

**BELOW:** Organic cotton waffle towel, £11.25; Bamboo toothbrush, £3; Wood comb, £14.90; Soap, £3.70, all Green Fibres; Pink ceramic tumbler, £26, Made + Good; Candle in glass jar, £15, The Nomad Society at Secrets of Green, Wooden soap holder, £14, The Future Kept; Bamboo facecloth, £10; The Green balm, £20, Bath potion, £4, all Magic Organic Apothecary at Secrets of Green.

**RIGHT:** Organic cotton towels, from £8.20; Scrub brush, £25.80, both Green Fibres; Woven basket, £16, The Future Kept; Everything else as before.



#### Clean up your bathroom act

Next time you need a new toothbrush or comb look for sustainable alternatives - those throw away plastic items are wrecking havoc on our earth. Consider switching to a bamboo toothbrush, wooden combs or scrubbing brushes and organic cotton or hemp face cloths and towels. Going back to basics with soap bars and body brushes also reduces packaging and micro-exfoliants washing into our water. Next time you need a new towel, again look for organic cotton - regular cotton farming is a pesticide-intensive crop which is killing farmers and seeping dangerous chemicals into land and rivers. Organic cotton or even bamboo is kinder to people and the planet, plus you don't want to be rubbing all those nasties on your beautiful clean self!

#### Lay down some rugs

Rugs are essential in any home - they help mark out living areas, add colour and most importantly, keep out the cold. Try to choose rugs made from natural fibres like wool, cotton or sisal. There is a high level of skill involved with hand-woven rugs and many brands are nurturing traditional skills and supporting developing communities through ethical and fair employment. So, choose something with good karma, it will bring happy vibes into your home for decades to come! The added insulation also means keeping your home warm in winter, reducing your heating bill and your CO2 emissions.

#### Styling with greenery

Plants are a great way to add style and colour into your home, while at the same time, helping to clean and oxygenate the air. If you do enjoy cut flowers, firstly consider the environmental impact. They are often grown on the other side of the world, sprayed with chemicals so they last their travel time, wrapped in layers of plastic and flown many miles to your local store. This all adds up to a lot of plastic waste, chemicals and travel miles that could easily be avoided. Instead, find joy in following the seasons, only buy locally-grown flowers and forage (legally) when you can. You can find some surprisingly beautiful foliage, grasses and native flowers in your local area!

#### SHOP LINKS:

- [www.anewtribe.co.uk](http://www.anewtribe.co.uk)
- [www.araliving.com](http://www.araliving.com)
- [www.greenfibres.com](http://www.greenfibres.com)
- [www.madeandgood.com](http://www.madeandgood.com)
- [www.oggetto.com](http://www.oggetto.com)
- [www.room356.co.uk](http://www.room356.co.uk)
- [www.secretsofgreen.com](http://www.secretsofgreen.com)
- [www.thefuturekept.com](http://www.thefuturekept.com)
- [www.yonderliving.com](http://www.yonderliving.com)

**BELOW:** Berber Rug, £595; Decorative cushions, from £52; Woven basket, £65, all Yonder; Grey linen duvet cover and pillow cases, from £23.50; Pine Wood print, £45, all Oggetto; White sheets and pillow cases, from £28, Ara Living; Vases on bedside table, from £20, Room 365; Recycled crate used as bedside table, Photographer's own, Cream and black throw in basket, A New Tribe.

