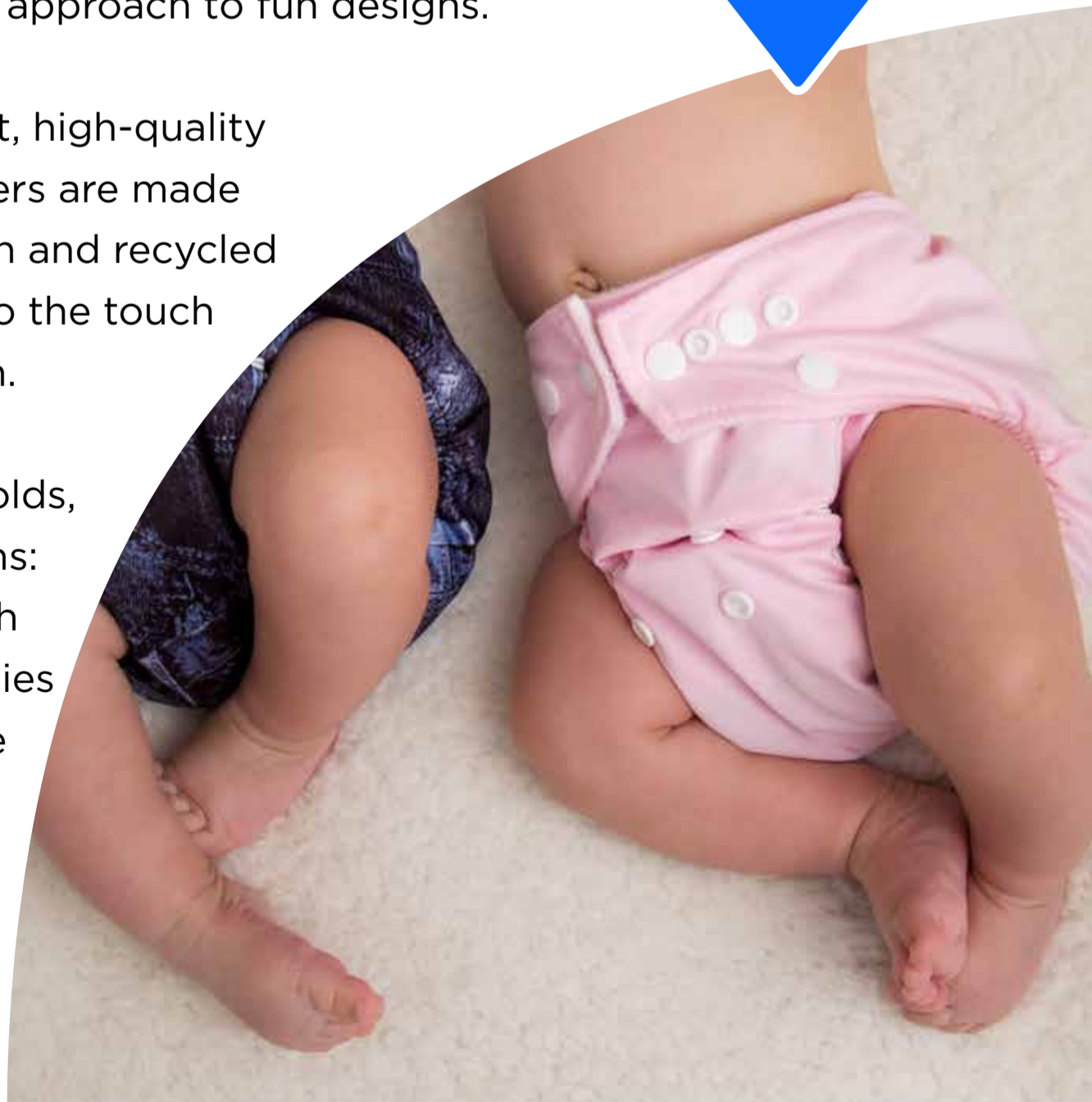
Self-care

Reusable nappies to avoid waste

It's no secret that babies need plenty of nappies, which can create a lot of waste.

But some brands are coming to the rescue with sustainable alternatives to essential products. Our top tip? Reusable nappies! Here are three brands to have on your radar:

- 1.** Founded by Emma Lee Bunton, Kit & Kin offers award-winning hypoallergenic products, with an environmentally-friendly approach to fun designs.
- 2.** Committed to low-impact, high-quality ingredients, Assembly diapers are made with certified organic cotton and recycled polyester that remain soft to the touch for your baby's delicate skin.
- 3.** With styles for 0-3-year-olds, Hamac comes in two designs: classic and T.Mac. Made with versatility in mind, the nappies are available in a bold range of colors and prints.



How do you wash your face?

