

Hi everyone it's Katherine and today I wanted to make a quick video on why I no longer support the body shop. I started my sustainable skincare series a few months ago and I asked you for your suggestions of your favourite brands and the body shop came up quite often and I just wanted to outline why I don't personally shop there anymore um these reasons are relevant to those of us in the chronic illness community um I just wanted to start with a quick disclaimer saying you know I'm not saying 'boycott the body shop' if you like to shop there then that's good for you um if you find their products are good for you if they are like the only products that you can use then you can continue shopping there if you want to. Personally i don't shop there anymore I used to shop there quite often but I don't anymore and I just want to say the three main reasons why I no longer shop there. The first reason is that I'm actually allergic to a lot of their products. Although they market themselves as sustainable and natural quite a lot of their products contain perfumes and dyes that I can't use and if you're also a person

with skin allergies then you know that perfumes and dyes are things to avoid um a lot of their products um aren't available perfume or dye free if you look in their shop it is very very colourful and that's just not something that I can personally, use um my second reason is that they actually have a pyramid scheme called body shop at home um I've received a lot of DMs from people asking you know to invite me to join um this you know 'at home working opportunity' um but it is in fact a pyramid scheme because you have to buy into it and that's just not something that I am interested in but you know if it works for you if you're part of Body Shop at home and that is something that you make money through you know good for you um it's just not something that I'm interested in and I know that a lot of people with chronic illness and disabilities are dragged into these pyramid schemes and they lose a lot of money because of that so that's not something that I personally support. My third reason is that I want to support local small businesses obviously the Body shop is a large you know multinational company um I'm always very sceptical as to whether large companies are actually sustainable as they brand themselves to

be. I always advise to shop local shops more that is the most sustainable options that we have and that is what I'll be doing with my sustainable skincare series. So those are the reasons why I personally don't shop at the Body Shop um but you can still shop there if you want to if you like their products maybe you're even part of body shop at home and that works for you remember that if something doesn't sit quite right with you um you can always shop elsewhere there are many many skincare brands out there that you can choose from um remember to follow for more of my sustainable skin care series I also have a sustainable living discussion group on Facebook that you can join and that's for people with a chronic illness and disabilities and that is a safe space where we discuss various sustainable living issues that we may encounter so hope to see you next time bye!