

Natural, ecofriendly ideas and advice for making the most of where you live

SPRING CLEANING

Celebrate the season by freshening up your home

- Natural cleaning products have improved enormously in terms of effectiveness and while Method and Ecover are well known, it's also worth trying Dr Bronner and Kinn Living. These products are free from triclosan – an ingredient used in dishwashing detergents, which can cause the growth of drug-resistant bacteria – and butoxyethanol, which can irritate the throat; as well as chlorine, another respiratory irritant found in bathroom cleaning products.
- Opt for microfibre cloths that clean thoroughly using only water, or products made from recycled materials. For instance, Ethical Superstore stocks a range of washing-up pads made from natural loofah plants, as well as recycled foam scourers and long-lasting chemical-free microfibre cloths.
- Opening windows will refresh the air, but you'll need an air purifier to remove pollen, dust, pet dander and mould spores. Philips and Bonaire offer a great range, while houseplants such as lady palms, rubber plants and Boston ferns will do the job naturally.
- Get rid of old paints, solvents and varnishes. Your local council can advise on recycling them, or for paint, contact Community Repaint (communityrepaint.org.uk) for your nearest reuse centre.



DIARY DATE Ecofriendly brands are coming together at London's Alexandra Palace on 9 and 10 March as part of Vegan Life Live. They'll show off their latest green goodies, while keynote speakers address important environmental issues, including palm oil and deforestation. Tickets from £10; visit london.veganlifelive.com.



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ILLUMINATING DESIGN

Inspired by nature, but created using advanced 3D modelling, the Voronoi III, from Tala, is one of the most beautiful light bulbs available. Measuring 40cm tall and in a softly curving shape, each bulb has a delicate energy-efficient LED spiral filament – inspired by the mathematical Fibonacci sequence – and gives out a gentle 210 lumen output while consuming just 5W of energy. It's pricey at £300, but makes a striking statement.

FOR STORE DETAILS SEE **WHERE TO BUY PAGE**

3 OF THE BEST ETHICAL BEDDING



▲ If you haven't yet felt how cosy bamboo bedding is, try this organic set. The manufacturing process uses one third the amount of water used in making cotton. **Bedding set (fitted sheet, duvet cover and pillowcases), from £110, Panda**



▲ This grey and white set with spotty pillowcases is made from a biodegradable fabric called Tencel – a yarn made from the wood pulp of eucalyptus trees – which is blended with cotton. The result is sumptuously soft fabric. **Jane double duvet set, £150, Undercover**



▲ A superb value set made using 100 per cent Global Organic Textile Standard cotton that's also Fairtrade certified, so you know each piece directly improves the life of the worker behind it. **Organic Abstract Petals double duvet set, £39, West Elm**