9.3 million face wipes are flushed every day.

The majority of cotton buds, cotton pads and face wipes contain the plastic polypropylene which doesn't decompose and enters landfill or our oceans, causing havoc for the wildlife.

While convenient, the way that we dispose of our face wipes has huge ramifications - 93% of sewer blockages are caused by the 9.3 million face wipes flushed down the toilet everyday (WATER UK).

Reusable cotton pads and facial cloths enable us to use the same piece of material over 500 times (or for up to a year).

There are small, individual steps we can take to do our bit to offset our environmental footprint, as well as save money through buying less.

And the effort involved is minimal: throw them into the wash along with the rest of your laundry and you're good to go!



An eco-friendly haircare alternative

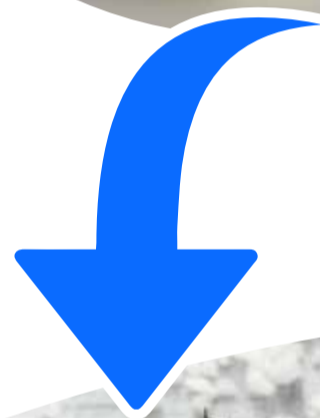
Have you tested out Shampoo Bars?

Ditch the usual single-use plastic bottles and go for a more eco-friendly haircare alternative with a natural shampoo or conditioner bar.

Just like any other soap, these bars are easy to use and typically come in recyclable packaging.

Their compact size and lightness help to reduce the carbon footprint of the product and means they take up less space than clunky bottles, plus some bars are two-in-one and can be used on the body - making them, even more, cost and eco-effective.

Invest in a storage tin or soap dish to keep them in top condition. You can even have a go at making your own!



Homemade face scrubs to avoid microbeads

There could be plastic hiding in your beauty bag.

Microbeads are small pieces of plastic (less than a millimetre) that are sometimes used in everyday beauty products.

Their use is banned in the UK, USA and Canada - but not all countries globally.

To be sure your skincare routine is as natural as possible, why not make your own facial scrub instead of buying new? A simple mix of coconut oil, brown sugar and organic honey makes for glowy skin. And you'll save on packaging too!



Plastic hiding in your beauty bag

Have you ever considered how much plastic waste comes from your beauty bag?

Statistics report that 120 billion units of packaging are produced every year by the global cosmetic industry (Source: Zero Waste Europe). Most of this is single-use plastic or non-recyclable and ends up in landfill and the ocean.

By swapping to glass or aluminium packaged beauty, you can do your bit to support the fight against plastic waste.

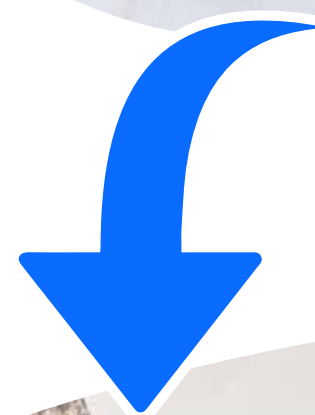


Refillable deodorants in a range of scents

**Today, stop using plastic-wrapped
or aerosol deodorants.**

Switch them to refillable, natural alternatives. With fewer chemicals and less disposable packaging, it's a gentler choice for both your body and the planet.

“By Humankind” and “Wild” offer refillables in a range of scents, so you can pick and choose from your favourites time and time again. Their minimalist design is a great addition to any bathroom cupboard or washbag.



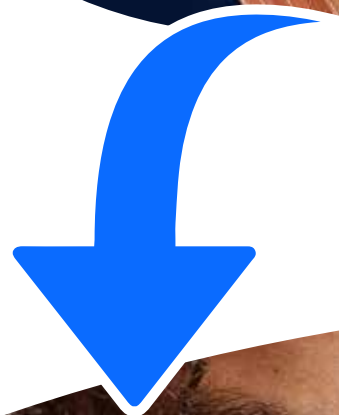
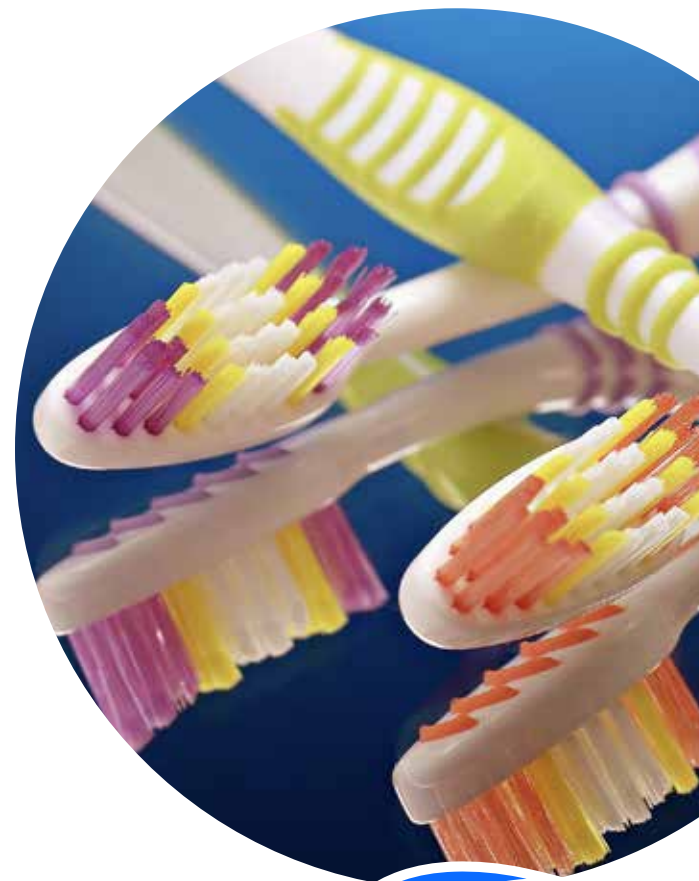
A sustainable touch for your teeth

