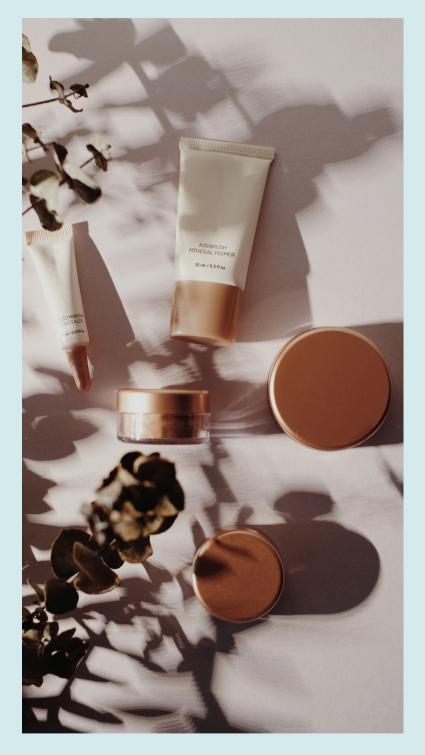# How to swap to plastic-free products without compromising your skincare routine

#1
Know what you need

Ask yourself 'Why am I using these products?' Maybe a friend recommended it? The assistant on the counter of your favourite skincare brand told you that's what you need? First you need to find out what type of skin you have, then you will know what it needs.

Take this quiz to find out

#2

Always read the label

Now you know what you need, you know what you don't. One of the many reasons I started to make my own products was that I wanted to know what was in them, and you should too. I've always believed that if I can't read the label I won't be putting it in/on my body. For more info on deciphering labels check out my blog

#3 Multi-task

I love to hear all the ways you have used my products
 Did you know you can use our <u>shampoo bars</u> on your face and body too? and they are gentle enough for all the family.
Our body butters can also be used on the face, hair and make a great bath oil.

Buy less products that can do more.

#4

DIY

Every product I create has come from a need of my own or something I've been asked to treat. Take the Nettle, Rosemary & Ylang Ylang Shampoo Bar. After a bout of pneumonia, I had quite a bit of hair thining. After some research, I discovered Rosemary & Ylang Ylang have a synergistic effect when blended, great for encouraging hair growth. So I added them to some olive oil and made a hair oil but this meant I was washing my hair more. Then I realised I could add this blend to a soap bar and make a great shampoo bar, which is also great for acne skins. Google your skincare needs and have a go at creating your own.

#5 Buy in bulk

Of course refill shops are great for this but have you thought of contacting your favourite skincare brand and asking if they do a bigger size? Maybe buy a few at a time, saving on packaging and carbon miles, especially if they're on offer!

Discount Code: SWAP10

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