

ECO-STYLE ROCKS!

■ **BEAUTY** For their organic ingredients, we love:

● **REN**, an English skincare range with celeb fans like Kate Moss. TRY **Rose Complex Moisturiser** (R330).

● **DR HAUSCHKA**, Jen Aniston's favourite. TRY **Dr Hauschka Facial Toner** (R210).

● **THE GIOVANNI RANGE**. TRY **Giovanni Organic Body Lotion** in Grapefruit Sky (R120).

● SA's **ECOCO** uses indigenous ingredients. TRY **Ecoco Natural Therapy Hand Lotion** (R20).

● Permanent herbal hairdye **HERBATINT** is free of chemicals like ammonia, resorcinol and paraben, so it's gentler on your hair (R110). Visit www.herbatint.co.za for info.



10 EASY AND EFFECTIVE THINGS YOU CAN DO TO HELP

A challenge as enormous as global warming can seem so overwhelming that we're frightened into doing nothing. But the cumulative effect of small actions adds up to something meaningful. Try these little things for a big difference.

1 FLIP THE SWITCH Instead of buying regular lightbulbs, switch to energy-saving bulbs. A normal 60-watt bulb uses 240 volts of electricity, while an 11-watt, energy-saving bulb has the same power, yet uses less than half the electricity – and lasts longer. You'll find them at your supermarket – it's that easy.

CLEAN UP GREEN

Replace your usual household cleaners with products that don't contain harmful chemicals that poison our water and air. One of our favourites, the Enchantrix range, is available at most supermarkets. It includes laundry gel, dishwashing liquid, all-purpose cleaners and even toothpaste.

3 TRAVEL IN A PACK Ride a bicycle (great exercise!) or use public transport whenever you can. Commuters count for a third of traffic, so a bus, taxi or lift club can make a big difference.

4 BE A NATURAL WOMAN Most sanitary pads and tampons make use of harmful and unnecessary additives, so opt for products that contain natural materials instead. Try the Natracare brand (available at health stores) or Flushaway sanitary pads (available at pharmacies), which are entirely biodegradable. Visit www.flushaway.co.za for more info. And www.organicsonline.co.za is a handy online organic shop.

5 EAT LOCAL OR ORGANIC FOOD A conventionally-grown apple has up to 30 artificial poisons on its skin, even after rinsing. The organic alternative is good for you, and the planet. When possible, opt for food and products that aren't imported. Even alcohol can be eco-friendly – try SA's Backsberg Organic Chardonnay (R80).

DON'T SPEND WATER LIKE... WATER

Shower rather than bath, and have shorter showers. Place a brick in the toilet cistern, and wrap your geyser in a geyser blanket to save water, energy and money. Run the dishwasher when it's full, and if washing dishes by hand, use boiling water as it cleans more effectively (protect hands with gloves).

7 BEAT THE HEAT Geysers thermostats are often set higher than necessary. Each 10°C reduction saves the earth 272kg of carbon dioxide emissions a year. But the best way to work with, not

against, Mother Nature is to install solar-powered heating. While installation is expensive (between R9 000 and R10 000), you'll save substantially: expect a 20% reduction on electricity bills per year, as water heating takes up the lion's share of most households' electricity use.

RECYCLE, RECYCLE, RECYCLE

The energy saved when we recycle a glass bottle can keep a light burning for four hours! "By recycling glass, paper, plastic and tins, you save natural resources and energy," says Michelle Sholto-Douglas of Cape Town's Footprints Environmental Centre (021 794 5863). You can recycle e-waste, like computers, cellphones and electrical appliances. For info, contact Footprints. Do use products that have longer lifespans and can be reused (so avoid paper plates and disposable wipes).

9 DRIVE A FUEL-EFFICIENT CAR Look out for hybrid cars, like the Toyota Prius, which are so eco-friendly that driving one over a distance of 5 850km produces fewer smog-forming emissions than emptying a 240ml can of cooking spray! (Turn to our *G Cars* feature on pg 186 for more on green driving.)

10 DETOX YOUR WARDROBE Donate your old matric dance dresses, wedding gowns or evening shoes to The Princess Project (021 913 9575). This organisation collects items for those who can't afford to buy outfits for their big occasion. Donate and create less waste! Pick a "green" dry-cleaning service, which uses carbon dioxide. The chemical perchloroethylene is bad for the environment and your health. And who needs those plastic garment covers when so much energy is wasted to produce them? ☺

GLAM GIVEAWAY Win one of five Herbatint hampers worth R330 each. To enter, SMS "HERBATINT", as well as your desired hair colour, to 34223. For full competition details, see pg 188.