1 Billion toothbrushes are thrown away every year in America according to Foreo.

That's a huge amount of plastic waste being generated, with each item taking years to breakdown in landfill.

Our advice? Make the switch to bamboo instead! Bamboo toothbrushes are much kinder on the planet. Each brand will share guidance on how best to dispose of the product at the end of its life, such as removing the bristles before putting in food waste or compost.

Have you tried them yet?



Home-care

Preserving water, a precious resource

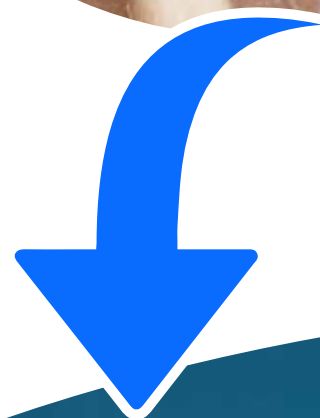
Could you switch to the 5 minute shower challenge?

Showers are one of the biggest uses of household water, using high levels of this precious natural resource (roughly 12 litres per minute according to Waterwise) and contributing to CO2 emissions through energy-usage as well.

In fact, even your choice of showerhead can have an impact on the environment, with a power shower using up to 15 litres a minute – a 10-minute shower could use roughly the equivalent of two bathtubs-full of water!

By cutting your shower time in half, you can make a simple lifestyle change to protect the planet.

While you're at it, be sure to turn off the tap while brushing your teeth too to help reduce your daily water consumption too!



LED bulbs, a win-win choice for you and the planet

A bright idea to reduce your household energy consumption: why not switch to energy-saving lightbulbs?

Many people avoid making the switch as the bulbs can be more expensive than regular ones - however, they last longer so you need to buy them less frequently.

There are lots of benefits to making this easy swap including increased energy efficiency, lower electric bills, a longer bulb life, and a better and safer light source overall. LED bulbs allow for overall improved quality of light, as they create a more focused glow than fluorescent and incandescent lights, allowing people to use fewer light bulbs. Moreover, they can help save up to 90% of energy costs, while also having the benefit of being made from non-toxic materials. A simple but effective swap to help your wallet and the planet.

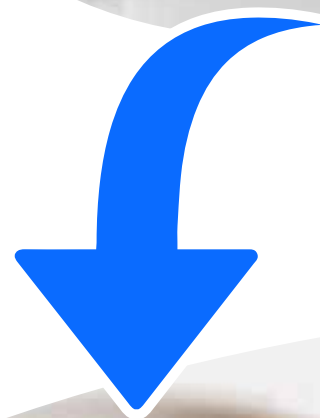


How to reduce your impact every laundry load

Every laundry load impacts the Earth.

Make yours more planet-positive by switching from plastic-packed detergent to a refillable and recyclable alternative!

One great option is Ecoegg, a recyclable detergent container that can be used up to 70 times with plastic-free washing tablets. Kind to your clothes, it's also suitable for those following a vegan and cruelty-free lifestyle.



Environmentally friendly hangers

Need hangers for your wardrobe?

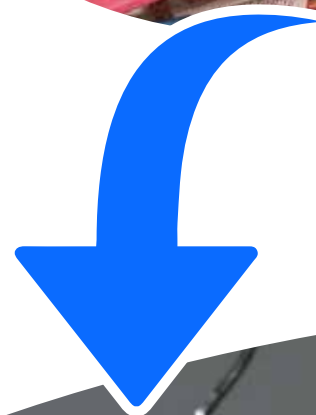
Ditch the plastic (or velvet) options and choose wood instead.

