



# How to save energy in your bathroom

「**Do you love  
a long soak  
in the bath?**」

「**Or are you in and  
out of the shower  
in minutes?**」

Changing your bathroom routine could cut your energy consumption.

## Try these simple ideas:

- Shorten your shower time. A long shower – especially a power shower – can use enough hot water to fill a bath.
- Unplug your toothbrush charger. Most electric toothbrushes only need one charge a week to keep your smile sparkling.
- And your hair straighteners. Don't leave shavers or hair straighteners on standby charge either. Turn them off instead.
- Air-dry your hair. Why not try the natural look for a change? It'll save energy and maybe even a bit of time.
- If your bathroom extractor has a timer built in, ensure it is set to switch off after a short period of time. Running your bathroom fan for more than 20 minutes just wastes energy and money to.

**Shorten your  
shower time!**

**Air-dry  
your hair**