

Eco-Friendly Bathroom & Kitchen Products

Written by AZFoothills.com

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When it comes to being environmentally friendly, the home is the place where we can have the most impact. While large corporations make a huge negative effect on the environment of the planet, warming the climate and degrading the natural world, it's difficult to hold them accountable. We can only control ourselves, after all. When you are trying to lessen your impact on the planet, you should think about the products you are buying. Below are eco-friendly bathroom and kitchen products that can help you make your home more sustainable.

Dish Detergent

Dish detergent typically includes a lot of harmful chemicals. Not only are these bad for the environment, but they also aren't exactly good for your skin either. One thing you should look for is [dish detergent](#) that is made from sustainable ingredients. When you buy dish soap that is better for the planet, your impact on the environment will be better and less detrimental.

Smart Dishwashers

While you're at it, you should think of the impact that your dishwasher has on the planet. It can use a lot of power and water. Instead of staying with these wasteful dishwashers, you should switch over to a [smart appliance](#). Smart dishwashers use less power and water than the average washer. They are, of course, an investment, but if you can afford it, smart dishwashers will pay off. The amount of money you'll save on energy and water bills is worth it.

Smart Refrigerator

Like smart dishwashers, a smart refrigerator will help you save a lot of power. They typically are transparent, which allows you to look at the food you have without opening the fridge. Some smart refrigerators will even keep track of what you need to buy at the store. Not only will you waste less power, but you will also waste less food. Food production is a huge use of water and other resources. Smart refrigerators are a great investment. You even [eat less](#) when your own personal environment is different.

Combs & Brushes

Most combs and brushes are made with plastic. This is not good for the environment. Plastic doesn't degrade easily at all and will be around for many years. Instead of buying combs and brushes that are made with plastic, try a bamboo alternative. Bamboo bathroom products are a great alternative, and a comb isn't the only option when it comes to this material.

Toilet Paper

Think about how much toilet paper is used around the world daily. Your average toilet paper is made from trees that are cut down. To mitigate the warming of the planet, there needs to be trees taking in the carbon dioxide in the atmosphere and turning it into oxygen we can breathe. That's why bamboo toilet paper is an amazing alternative. Bamboo is plentiful and takes in a lot less carbon dioxide than other trees. It is durable and, believe it or not, the toilet paper can be soft.

Body Wash/Shampoo/Conditioner

Like dish detergent, body wash can include harmful chemicals that, when washed down the drain, go into the ocean. Body wash can be made with organic ingredients, or you could use organic soap. There is no need to settle for less. The same goes for shampoo and conditioner. They

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can be made with chemicals that are both bad for you and the planet. Next time you are buying body wash or shampoo, go for something that is good for you without making a negative impact on the environment.

These kitchen and bathroom products are just the beginning. There are plenty more products in these areas of the house that can be more sustainable. Luckily, alternatives are out there. They may not be as widely available as one would hope, but they are not impossible to find. When they are more expensive than the standard, it's because they are made with high-quality ingredients that are good for you and our world.

When it comes to being eco-friendly in the household, putting in the effort is everything. You don't need to change your whole life all at once, but you should think about your choices and how they affect the posterity of our planet and human civilization. You will feel much better about your decisions when you do!