

GREEN CLEAN

Clean the 'eco' way without the use of harmful chemicals

Atrixo® hand care keeps even the driest of hands soft and smooth



Using natural cleaning products is the eco-friendly way to clean your home: not only do they leave a bright, sparkling home, they're also kinder on your hands. Vinegar, bicarbonate of soda and lemon are the basic ingredients of chemical-free cleaning. Use vinegar on soap scum, grease splatters and cloudy glasses, lemon juice on limescale, and a paste of water and bicarbonate of soda to clean stainless steel to a shine. Don't forget to protect your hands before and after cleaning, with Atrixo's moisturising, protective hand care for hands-on people.

TOP TIP

Bring out the beauty and warm colour of wooden floors and furniture. Mix equal amounts of lemon juice and olive oil, rub on, then polish with a clean dry cloth.



HAND CARE FOR HANDS-ON PEOPLE

Great escapes

If you fancy a guilt-free break, then take a look at the range of Abercrombie & Kent (A&K) holidays. A&K will make a donation to the World Land Trust (WLT) to offset carbon emissions created on their holidays. You can enjoy an all-inclusive seven-day cruise round France, from £1,998 per person. For more details on A&K breaks, call 0845 618 2213 or visit www.abercrombiekent.co.uk. To make a donation to the WLT visit www.worldlandtrust.org.



RECOMMENDED BOOK

Rough Guide to Ethical Living by Duncan Clark, £9.99 (Rough Guides)

A good place to start if you want to know what's what in the complex world of eco issues. A fantastic guide to becoming a responsible consumer.

ECO SHOPPING

Be kind to the environment and your home with these guilt-free buys



FOR THE LIVING ROOM

Light up your room with these recycled 100% wool felt lamp shades, £28.99 each from Love Eco. Measuring 25 x 14 x 14cm, they sit neatly over energy-saving light bulbs and come in cream or poppy red.

FOR THE BEDROOM

Now you can have a good night's sleep with Abaca's organic mattresses. The pocket-sprung Snowdon mattress includes several new organic wool products to ensure comfort, durability and peace of mind. Prices from £525 to £1,150.



FOR THE LAUNDRY

Eco Balls from The Shop are an alternative washing powder, as extending your machine's life, the Balls also soften clothes so you don't need conditioner. Suitable for sensitive skin, a pack of three costs £34.99 and will last 1,000 washes.

ECO HOME FOR SALE

Inspired Developments created a new community of unique eco homes in Manchester. Built in partnership with local architect, the four-bedroom homes feature insulated wall panels to save energy and reduce costs, and domestic solar panels to supplement energy use for some of the properties. The solar panels have added to the energy supply up to 30% of the water supply, sustainable timber and organic materials have been used to do more for the environment. The Solar Group is a leading property group in the region.



£245,000

IF YOU DO ONE THING THIS MONTH...

Switch to a green energy supplier. Not only can you save money, but you are helping the environment, too. Visit www.uswitch.com for a list of suppliers.