

Plastic Free and Ethical Lifestyle

People message me ALL THE TIME and ask what products I use for myself so here's a (somewhat) comprehensive list of what I like. None of this is sponsored.

- **Toothpaste:** I prefer sticking with Fluoridated toothpaste but there are also lots of options that skip it
 - [Fluoride Chewpaste – eteeshop](#)
 - [UNPASTE Toothpaste Tablets w/ Fluoride - Mint | EarthHero](#)
- **Mouthwash:** [Natural Mouthwash Tablets | Georganics | Shop EarthHero](#)
- **Toothbrush:** Bamboo, I've tried a variety of brands and don't find them too different.
- **Shampoo:** I've tried a number of shampoo bars but [these are my favorite](#). THAT SAID, everyone's hair is different, if you've tried a bar in the past and it didn't work, maybe try a different one. It's also a different process than a liquid shampoo and your hair might feel different than you're used to but try for a month or so while your hair adjusts to the new routine.
 - Update: I've recently found that bar soap just isn't cutting it for my long hair and I wanted a conventional conditioner to help deal with breakage and switched to these: [Plaine Products Refillable Vegan Shampoo + Conditioner Set 16oz | EarthHero](#)
- **Hair care/styling:** As with above, I'm really focusing on moisture and breakage right now, here are some things that have helped. I've also used pure argan oil with pretty good success.
 - [Seed Phytonutrients Natural Everyday Detangling Spray](#)
 - [Seed Phytonutrients Natural Anti-Frizz Hair Smoothing Cream](#)
 - [Captain Blankenship Nourish Hair & Scalp Serum | EarthHero](#)
- **Soap:** Any bar soap, for hands and body. Liquid hand soap is overrated but if it's your jam then look for large bottles to refill pumps or use a refill system. Honestly buying and using hand made soaps feels like a treat and I love it so much more than over scented body washes.
- **Deodorant:** This is my favorite plastic free deodorant. I find the bentonite clay sets this apart from other options but I know that \$10 a stick seems like a lot but it lasts a long time AND there are lots of cardboard tube options on the market now even at places like Target. [Deodorant Awaken Adventure Aluminum Free Vegan Zero | Etsy](#)
- **Moisturizer:**
 - [BLK + GRN - Daily Greens Whipped Moisturizing Cream](#)
 - [UPCIRCLE Face Moisturizer with Vitamin E + Aloe Vera](#)
 - [UPCIRCLE Eye Cream with Cucumber, Hyaluronic Acid + Coffee](#)
- **Lotion:** Look for bar lotion options! My old retailer doesn't exist any longer so I don't have a specific suggestion.

- **Laundry Detergent:** Laundry Powder and Oxygen Brightener from Meliora (I use Meliora in part because it is local to Chicago): [Meliora Cleaning Products Laundry Collection](#)
- **Dish Detergent:** Also Meliora: [Organic Castile Dish Soap | Meliora | EarthHero](#)
- **Dishwasher Detergent:** Currently we use Dropp but I've recently done some reading that shows that the PVA coating on those tabs is actually contributing to microplastics. More research is needed to make a new choice.
- **Cleaning Brushes:** Go for all natural materials with changeable heads: [Handcrafted Scrubber Brush | Redecker | Shop Plastic Free on EarthHero](#) and [Long Handle Bamboo Dish Brush | Zefiro | EarthHero](#)
- **Trash Bags:** Post consumer recycled plastic bags. Why not compostable? Landfills are an anaerobic environment so a biodegradable bag will not break down anyways. Additionally biodegradable or compostable bags are often VERY expensive for something that is only marginally better, AND the bag will break down in your trashcan and make a drippy mess and just make you frustrated. This is the best compromise I have found. [13 Gallon Kitchen Recycling Bags - 90ct | GreenPolly | EarthHero](#)
- **Paper Towels:** None. We don't use them. Rags and dishcloths only.
- **Napkins:** cloth, we have about 30 and they just get swapped as needed and washed with the towels.
- **Kitchen paper products:** sometimes it's unavoidable, particularly foil and parchment paper for us. We use the [If You Care](#) line of products available at Grove and increasingly at many stores like Target.
- **Toilet Paper:** [100% Recycled Toilet Paper - 3-ply - Double Length Rolls | Who Gives A Crap USA](#) (we recently switched to the bamboo version which is a little softer) and if you're feeling a bit more adventurous about bathroom hygiene, consider a bidet: [Shop All — TUSHY](#)
- **Toilet Brush:** [Toilet Brush with Replaceable Head - Grove Co.](#)

Why are so many of these things from Earth Hero?

They do a GREAT job of transparency. Each listing has tons of information about how it's made and what the end of life options for each product, which is really important. They also sell a wide variety of products so it's an easy way to get started and expand your ethical journey.

In embarking on a more ethical lifestyle shift, I think a key is recognizing your role as JUST ONE PHASE in each item's lifecycle. How can you make the most of that thing while it's in your life? Know that it is coming from a healthy and responsible place and going on to a healthy and responsible place.

What questions do you have?

What products have you had difficulty finding?

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