



THE 14-DAY CHALLENGE

toiletries

DAY 5 | CALM & CLUTTER-FREE

It is time to tackle your bathroom drawers, cupboards and medicine cabinet (if you have one) by decluttering and prioritising your toiletries and cosmetics.

Everyone's bathroom is different – some people have heaps of eye-level storage and no storage under the vanity. Other people have a huge vanity but no eye-level storage.

The process of this declutter is to look at how YOUR bathroom functions and stock it efficiently.

You'll have to decide how much time you have to devote to this topic before you decide how to tackle it.

If you have a small bathroom and not too much clutter then I recommend you empty ALL the drawers and cupboards and tackle them all at once.

If you have less time, a larger bathroom with many people using it, or a large collection of cosmetics and toiletries) then I suggest working on one area at a time.



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step 1

Prioritise your bathroom storage. Your vanity top is highest priority and should only contain items used at least once (preferably more than once) a day, such as hand wash.

Now look at your bathroom layout and list areas in order of priority. You want your next most accessible area to house your next most used items. Then so on...

For example: my bathroom has no eye-level storage so my top drawer is for items I use daily (moisturiser, hairbrush, dental floss, hairbands, deodorant, my partner's shaving cream, his deodorant, his razor).

My second drawer contains items used often but not daily (tweezers, nail scissors, other hair accessories, sanitary products, makeup).

A third drawer is for less-used items such as hair clippers, hair appliances etc. as well as those items I have bought but not opened yet.



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step 2

Start with your top priority. If you only have time for a quick declutter do it area by area starting with the area of top priority. If you do have more time then you can empty all your drawers/cupboards at once and tackle your toiletries and cosmetics in one go.

step 3

Take everything out. Remove everything from the area and place it somewhere it can be seen easily. Give the area a wipe down.

step 4

Throw away rubbish. Anything old, used or broken should go straight in the bin. Used makeup sponges and tissues, worn-out old hairbands, tiny bits of soap.

step 5

Food isn't the only item in your house that has a use-by date. Cosmetics and toiletries also can go off or harbour dangerous germs.

Perfume will lose its scent, creams and ointments can lose effectiveness and make-up is a perfect breeding ground for bacteria. Using old make-up can give you a nasty infection. Best to toss these things immediately.



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step 6

Throw away or give away items you won't use.

That tinted moisturiser that was not quite your colour, that scented hand cream that made you itch, all those tiny bottles of shampoo and conditioner from the last time you stayed in a hotel.

If these items are still in good condition consider passing them on to friends or family.

If unopened you may be able to donate them. Homeless services, women's shelters etc are often looking for donations of toiletries. There's a great Australian charity called Share the Dignity, which collects toiletries and sanitary products for homeless women and those escaping from domestic and family violence.

step 7

Group items according to use. You should now have a pile of items you use (or will use) and are in good condition. Now you need to group them according to how often you use them. Make three piles: use daily, use often (but less than daily) and use sometimes



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step 8

Now you have your items ordered in priority you can start to return them to your bathroom storage.

Put your most-used items in your most accessible area and so on.

If you're just tackling one area at a time, put the items that belong in that area back in their rightful place and the rest in the next drawer you'll tackle.

If you have more than one of an item consider storing the extras elsewhere – these are low-priority items and should be stored somewhere out of the way.

Also, if you don't already have drawer dividers I highly recommend them as a way to keep your bathroom drawers organised.

If you have tackled your entire toiletries/cosmetics collection in one go! Congratulations!

If you're moving through one area at a time, have a well-earned break then head back to STEP 3 and repeat until you've completed each area.