

SKIPPING SHOWERS? IT'S EASIER THAN YOU THINK.

There are plenty of water-less cleansing methods just as effective as taking a shower. Try these few tips and tricks to help start lessening your water footprint today!



BABY POWDER

Baby powder is a hygienic multipurpose tool, perfect for use as a dry shampoo, dry shower, deodorizer, grease absorber, aftershave, and dry skin soother. Application of the product can vary from light sprinkling to full immersion.



DRY SHAMPOO

A wide variety of dry shampoos can be purchased at any drug store. Dry shampoos thoroughly clean all kinds of hair (from the drapes to the carpet) without water, as well as volumize, de-frizz, and texturize most hair types.



COCONUT OIL

Melted coconut oil is a natural hygienic multi-tasker, perfect for use as a hair mask, body oil, lip balm, cuticle softener, under eye cream, dirt and grime remover, and water-less shaving cream.



SALT SCRUBS & SUGAR SCRUBS

Sea Salt and Raw Cane Sugar are natural exfoliants, best applied in combination with essential oils. Sea Salt is recommended for oily skin types while Raw Cane Sugar is best for more sensitive skin types.



SANDPAPER SCRUB

Fine-grain sandpaper works effectively as a micro-derm exfoliant. Rub gently in a circular motion to remove dead surface skin cells and leave your skin looking refreshed and glowing.



CLAY MASKS

Add a tablespoon of water or club soda to a clay mask bar, and apply to your face and body to absorb toxins and rehydrate skin cells. To remove the clay without water, try using a sponge saturated with natural oil like coconut oil, olive oil, or peanut oil.



DIRT BATH

Sometimes the best way to fight fire is with fire. Studies show that dirt particles cling to other dirt particles, so – counterintuitively – a dirty washcloth is a more effective dirt remover than a clean washcloth. Try using a dirty washcloth as a waterless "pre-wash" to other cleaning methods.

DID YOU KNOW?

The average cow's water footprint is larger than the volume of a Olympic size swimming pool?

STAYING FRESH

Now that you know how to be fresh without showering, here's some easy steps to stay smelling like a rose



DON'T SWEAT IT

Try using deodorant the moment you step out of the shower. Apply it when you're odor free and you'll stay that way! Also try using unscented lotion before spraying on fragrance. Lotions will retain your perfume's essence, so use a moisturizer first to keep a fresh scent!

SOFTEN THINGS

Make your home smell fresh and clean by mixing a small amount of fabric softener with water in a spray bottle. Try a few sprays on your sofa, bed, or curtains to maintain fresh scents. Also, stuffing fabric softener sheets in your shoes overnight will make unwanted odors totally disappear.



SWEAT THE SMALL THINGS

Avoiding pungent or spicy foods can immensely change your smell for the best! Also avoiding caffeinated drinks and hot beverages can prevent heavy sweats.

FREEZE ODORS

Did you know you can save water by freezing your jeans instead of washing them? Pop jeans into the freezer for 12 hours to kill bacteria and neutralize odors. Allow thawing for 5-6 hours before wearing. A light dusting of baby powder is a pleasant-smelling bonus.

