

30 Day Self Care Challenge

Take the pledge, join the project and commit 30 days of tasks that will help you #BeKind to not only your body but the planet too.

- 1 Join the challenge, take the pledge and ask 3 friends to join you in doing the same
- 2 Make the switch to Natracare products 
- 3 Challenge yourself to ride a bike or walk instead of driving 
- 4 Swap out your laundry detergent for a greener, more environmentally safer option
- 5 Upcycle an old item of clothing or furniture 
- 6 Swap out your skincare for more organic and earth-friendly products like those from Inlight Beauty or Terre Verdi
- 7 Start composting your food waste 
- 8 Use reusable bags when you shop: Eliminate your plastic use with small steps. Use reusable produce bags and grocery bags
- 9 Swap out your plastic soap bottles for an organic, eco-friendly soap bar such as Amina's Moisturising Soap 
- 10 Instead of purchasing disposable plastic bottles of water, invest in a reusable water bottle 
- 11 Take a shorter shower 
- 12 Switch to a sustainable deodorant such as Salt of the Earth
- 13 Get receipts emailed/switch to paperless billing 
- 14 Switch to reusable cotton rounds for your skincare routine 
- 15 Hang clothes out to dry on the washing line 
- 16 Donate unused items of clothing
- 17 Ditch single-use straws and cutlery 
- 18 Avoid products made from or packaged in plastic whenever possible
- 19 Purchase clothes and accessories second hand 
- 20 Switch your light bulbs to energy saving alternatives, like LED lightbulbs 
- 21 Make DIY cleaning solutions 
- 22 Look into sustainable banking options
- 23 Batch cook your meals to avoid last minute takeaways or microwave meals
- 24 Unplug unused electronics 
- 25 Switch your clingfilm and plastic wraps to a reusable alternative
- 26 Ditch the toxic air fresheners 
- 27 Take a look at your shampoo and conditioner 
- 28 Turn off the tap whilst you're brushing your teeth
- 29 Try a plant based recipe 
- 30 Talk about climate change 
- 31 Don't forget to join the #BeKind challenge and take the pledge

ask 3 friends to join you in doing the same