Not only are wooden hangers better for the planet but they're also sturdier, longer-lasting and can hold heavier clothes.

Finding them is easier than ever.

Just try searching them on Google and you'll discover online e-commerce or local house stores just around the corner of where you live.

Wooden hangers have the perfect shape for hanging jackets and shirts and most of them are suitable for trousers too.



A green paint choice

Did you know that your paint choice can have an impact on your health?

If you're decorating, make sure you ditch regular paints and choose non-toxic, eco-friendly paints for your walls instead! They are specially developed with fewer or no VOCs (Volatile Organic Compounds), which are unstable chemicals that release harmful gasses. According to US EPA, a typical bucket of paint contains carcinogenic chemicals, such as benzene, methylene chloride and others, which are released into the air as you paint your walls.

Non-toxic, low VOC paints are far healthier for both people and the environment. There's even an eco-friendly paint that has a positive impact, absorbing CO₂ and purifying the air around it. Manufactured by Graphenstone, it's made from graphene and super-pure lime, meaning it's highly absorbent and breathable but also incredibly strong.



Infinitely recyclable carpets

An estimated 5 billion pounds of carpet winds up in landfills every year in the US.

Architects and designers have the power to make a difference. In fact, according to Lance Hosey, architects and designers can impact up to 90% of a project's impact on the environment with their early design decisions by choosing sustainable ingredients. Making eco-friendly carpet choices in projects can help turn the tide.

Instead of specifying commercial carpets made from precious finite resources, choose carpets that are made with recycled materials and can be recycled infinitely.



Cooking

A Plastic-Free Tea Break

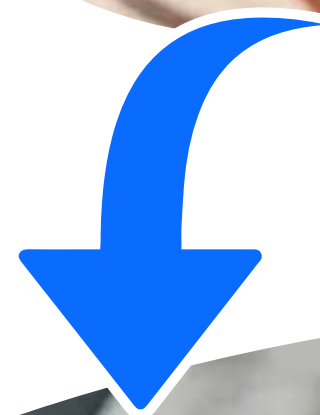
Did you know that your teabags may contain plastic? Swapping to loose leaf tea could make for a more eco-friendly tea break!

Plastic is often used to seal teabags making them non-recyclable or biodegradable.

A plastic sealant is often used to contain the tea leaves within the bag itself, a small but significant design decision that has much wider environmental implications.

Teabags can cause worryingly high levels of micro-plastic pollution, as billions of micro-particles and nanoparticles are released in just one cup of tea.

Loose leaf tea offers a more environmentally-positive option all round. Source fair-trade, ethically grown producers to ensure your favourite blend is doing good for both people and planet too!



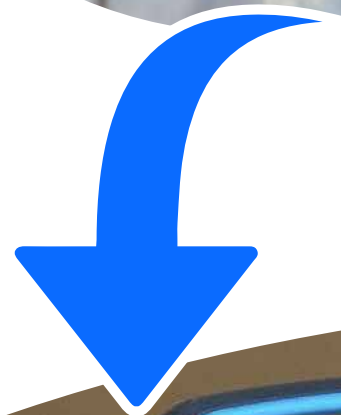
How do you bottle your drinks?

1,000,000 plastic bottles are bought every minute around the world according to the Plastic Soup Foundation.

Currently, the most concerning consumer habit is the reliance on single-use plastic. Our love affair with plastic bottles has reached a crisis point.

The best and easiest everyday swap to make is switching to a reusable bottle. From metal, glass and copper bottles, there is a wide range of more sustainable alternatives available to choose from.

Resist the temptation to buy plastic if you are out and about as most shops sell drinks in cans and glass bottles, which can be recycled but if there is no other option but plastic – take it home and reuse it or recycle it.



Drop single-use plastic for food protection

While prepping meals or saving leftovers, it's easy to find yourself reaching for plastic containers or cling film - but next time, stop!

These materials contribute to unnecessary household waste and can pollute our environments when they end up in landfill.

Instead, make the more planet friendly-choice and opt for beeswax wraps.

These natural cotton sheets have a wax coating that moulds across the top of your bowls and containers, as well as around food items like vegetables or sandwiches, to keep them fresh. (And bonus, they're much prettier than cling film, as well!)

You can use these again and again - with care, the typical lifespan of a beeswax wrap is around 10 years. After that, it can be popped into your compost bin to biodegrade.



Reusable straws to reduce single-use plastic

An estimated 500 million plastic straws are used in the US every day, according to the National Park Service.

Companies and countries all over the world have recently banned plastic straws, so now's the perfect time for an eco-alternative.

