



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



Let's Unpack

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

Repack 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