

# Body Basics

Today, girls and boys we're going to be talking about moon cups.

→ Now, I realise that some of you are a little bit squeamish about "ladies monthlies", so we won't talk about it just yet, and I'll give you plenty of warning in case you need to turn the page.

An **eco-my-flat** first, this year the free Eco-Living workshops include one on Sustainable Bodies, taking place on Wednesday, 1pm (Geog-Psyc 413), and Thursday, 1pm (Forestry 139), where Sarah Campagnolo will be sharing her knowledge of how to ditch the chemical body products and go natural.

At a time when the body industry has done their best to convince us that our odours, secretions, discharges, wrinkles, grey hair, and even flesh are "unnatural" and should be sprayed, removed, injected, dyed, and sliced using products and procedures that actually *harm* our bodies (and the environment), there has never been a better time to reassess what we put into and on our bodies. Plus natural skincare leaves you positively glowing with rude good health.

Whilst there are plenty of choices available commercially (such as Blue Earth) nothing beats the concoctions that can be made using the stuff in your cupboards, fridge and gardens: carrots, cucumber, cider vinegar, oatmeal, beer, and virtually any herb are all common ingredients for skin and hair care. Teabags on eyes reduce puffiness, and if I'm planning a big night out, I sometimes whip up an egg white and wear it as a mask for twenty minutes – it's cheaper than Botox and I can still move my face.

Speaking of eggs (you have been warned), if you're a female of bleeding age, and you want to save money and the environment (and are not using an IUD), moon cups (or menstrual cups) are magnificent. Moon cups (available from Piko) are a reusable silicon cup that you put where you would normally put a tampon, and simply empty and rinse out when you need to, before reinserting – all of which saves you a ridiculous amount of money. In addition, you don't have to worry about disposal, you never get caught short, and unlike most "feminine hygiene products", moon cups do not contain bleach, so they're not leaching chemical nasties. And – without getting all Germaine Greer on it – they give you some indication of what your body is doing, which is both useful and empowering.

If you would like to find out more about these subjects (including sustainable forms of birth control) please leave your squeamishness at home and join us for this week's Eco Living workshops – your body will love you for it.



## Sarah's tips for sustainable bodies:

- ↳ Solid products tend to have less packaging, fewer preservatives, and fewer extreme additives, so are generally more eco than liquids in containers.
- ↳ Body care is super fun to experiment with! But just because something is natural, does not make it safe (e.g.: many essential oils and some plants will burn if applied straight to the skin).
- ↳ Your kitchen is your friend: oils, fruits, vegetables, teas, honeys, nuts, herbs can all be used to make a wide range of products.
- ↳ Mix baking soda into a paste and use it to wash your hair. Rinse thoroughly.
- ↳ Mix half apple cider vinegar, half water (or herbal tea, such as rosemary, chamomile, or lavender to make your hair smell nice). Use an old squeeze bottle to apply all over your head and through hair roots. Can also be used on your face as a toner before moisturising.
- ↳ Mix some rice flour with a little water to make a paste and use instead of soap. Rice flour doesn't turn into glue, and really does leave you feeling clean! You can add some essential oils/herbs to make it smell nicer.
- ↳ Put 5/6 drops of grape seed oil (or rose hip, almond, or olive) on your hands and rub together and over your face as a moisturiser.
- ↳ Toothpaste: mix part baking soda, salt, water, glycerine and peppermint oil (by themselves baking soda and salt taste gross!), and use to brush your teeth.