

## Shampoo and body soap only

- ① I only use shampoo on my hair.

I don't buy any conditioner or rinse, but  
it's a matter of personal preference, so I'm just me.  
My hair is super long, but I hate all oil,  
so I think "crunchy hair" is in its best condition.

- ② I wash my face with body soap.

Since there is only one layer of skin on the entire body,  
and I try to avoid pure chemicals as much as possible,  
I think it's fine to use the same body soap for both my body and face,  
and it also saves money.

I always buy large refill sizes for shampoo and body soap,  
and I use bottles from the 100-yen shop or containers from shampoo I've previously  
purchased.

- ③ I also check the capacity on the back of laundry detergent to find the best deal, and of  
course, it's a refill.

- ④ I only buy lotion, and I use the cheapest variety.

- ⑤ Mouthwash (from the Amazon shop)

- ⑥ Eyewash (from the drugstore across the street. I don't wear contact lenses, but it's good  
for eye health.)