



Taking care of it

- Avoid folding or rolling your paper hat, as this will damage it.
- To reshape the hat or remove small wrinkles, place a damp cloth over the hat and then iron it.
- Do not wear your hat in rainy weather as it will lose its shape.
- To clean dirty spots use a damp cloth and mild soap.

5 Vegetable-dyed leather

Dress (R1 140) and burnt-orange beads (R120 each) from Lunar. Leather belt (R429) from Country Road at Woolworths. Multi-coloured beads (R49) from Truworths.

Natural dyes have been around for hundreds of years but are regaining popularity as people become more eco-aware. Natural dyes are not only kind to the environment but also produce vibrant colours that look better the longer they are worn.

Using natural dyes is not necessarily the easiest or quickest way to colour a fabric, but avoiding chemical dyes is a way to help to reduce the amount of toxic by-products from the dyeing process that could end up in the ecosystem.

Taking care of it

Make sure the leather is sufficiently water-proof by applying a leather protector to it. You can buy protection products from any hardware shop or shoe repair outlet. Also try Woodhead's, which has branches in Cape Town and Durban, and agents countrywide.

6 Hemp

Brown bag (R149) from Hemporium. Cream-coloured bag (R229) from Veldt. Beads (R20) from The Bead Shop.

Hemp is similar to linen in both feel and appearance. It is eight times stronger than cotton, making it one of the most durable textiles around. Hemp withstands water quite well, is UV-resistant, absorbent and has good insulating properties. Blending it with organic cotton makes it softer and more comfortable to wear.

Hemp is a bast fibre (a plant fibre made from the inner bark of the stalks or stems of the plant) produced from the *Cannabis sativa* plant. The stems are processed to dissolve

the gum and separate the fibres, which, after more processing, are woven into a fabric.

It is a self-sustaining plant that grows easily and with minimal water. It also does not require the use of pesticides, chemicals or fertilisers. It can be replanted and harvested each year with minimal damage to the soil. In fact, it actually gives more back to the soil than it takes out.

Taking care of it

Like linen, hemp creases easily and the fibres may start to break after repeated creasing in the same area. Hemp naturally gets softer with each wash and will last much longer than most textiles, so frequent washing is actually good for your hemp garment.

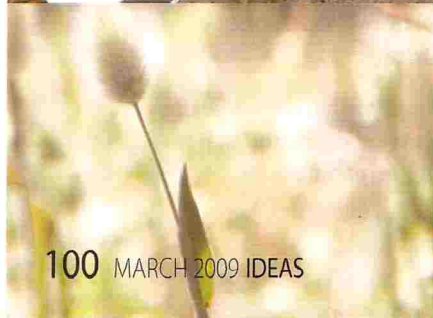
- Test the colourfastness of dyed hemp fabric before you wash it. If the colour fades, rather dry-clean the garment.
- After purchasing do a wash test to test for shrinking. If the garment shrinks by 5% or more, rather take it to a dry-cleaner.
- Use the gentle cycle when washing the garment in a washing machine.
- Do not use bleach as this weakens the fabric.
- Hemp cleans easily so you can use less washing powder than for other fabrics.
- Always wash undyed and colourfast hemp fabric at 50°C.
- For best results dry hemp clothing in a tumble dryer until it is still slightly damp and then hang it on the line.
- To iron, turn clothing inside out and iron on the lowest setting.

7 Soya

Soya fabric is made from soya protein fibre using a by-product of soya bean production. No chemicals are used in the production or growing processes, as it is a self-sustaining and renewable plant. It has antibacterial and UV-protection qualities and absorbs moisture easily, leaving you cool and dry in summer and warm in winter. Similar to silk in look and feel, it is often called the 'vegetable cashmere'. It absorbs dye easily and quickly, so less dye is needed than with other textiles.

Taking care of it

- Wash in cold water and tumble-dry.
- Any stains should be dealt with immediately.
- You can iron soya at any heat.
- Dry at a low setting to avoid shrinkage.