Re-usable straws come in different shapes, colours and materials. Whether you prefer bamboo or metal, there's an option that's right for everyone. Invest in a cleaning brush too, to help make your washing up a little easier. Carry it in your bag or lunchbox for your morning iced coffee or midday smoothie!



Aquafaba, a magic formula for sustainable recipes

Are you looking to shift to a plant-based lifestyle?

You might be interested in this unlikely egg replacement: chickpea water, otherwise known as aquafaba.

Aquafaba was discovered by accident, and has made a huge difference in the vegan community.

It behaves just like egg white, so can be used for a variety of dishes such as meringue, mousse, macarons, marshmallows, mayonnaise, butter and vegan mozzarella cheese.

There are also health benefits, since some of the nutrients from the chickpeas transfer into its water, including B vitamins, folate, iron, phosphorus and healthy fats like linoleic and oleic acids.

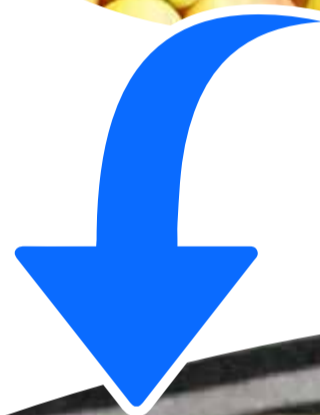


Supermarket veg for home-grown

Have you ever thought of growing your own vegetables?

Why not try your hand at being green fingered in your garden or on your balcony and help the environment and save some money at the same time!

Using organic fertiliser and pesticides, you can quickly cultivate a green haven in your home, filled with delicious seasonal ingredients. Start with simple seeds and runners like potatoes and salad leaves, before progressing to more demanding varieties. Here's to less time spent queueing at the supermarket for veggies and endless plastic packaging, and more time spent outdoors being active and in nature.



An eco-sustainable coffee-habit

Are you a coffee drinker? Make your mornings more planet-friendly with this easy swap!

If you haven't already, it's time to make the swap from plastic coffee packaging to non-plastic. It's one of the most effortless changes you can make, but it will have a big impact on the planet. According to the US Environmental Protection Agency (EPA), food and food packaging materials make up almost half of all municipal solid waste.

But with many brands now offering packaging made from metal, paper or bioplastic alternatives, you won't be limited for choice! We love Percol Coffee, one of the first brands to receive the Plastic Free Mark.



