



# Green-ish Guide

Welcome to the Green-ish eco-resources and suppliers guide! I hope that it will be useful to you throughout your sustainable journey and that it will help you to make it a bit more smooth and enjoyable. And remember, do what you can with what you have!



## Living room and dining room

 [Encuentra24](#): sale and purchase of second-hand goods

 Facebook marketplace: sale and purchase of second-hand goods

[Trueques Panama](#): sale, purchase or exchange of second-hand goods

 [Clandestino Plastic Lab](#): furniture made from recycled plastic

[Ecopalet507](#): furniture made from reused pallets

[Pino Atelier](#): wooden furniture made locally in Panama

[Bohemia Mia](#): redesigned furniture

## Decorations

### Local

 [Cuatro Puntos](#): macramé, murals, lettering

 [Oh Long Leslie](#): illustrations made locally

 [Market in El Valle](#): straw baskets and other crafts

[Entre Puntadas](#): locally made embroideries

[Al Borde](#): feminist/sarcastic style embroideries

[Antiques y Mas](#): antique pieces available in Panama

[1920 V&N Antiques](#): antique pieces available in Panama

### Global

 [Etsy](#): global platform for creative and unique goods (mix of new, second-hand and vintage products)



# Kitchen

## Food

-  [Merca Panamá](#): fruits, vegetables, rice, lentils, beans in bulk
-  [Orgánica Store](#): nuts, chia, lentils, oatmeal, peanut butter, etc. in bulk
-  [Cero](#): tea, coffee, pasta, and organic rice, etc. in bulk
-  [Eco Refill](#): many product and bulk food options
-  [Fresh Eats Panama](#): delivery of fruits and vegetables mostly without packaging
-  [Papaya and Lemon](#): delivery of fruits and vegetables mostly without packaging

## Plant-based recipes

-  [Rainbow Plant Life](#): vegan recipes
- [Ela Vegan](#): vegan recipes

## Tools/ Utensils

-  [Trasto Casa](#): locally handmade household products
-  [Mulai Panamá](#): beeswax wraps, bamboo takeout utensils, and more
- [Casa Arbol](#): locally made bowl covers
- [Ecolovers PTY](#): reusable ziplocks and more
- [Cero](#): reusable bags for fruits and vegetables
-  [Muy Mucho](#): they have a variety of household products made from natural materials, although they are not made locally
- [Una Pieza](#): locally made wooden pieces for the kitchen
- [Trashforma](#): glasses made from reused bottles

## Global

-  [Package Free Shop](#): wide variety of zero waste products
-  [Life Without Plastic](#): large variety of zero waste products
- [Zero Waste Store](#): large variety of zero waste products
- [Amazon \(Earth Bunny\)](#): bowl covers





## Recycling

-  [Leafsync](#): recycling collection service available (for a fee)
- [Morgan & Morgan](#): collection center open at the MGM Tower Costa del Este (free)
-  [FAS](#): collection center in the City of Knowledge (free)
-  [Salva Mi Maquina](#): collection center for electronics (free)
-  [Recycling guide by Movimiento Mi Mar](#): recycling instructions and a list of recycling collection centers in Panama

## Composting

-  [Green-ish](#): online composting classes



-  [Planta Feliz](#): they accept organic waste at their San Francisco branch (free)
- [Geoazul](#): they have an organic waste collection service (paid)

## Cleaning

### Local

-  Riba Smith: Dr. Bronner's Liquid Castile Soap
-  [Orgánica Store](#): Dr. Bronner's liquid castile soap in bottles and in bulk, cleaning tools, luffa sponges, etc.
- [Punto Refill](#): 'refill' cleaning products and natural cleaning tools
-  [Casa Arból](#): locally made natural cleaning products

### Global

-  [Package Free Shop](#): wide variety of zero waste products
-  [Life Without Plastic](#): wide variety of zero waste products

[Zero Waste Store](#): wide variety of zero waste products

-  [Dr. Bronner's](#): Castile Soap



## Bedroom

### Local

[Encuentra24](#): sale and purchase of second hand goods  
[Boho Panama](#): natural furniture available

### Global

[Avocado Green Mattress](#): super eco friendly mattresses and pillows (expensive but they are some of the best in the industry)  
[Dazed but Amazed](#): linen sheets with natural dyes (quite expensive but beautiful)

## Closet

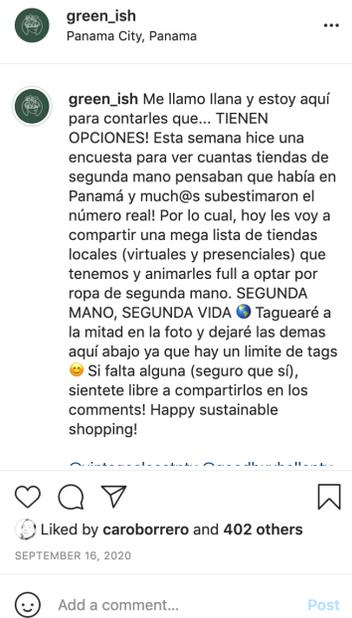
### Local

See [this](#) Instagram post for a list of 60+ online/in-person thrift stores →

[Kindly Shop](#): conscious online store  
[Shop Natur](#): new clothes but eco conscious  
[Gaia Concept](#): new clothes but eco conscious

