



# A SOLUTION FOR REDUCING PLASTIC POLLUTION



## TIP #1 : CARE FOR THE ENVIRONMENT WHILE CARING FOR YOURSELF



### PROBLEM

Health and beauty products are usually made from non-biodegradable plastics and are disposed of frequently.

### SOLUTION

- Replace your plastic toothbrush with an eco-alternative, like bamboo.
- Instead of using disposable plastic razor blades, invest in an electric one.
- Finally, avoid skincare products with plastic microbeads.

**SAY NO TO  
PLASTIC.**

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Information Source | NRDC | Accessed 18 April 2022.  
<https://www.nrdc.org/stories/10-ways-reduce-plastic-pollution>