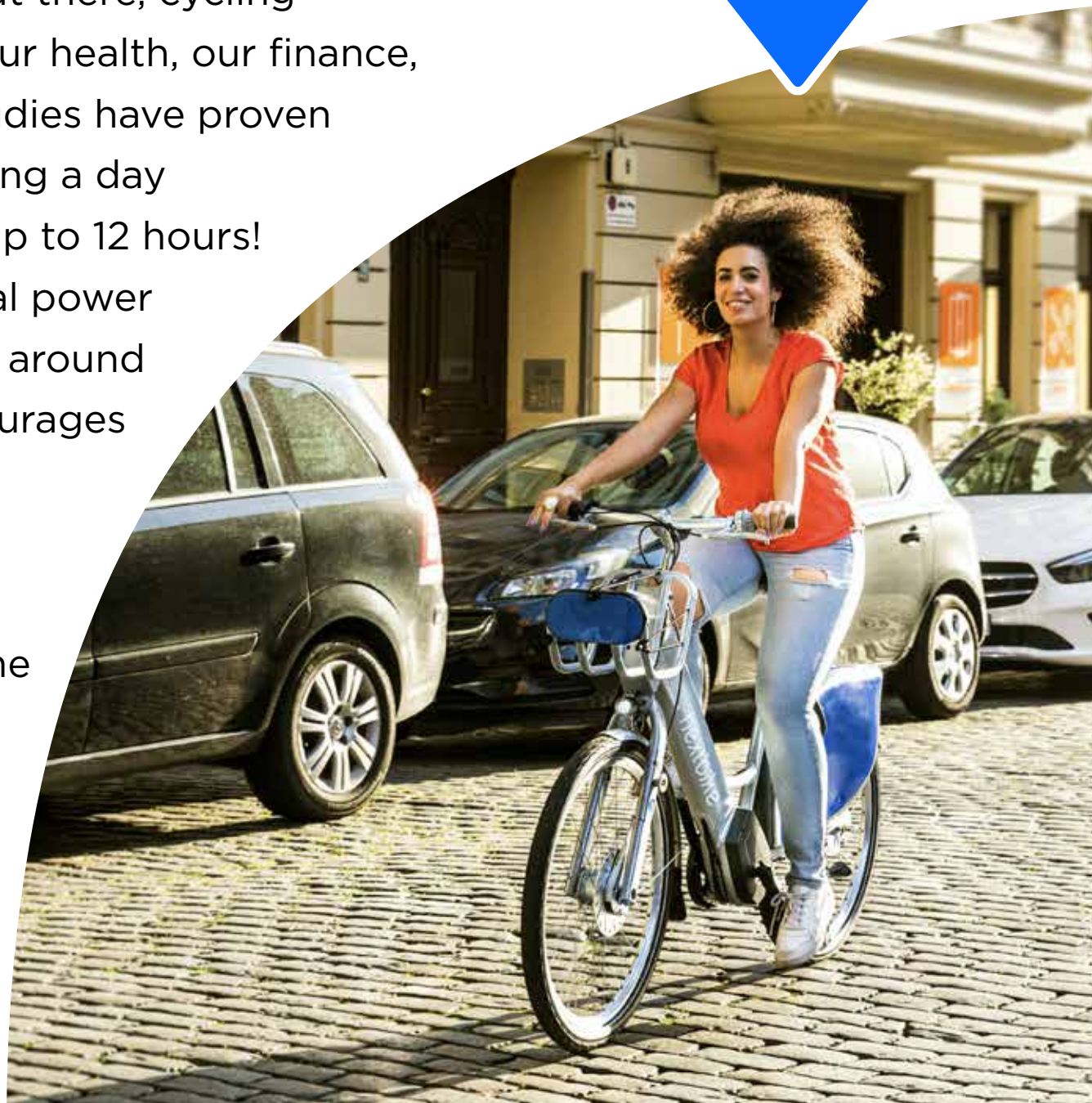
Shopping

The most planet-friendly way to travel and go shopping

Cycling has a carbon footprint of roughly 21g of CO₂ per kilometer which is even less than walking – and, it releases less than a tenth of emissions compared to driving, making it the most planet-friendly way to travel. It also reduces air pollutants and noise pollution too.

If that isn't enough of a reason to dust off your bike helmet and get out there, cycling also has huge benefits for our health, our finance, and our neighborhoods. Studies have proven that just 20 minutes of cycling a day could make you happy for up to 12 hours! Even on your first ride, pedal power gets more oxygen pumping around your bloodstream and encourages the release of endorphins – the 'happiness' hormone.

So, next time you leave home will you swap driving your car for riding a bike?



Grocery shopping more eco-friendly

It can take over 500 years for a single plastic bag to degrade in landfill, according to the Centre for Biological Diversity.

But every lifestyle choice we make, however small, can have a positive environmental impact.

Switching from single-use plastics to reusable alternatives is a simple way to cut down on unnecessary waste.

Designed using ECONYL® regenerated nylon, The Other Bag is a stylish and more sustainable option to take on your next trip to the grocery store.

The strong, durable bag can be used time and time again – and it's even water resistant too!

Have you made the switch away from plastic bags?

