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Title: Shampoo Bottles

Shampoo Bottles Shampoo bottles are made of either High-Density Polyethylene (HDPE) or Polyethylene Terephthalate (PET). Products made of these plastic take 400 years to naturally decompose, yet is commonly recyclable. Most plastic, bottles included, ends up in either the ocean or in a landfill. The amount of plastic in the ocean is set to increase tenfold by 2020. By 2050 there will be more plastic in the oceans than there are fish (by weight). The demand for plastic is growing fast each year, as a result the plastic decomposition process will never end. Real facts in numbers regarding plastic in the ocean from earthly.org are devastating:

- About 8 million metric tons of plastic are thrown into the ocean annually.
- Every minute, one garbage truck of plastic is dumped into our oceans.
- Plastic is found in the ocean as far as 11km deep, meaning synthetic fibers have contaminated even the most remote places on Earth.
- Many marine organisms can't distinguish common plastic items from food.
- Many fish, humans consume, including brown trout, cisco, and perch, have at one time or another, ingested plastic microfibers.

A recent study by Ghent University in Belgium, found that people who regularly eat seafood ingest up to 11,000 tiny pieces of plastic each year. Another study by Plymouth University found that one-third of all fish caught in the UK contained tiny pieces of plastic. On a positive side, we are able to more directly manage landfills compared to plastic in oceans. There are numerous regulations regarding environmental protections required at a landfill. Using shampoo bars could replace the 552 million bottles thrown out annually. A typical shampoo bar is equivalent of three medium size bottles. They are safe to use daily because many shampoo bars are made of natural ingredients. No Tox Life, Auromere, The Mod Cabin are just a few companies to name, who makes natural, organic, non toxic shampoo bars that can be safely used. There are a lot of them out there. Baking soda can be used as a shampoo. Mix baking soda and water in a ratio 1:3, add Lavender Oil, Tea tree (for oily hair), Lemon or any citrus oil for additional cleansing and fragrance. Add the mixture to wet hair and massage like you would with shampoo. Leave it on for five minutes, then rinse through. After you've used the baking soda on your hair, follow it up with an apple cider vinegar rinse. Mix one or two tablespoons into one to two cups of water depending on how much hair you have. Rinse it out right away until there's no trace of the vinegar left in your hair.