



## WEEKLY DETOX SERIES

# EMPTYING YOUR BEACH BAG

THIS WEEK WE TAKE A LOOK IN YOUR BAG & BREAK DOWN THE HIDDEN TOXINS AND OFFER YOU SOME HEALTHIER ALTERNATIVES.

BEACHES GO GREEN 2.0



HEALTHY PLANET  
HEALTHY YOU

# Protect yourself & the planet

YOUR BEACH BAG MIGHT BE PACKED WITH SUMMER ESSENTIALS – BUT IT COULD ALSO BE HIDING DOZENS OF HARMFUL CHEMICALS. FROM SUNSCREENS AND BODY SPRAYS TO PLASTIC PACKAGING AND FLIP-FLOPS, MANY COMMON PRODUCTS ARE FILLED WITH TOXINS THAT IMPACT YOUR HEALTH AND POLLUTE OUR OCEANS.

THIS TOXIC BEACH BAG AUDIT HIGHLIGHTS THE WORST OFFENDERS AND OFFERS CLEANER, GREENER SWAPS TO PROTECT BOTH YOU AND THE PLANET.



**BEACHES GO GREEN 2.0**



**HEALTHY PLANET  
HEALTHY YOU**



# The Biggest Offenders

& simple swaps to protect you and the planet



**BAG MADE OF SYNTHETIC MATERIALS**



**BAG MADE OF NATURAL & ORGANIC FIBERS**



**SINGLE-USE PLASTIC BOTTLE**



**STAINLESS STEEL WATER BOTTLE**



**BASIC SUNSCREEN**



**NON NANO, MINERAL SUNSCREEN**



**TOWEL MADE OF LOW-QUALITY COTTON**



**TOWEL MADE FROM NATURAL FIBERS**



**SINGLE-SERVING SNACKS IN PLASTIC**



**SNACKS PACKED IN RESUABLE CONTAINERS**



**CHEAP, PLASTIC FLIP FLOPS**



**NATURAL RUBBER FLIP FLOPS**



# Let's Unpack

the hidden toxins



## CONVENTIONAL BEACH BAGS (PLASTIC, VINYL, OR PVC)

**TOXINS:** PVC, PHTHALATES, HEAVY METALS, SYNTHETIC DYES

- **HUMAN IMPACT:** POTENTIAL SKIN EXPOSURE TO HORMONE-DISRUPTING CHEMICALS; OFF-GASSING OF VOCs (VOLATILE ORGANIC COMPOUNDS)
- **ENVIRONMENTAL IMPACT:** NON-BIODEGRADABLE; LEACH TOXIC CHEMICALS INTO SOIL AND WATER; CONTRIBUTE TO MICROPLASTIC POLLUTION

## SYNTHETIC BEACH TOWELS (POLYESTER, MICROFIBER, FLEECE)

**TOXINS:** MICROPLASTICS, FLAME RETARDANTS, AZO DYES, FORMALDEHYDE FINISHES

- **HUMAN IMPACT:** SKIN IRRITATION FROM CHEMICAL COATINGS; INHALATION OF MICROFIBERS; ENDOCRINE DISRUPTION POTENTIAL
- **ENVIRONMENTAL IMPACT:** SHED MICROPLASTICS WITH EVERY WASH; PERSISTENT POLLUTANTS IN MARINE ECOSYSTEMS; TOXIC DYE RUNOFF



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the hidden toxins



## CHEMICAL SUNSCREEN INGREDIENTS

**TOXINS:** OXYBENZONE, OCTINOXATE, OCTOCRYLENE, HOMOSALATE

- **HUMAN IMPACT:** ENDOCRINE DISRUPTORS, SKIN IRRITANTS, POTENTIAL HORMONE INTERFERENCE
- **ENVIRONMENTAL IMPACT:** TOXIC TO CORAL REEFS, CAUSES CORAL BLEACHING, ACCUMULATES IN MARINE LIFE

## FOOD PACKAGING (FAST FOOD, CHIPS, ETC.)

**TOXINS:** PFAS ("FOREVER CHEMICALS"), STYRENE (IN STYROFOAM), DYES

- **HUMAN IMPACT:** PFAS LINKED TO CANCER, IMMUNE SYSTEM SUPPRESSION, LIVER DAMAGE
- **ENVIRONMENTAL IMPACT:** NON-BIODEGRADABLE; PFAS LEACH INTO SOIL AND WATER

## PLASTIC WATER BOTTLES

**TOXINS:** BPA, PHTHALATES, MICROPLASTICS

- **HUMAN IMPACT:** BPA AND PHTHALATES DISRUPT HORMONES, MAY IMPACT FERTILITY AND DEVELOPMENT
- **ENVIRONMENTAL IMPACT:** BREAK DOWN INTO MICROPLASTICS, INGESTED BY FISH, TURTLES, AND BIRDS

## CHEAP FLIP-FLOPS

**TOXINS:** PVC, PHTHALATES, FLAME RETARDANTS

- **HUMAN IMPACT:** SKIN CONTACT WITH THESE MATERIALS MAY EXPOSE USERS TO HORMONE DISRUPTORS
- **ENVIRONMENTAL IMPACT:** BREAKDOWN INTO TOXIC MICROPLASTICS IN THE SAND OR SEA

# Rewrap to protect: *Essentials That Honor Your Health & the Planet*



## BEACH BAG

BAGS MADE FROM ORGANIC COTTON, JUTE, HEMP, OR RECYCLED SAILS

MESH OR CANVAS TOTES WITH NO TOXIC COATINGS

## TOWEL

GOTS-CERTIFIED ORGANIC COTTON OR HEMP BLANKETS

BLANKETS MADE FROM RECYCLED FIBERS OR UPCYCLED MATERIALS

## SUNSCREEN

MINERAL-BASED SUNSCREENS WITH NON-NANO ZINC OXIDE OR TITANIUM DIOXIDE

## WATERBOTTLE

REFILLABLE STAINLESS STEEL OR BPA-FREE REUSABLE WATER BOTTLES

CHOOSE INSULATED OPTIONS TO KEEP DRINKS COLD ALL DAY WITHOUT LEACHING CHEMICALS

## FLIP FLOPS

RECYCLED OR NATURAL RUBBER SANDALS

## SNACKS

PACK YOUR OWN IN REUSABLE CONTAINERS (LIKE STAINLESS STEEL OR GLASS)

BAMBOO OR METAL UTENSILS

SNACKS IN BEESWAX WRAPS OR SILICONE BAGS