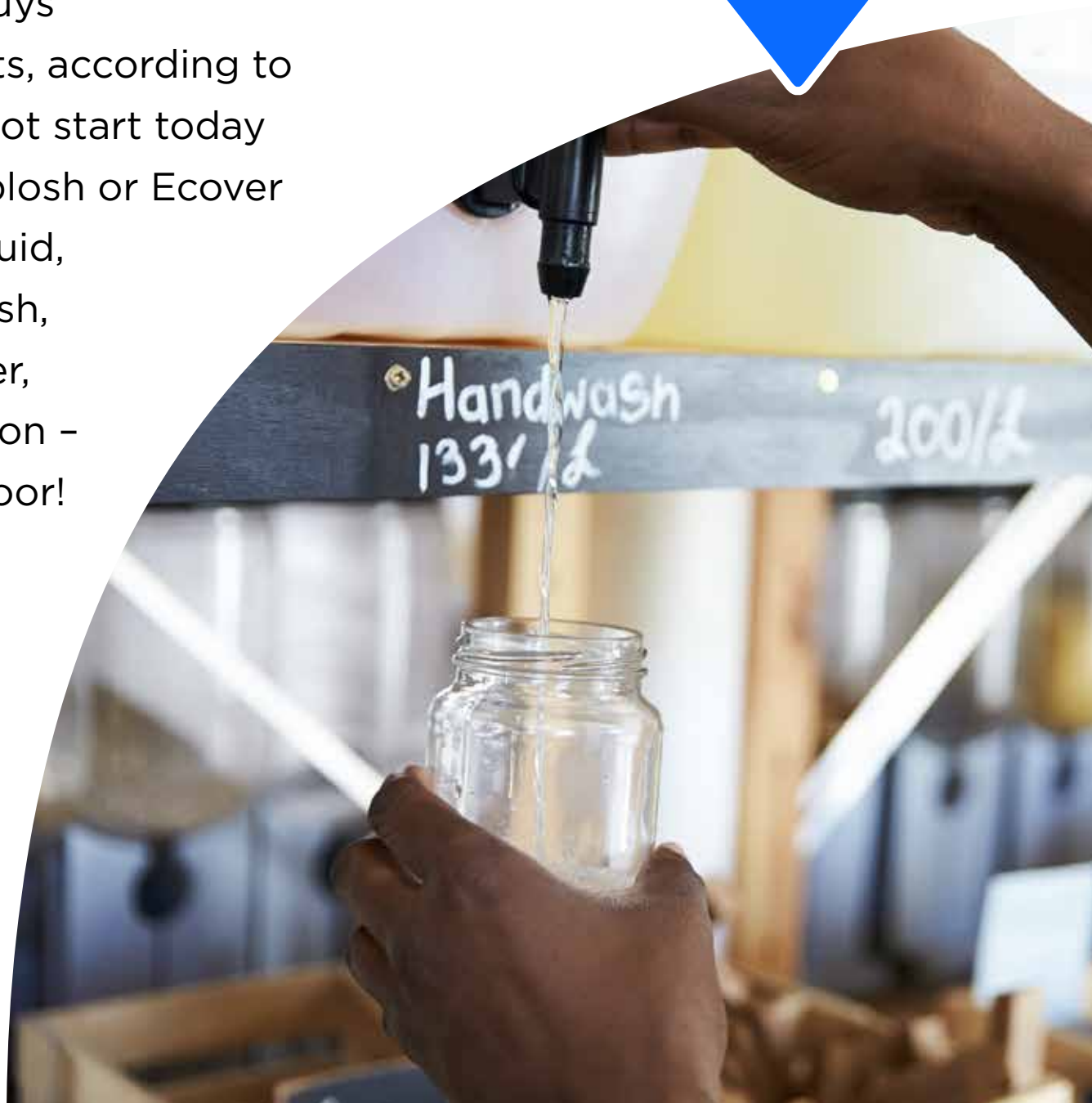
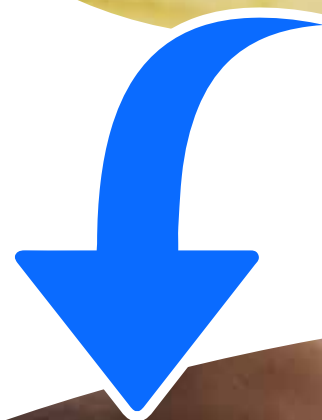


Don't shop new, shop refillable

Once you start trying to reduce your household plastic waste, it suddenly appears everywhere you look!

Household cleaning products often come in plastic containers, and while there are eco-friendly options out there that use recyclable packaging, you can reduce plastic consumption by 75% if you make the swap to refillable products.

Currently only 1 in 6 of us buys refillable household products, according to an Unilever research. Why not start today and switch to brands like Splosh or Ecover who provide washing up liquid, laundry detergent, hand wash, kitchen cleaner, glass cleaner, floor cleaner – the list goes on – delivered straight to your door!

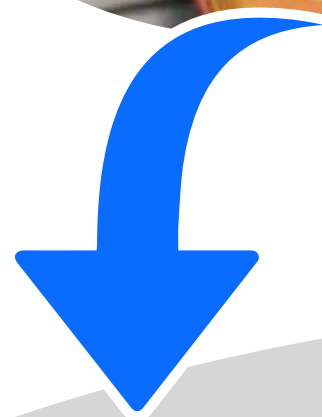


Planet-friendly wrapping ideas

Good for the Earth, good for your loved ones!

At Christmas time and for any festive occasion, why not make a sustainable swap and consider planet-friendly wrapping paper? You can use some old paper, get creative with materials you have lying around, or opt for recycled or compostable wrapping.

We propose the “furoshiki”, a traditional Japanese wrapping cloth, traditionally used to carry clothes, gifts or other goods. The name, meaning “bath spread”, derives from the practice of using this technique to bundle clothes while at the public baths, to avoid mixing them with the ones of others.



Sustainable garments for an evergreen look

"Buy less, choose well, make it last."

