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SUSTAINABILITY & ZERO-WASTE TRACKER

*Track Your Eco-Friendly Formulations &
Reduce Waste in DIY Skincare*



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T A B L E O F C O N T E N T S

DISCLAIMER	03
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INTRODUCTION	05
--------------	----

NAVIGATING THIS TRACKER	06
-------------------------	----

QUICK IDEAS TO REDUCE WASTE & INCREASE SUSTAINABILITY	16
--	----

SHARE YOUR FEEDBACK	20
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– DISCLAIMER –

The information provided in this guide, including ingredient suggestions, formulation techniques, and troubleshooting tips, is for personal use and informational purposes only. It does not replace professional skincare, dermatological, or cosmetic chemistry advice.

Allergy & Patch Testing

Always conduct a patch test before applying any new product to a larger skin area. If irritation occurs, discontinue use immediately.

Safe Handling & Preservation

Users are responsible for ensuring their formulations are made in a clean, sanitized environment and properly preserved when necessary.

Failure to use appropriate preservation methods in formulations may result in bacterial or fungal contamination, which could harm the skin.

Personal Use vs. Commercial Sale

If you plan to sell skincare products, ensure compliance with local cosmetic laws, including safety assessments, labeling, and testing.

Many regions require cosmetic safety assessments, proper labeling, and product testing before selling to the public. By using this tracker, you acknowledge that the author and publisher are not responsible for any outcomes resulting from using DIY skin

care formulations. This includes, but is not limited to:

- Skin reactions or sensitivities.
- Improper preservation leading to contamination.
- Misuse of essential oils or active ingredients.
- Failure to comply with local cosmetic regulations.

Using DIY skincare formulations is a personal choice, and users assume full responsibility for their creations.

Always research, test your formulations properly, and prioritize skin safety.

Happy formulating!

– INTRODUCTION –

As a DIY skincare formulator, your choices impact more than just your skin; they also influence the environment.

The Sustainability & Zero-Waste Tracker is designed to help you become more mindful of ingredient sourcing, packaging, and overall sustainability efforts, enlightening you about the crucial connection between sustainability and skincare.

By tracking your eco-conscious actions, the Sustainability & Zero-Waste Tracker empowers you to reduce waste, support ethical practices, and make informed choices that align with your values. This tool encourages you to select natural ingredients that are practical and sustainably sourced.

This tracker ensures you stay committed to sustainable beauty practices no matter what stage you are in your DIY skincare journey.

It prompts you to consider packaging options, favoring recyclable or reusable materials to minimize environmental impact.

Embracing sustainability in your DIY skincare journey enhances your formulations and supports a broader commitment to environmental stewardship.

– NAVIGATING THIS TRACKER –

To track your sustainability efforts, document your choices each time you source ingredients, package products, or dispose of materials.

This will help you identify patterns, improve your eco-friendly habits, and measure your positive impact over time.

CATEGORY	SUSTAINABLE ACTION TAKEN	NOTES

– QUICK IDEAS TO REDUCE WASTE & INCREASE SUSTAINABILITY –

- 1 Reduce unnecessary plastic packaging by buying from bulk suppliers.
- 2 Instead of constantly buying new packaging, sterilize & repurpose your empty jars and bottles.
- 3 Look for organic, fair-trade, and sustainably harvested materials.
- 4 Opt for glass, aluminum, or biodegradable containers over single-use plastics.
- 5 Prevent product waste by only making what you need and testing small samples first.
- 6 Print on recyclable paper or use water-resistant reusable labels.
- 7 Leftover herbs, flowers, or fruit extracts can be composted instead of discarded, reducing your environmental footprint.
- 8 Formulate with waterless or solid formulations (like cleansing bars or anhydrous serums) to minimize water waste.

By tracking your sustainability efforts, you can actively reduce waste, make responsible choices, and create eco-friendly skincare that benefit your skin and contribute to a healthier planet.

Your well-being and the health of the environment are intertwined in this journey.

Every small step toward sustainability adds up to a more significant impact, and this tracker ensures that your DIY beauty journey, guided by your choices and actions, remains as green as possible.

Challenge yourself by setting a sustainability goal each month and tracking your progress with this resource. Whether you're switching to zero-waste packaging or reducing ingredient waste, every action counts!

With the Sustainability & Zero-Waste Tracker, you'll have a clear roadmap to making more ethical, eco-friendly choices in your DIY skincare creations.



- NOTES -







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