### Global

[Thredup](#): second-hand clothing  
[Insecta Shoes](#): eco-conscious new shoes  
[Not Perfect Linen](#): natural ink linen clothing  
[The Hemp Temple](#): natural hemp clothing  
[Hara the Label](#): eco-friendly undies



## Bathroom

### Local

[Luna Nueva](#): reusable pads and menstrual cups  
[Granito Project](#): reusable menstrual hygiene products  
[Prisma Organics](#): package-free shampoo, conditioner & soaps



[Algo Natural](#): package-free hygiene products

[Lush Panama](#): package-free shampoo, conditioner, soaps and toothpaste tablets

[Nativo Skincare](#): Natural Skin Products

 [Circle Zero](#): bulk toothpaste tablets, shampoo and conditioner bars

[Ikigai Collective](#): zero waste oral hygiene, reusable cotton swabs



 [MG by Magda](#): organic cotton face towels and makeup remover pads

[Casa Arbol](#): natural deodorant and toothpaste

 [Up in the Hill](#): natural skin balm

 [Ecopillo](#): bamboo toothbrushes

 [Mulai Panamá](#): biodegradable hair brushes, safety razors, etc.

 [DIY deodorant recipe](#) : a simple and effective recipe but I do not recommend it for very sensitive skin because of the baking soda

### Global

[Yay for Earth](#): natural and zero waste skin

[balm Thinx](#): menstrual panties

[Amazon \(Luna Pads\)](#): reusable menstrual pads

[OrganiCup](#): menstrual cup

[Tushy](#): bidet accessory

[Ethique World](#): shampoo, conditioner, package-free soaps

[Raw Elements](#): zero waste sunscreen

[Amazon \(Alva Baby\)](#): reusable/waterproof

diaper bags and wipes

## Favorite environmental Instagram accounts:

[Cami Aybar](#): environmentalist Panama

[Serena Vamvas](#): environmentalist Panama

[Don't be waste](#): environmentalist Mexico

[Ethically Kate](#): environmentalist New Zealand

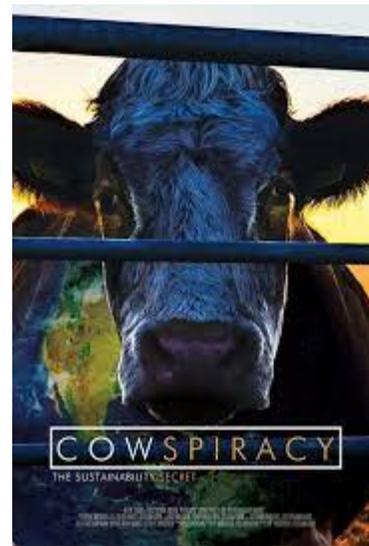
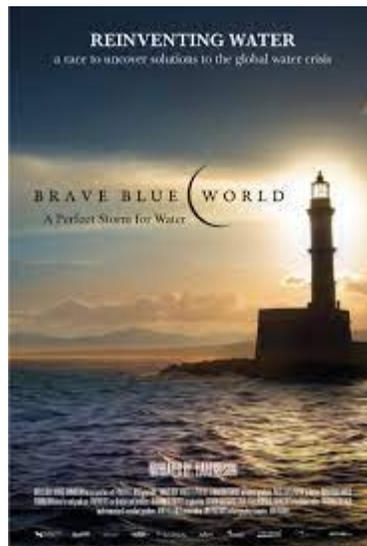
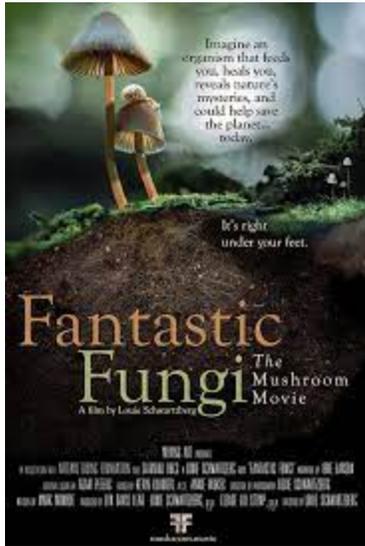
[Stevie Yay](#): environmentalist USA

[Going Zero Waste](#): environmentalist USA

[Now This Earth](#): environmental news account



## Favorite environmental documentaries on Netflix:



## And your favorite resources?

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