

## CHOOSING CARE PRODUCTS SENSIBLY

Cosmetics should be chosen and dosed carefully to fit your skin type. Avoid bad buys by asking for samples and testing them first. By reconsidering the amount of cosmetics you truly need, you can avoid unnecessary plastic waste. When it comes to cosmetics, it's also worthwhile to shop only according to your needs. This approach, which saves space in your bathroom and money in your pocket, will also allow you to more easily use up your products before their use-by date.

## AVOID MICRO PLASTICS

Micro plastics in cosmetics, peelings or toothpaste, for example, are generally dispensable. Synthetic polymers are typically used as solvents or serve to bond immiscible substances. Many of these plastics are released from our bathrooms into the sewage and environment. Consumers should therefore choose their cosmetic products with care. It helps to check the list of ingredients – choose products without substances containing the term “poly” or the abbreviations PE or PP, which stand for plastics.

## SAY YES TO NATURAL COSMETICS

Using natural cosmetics is the best way to avoid harmful substances: micro plastics, liquid plastics and mineral-oil based components are not permitted in natural cosmetics. Instead, plant-based or mineral substances are used, such as silica and alumina. As the term “natural cosmetics” is not legally protected, be on the lookout for trustworthy seals to avoid succumbing to greenwashing.



# The sustainable shopping basket

Check out [www.nachhaltiger-warenkorb.de](http://www.nachhaltiger-warenkorb.de) for important information about sustainable consumption as well as independent information about the various seals and product labels. You'll find information about food, travel and mobility, living and building, housekeeping and electronics, as well as fashion and cosmetics.

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## Care products

**The sustainable shopping basket:**  
Guide to environmentally conscious  
and social consumption





## More sustainability in your bathroom

Chemicals with hormonal effects, micro plastics, palm oil: Many conventional care products contain substances that are, at the very least, doubtful, both ecologically and with regard to their effects on our health. What's more, natural and synthetic care products alike can cause allergies, particularly in people with sensitive skin. As a result, a great number of care products that are bought from drugstores quickly end up in the garbage. By keeping in mind a few rules, however, your choices around care products can benefit both your own body and the environment.



### DEODORANTS MADE OF BAKING SODA, SHAMPOOS MADE OF ORGANIC SOAP

Aluminum compounds found in conventional deodorants are suspected to be harmful to human health. If you don't trust the deodorants being sold at supermarkets or drugstores, you can easily solve the problem yourself: Baking soda can be used as deodorizing substance and essential oils as a fragrance. Water and coconut oil can complement your options. Homemade shampoo alleviates the stress of synthetic coloring agents and other additives on your hair and body. After making the base substance (for instance with organic soap and distilled water) you can refine your homemade shampoo with blossoms, herbs and oils – according to your personal preferences. You truly can care for your hair without the use of conventional shampoo.

### ENJOYING THE SUN – SAFELY

When it comes to sunscreen, more is more and earlier is better. Especially when the sun is strong and you have light skin, opt for a high UV protection factor. Certified natural cosmetics products are based on mineral protection filters and they're particularly suitable if you're allergic to UV filters. Spread the sunscreen of your choice evenly over all the areas of your skin not covered by clothing. And would you like to protect lakes and rivers? Then make sure not to go into the water right after applying the sunscreen. Sunscreen products, particularly with chemical filters, can be genetically harmful to fish and corals.

### TO THE LAST DROP

Cosmetics products tend to be thrown away before being completely used up. For toothpaste, a locking clip for food packages can help. Smooth out the top part of the tube until empty and then put the clip on. When you think a toothpaste or cream tube is empty, you can cut it open – and you're almost certain to find more paste remaining inside. This way you maximize your cosmetic use.

### OBSERVE THE USE-BY DATE

Cosmetics products also have a kind of use-by date, which is symbolized by an icon of an open jar of cream and a number. This number tells you for how many months a product remains good to use after you've opened it. This refers to properties such as fragrance and consistency. This date is not an expiry date and in fact, many products can be used safely beyond this date. If in doubt, however, and if a cosmetics product starts having an unpleasant smell or changes color or consistency, it may be spoiled and should be thrown out.

### CORRECT DISPOSAL

Throw your completely empty plastic packaging into the yellow trashcan. Empty glass and perfume bottles should go to the bottle bank. If you have leftover sun cream that you no longer want to use, you can use it as furniture polish. If you want to throw away leftover cosmetics, you should put it in your regular household waste (without the packaging!). Remnants of nail polish remover are considered hazardous waste and should be taken to your local special waste collection point. Many products also contain disposal information on their packaging.

### SEALS FOR CARE PRODUCTS

Products with the **Kontrollierte Natur-Kosmetik (BDIH)** seal do not contain synthetic coloring, fragrance or non-natural preserving agents.



**NATRUE** rates natural cosmetics, natural cosmetics with organic ingredients and organic cosmetics with one to three stars according to their proportion of organic ingredients.



The **EU Ecolabel** identifies environmentally friendly tissue paper and soaps.

