

eco scene



Needle work

De-stress, relax and revive your body with this Pranamatt. Designed using acupressure techniques to wake up your body and direct blood flow to the organs that need it the most, it's made from 100 per cent natural, organic materials and comes in a range of fantastic, energising colours. £65, www.yogamatters.com

Website of the month

Check out www.stayecochic.com, dedicated to ethical holidays in the Canary Islands. It's packed with sustainable holiday ideas and travel tips for a low-impact getaway.



All in your stride

It's spring, and time to explore the UK's endless outdoor trails with gusto! These trail running shoes from Patagonia are the ultimate training accessory; not only are they vegan-friendly (made without any animal by-products), but they are also breathable, cushioned and super-comfy. £85, www.purefootwear.com



Eco bites!

Three simple ways to reduce your carbon footprint...

- 1 Try to walk instead of using the car. You'll boost your fitness levels and save on petrol.
- 2 Unplug appliances when you're not using them and switch to energy-saving lightbulbs. It will save money and resources.
- 3 Browse your local farmers' markets and look for organic produce and dairy. After all, food doesn't need to travel 3,000 miles just to reach your dinner plate!



did you know?

83%

of Britons now buy organic food
Source: The Organic Trade Board



Say What?

This month **Glenda Taylor** of ethical beauty brand **Balm Balm** solves your eco dilemmas...

Q. When it comes to beauty products, does expensive equal ethical?

A. Not necessarily. Some, but not all, ethically sourced ingredients can be expensive; however, simple packaging, understandable ingredients listings and certification by recognisable associations are the key things to look out for. Many less expensive ethical beauty products can be just as effective and luxurious without being any less conscientious.

Balm Balm is available from www.balmbalm.com

WE LOVE

BALM BALM ROSE GERANIUM FACE BALM, £5.99 FOR 30ML