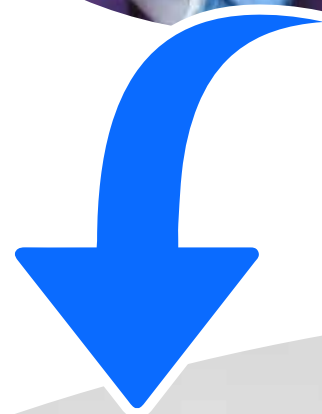
Vivienne Westwood

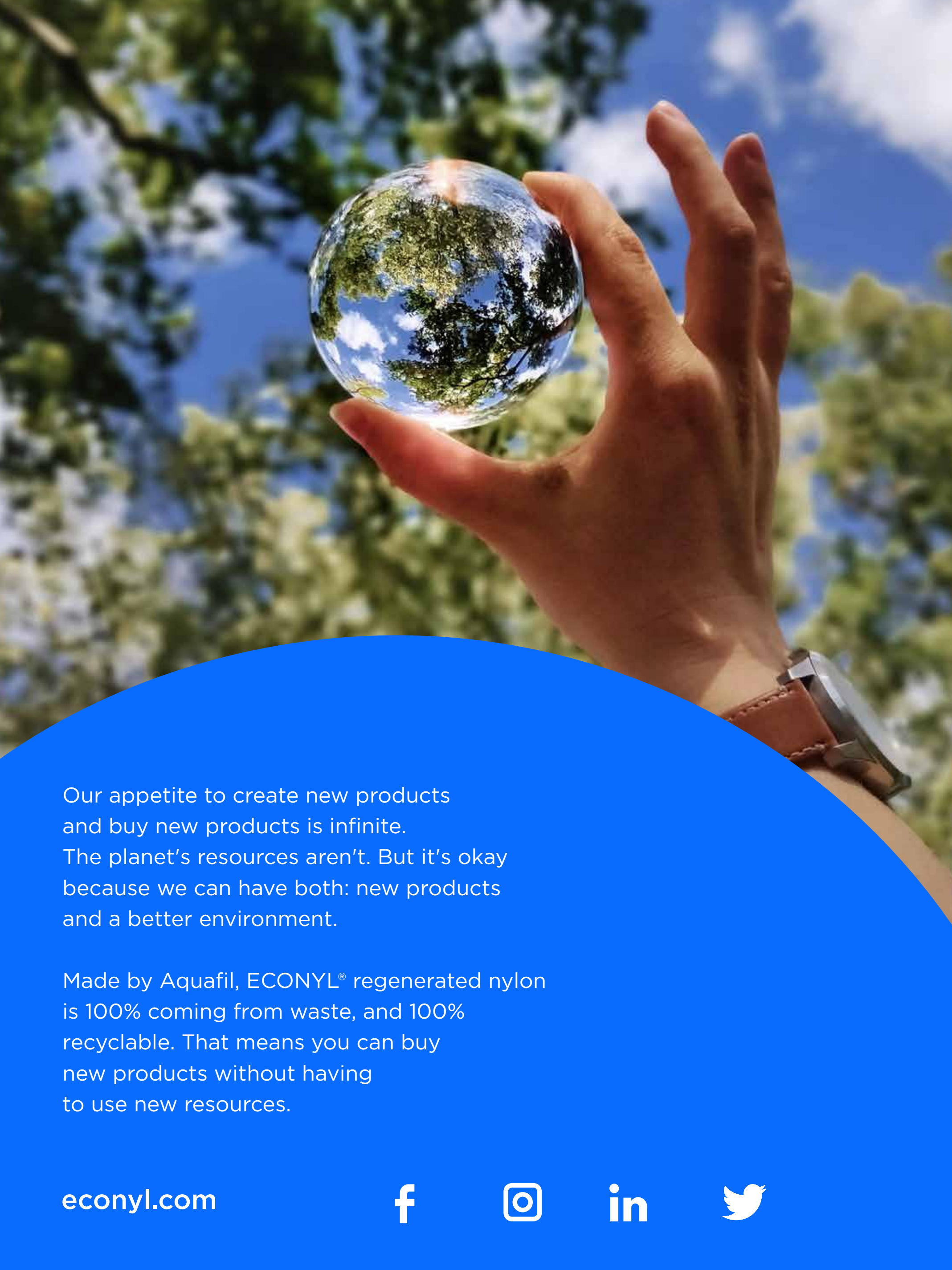
Rather than buying trend-led pieces that are bound to go out of style, why not choose well made, timeless classics that you know you'll love forever? It will extend the life of your wardrobe and eliminate the need to buy new clothing on a regular basis. It's a no brainer if you ask us!

Do you want to buy sustainable garments, made with recyclable materials respecting the people and the environment?

Discover the ECONYL® e-shop: clothing, accessories and home furnishing that respect your values and our planet.

Shop sustainable products on **econyl.com/shop**





Our appetite to create new products and buy new products is infinite. The planet's resources aren't. But it's okay because we can have both: new products and a better environment.

Made by Aquafil, ECONYL® regenerated nylon is 100% coming from waste, and 100% recyclable. That means you can buy new products without having to use new resources.

econyl.com