The word 'cosmetic' comes from the Greek *kosmos*, which means 'order', 'world' or 'ornament'. In ancient Greece beauty was linked to order and a beautiful woman was compared with the perfection of nature. The origins of the word have, of course, long been forgotten and unfortunately many of the products that we now use to pamper ourselves are harmful to the environment. However, there is some good news. Beauty houses are increasingly aware of the effect that their products have on the environment and are not only using more ecofriendly ingredients but are also changing their packaging. We show you what to look for.

1 Check the logo

Do you want to know if the beauty house that you support uses ecofriendly practices? Look for the following logos or words on the packaging:

'Biodegradable'

This means the product and/or the packaging will break down safely and reasonably quickly to the original raw materials.

Why use the product?

It doesn't contribute to soil, water or air pollution.

Hemporium Cosmetology Eco Friendly Liquid Soap (R45)



'Fair Trade certified' and 'Community friendly'

The manufacturer uses sustainable resources, complies with socially responsible standards and pays fair wages.

Why use the product?

You are helping to empower disadvantaged communities and to ensure sustainable development.

Pure Cold Pressed Baobab Oil (R95 for 50ml)

Rabbit logo

This logo of the Beauty Without Cruelty organisation indicates that the product has not been tested on animals.

Why use the product?

You are helping to ensure that fewer (and in the future it is hoped no) animals suffer in the formulation of beauty products.

Innoxa Skin Balance Oil-Free Rebalancing Lotion SPF15 (R109,95)



'Recyclable'

The packaging is suitable for reuse.

Why use the product?

You are helping to reduce soil, water and air pollution.

Woolworths Cleanse Skin Balancing & Cleansing 2 in 1 Foam (R75)



USDA, Australian Certified Organic (ACO) and Soil Association

These independent organisations certify that a product is organic.

Why use the product?

Research has shown that

manufacturing an organic product uses half the energy that is needed to make a similar non-organic product, and less energy means fewer greenhouse gases.

Miessence

Certified Organic Rejuvenating Skin Conditioner (R371,93) >>



Proudly South African logo

This product is made in South Africa. Local beauty products include Annique, Environ, Innoxa, Nimue, Willa Krause and Placécol.

Why use the product? Apart from the fact that our local products are just as good as their international counterparts, they help to create work for South Africans and fewer greenhouses gases are released in transporting the product to the consumer.

Environ Ionzyme C-Quence Eye Gel (R220)



Why don't my organic fruit and vegetables stay fresh for very long, even though I store them in the fridge?

Organic produce does not contain any preservatives and should be sold and consumed as soon as possible after harvesting. The fresher an ingredient is, the healthier it is, so rather buy smaller quantities of organic produce and enjoy the items while they are fresh.



Staple a string of fairy lights all along the bottom skirting of a dark passage to provide light for guests or little ones who need to find their way down the passage in the middle of the night.

How can I stay cool at a hot summer function?

Follow these simple tips to stay cool and look stylish:

- Choose lighter coloured fabrics. They will absorb less heat.
- Wear natural fabrics such as cotton or linen as these are cool materials that will help you to regulate your body heat.
 - Wear a looser fitting dress or pair a light camisole with a floaty skirt or linen trousers. Combine with a three-quarter or short-sleeved jacket for a more formal occasion.
 - Substitute a smaller, lighter clutch bag for a big bag.
- Avoid heavy silks and linen as these will cause you to perspire.
- Finish off your outfit with strappy sandals and minimal jewellery.
 - If it is an outdoor daytime event, wear a wide-brimmed hat.
 - Wear sunblock, avoid heavy make-up and take a body spritzer with you to help you cool off.

All the ecofriendly advice available makes my head spin. What steps are effective yet easy to do?

You are probably already doing the basics such as recycling glass, paper, plastic and cardboard, using fabric bags to carry your shopping and replacing ordinary light bulbs with low-energy ones (take your globes and batteries to Pick n Pay for safe disposal). Also try the following:

- Go to www.faithful-to-nature.co.za for a list of products and toxic ingredients to avoid.
- SMS CO2 to 34017 (you need a WAP-enabled cellphone) and follow the instructions to check the size of your carbon footprint and to compare it every month. This is an initiative of the World Wildlife Fund (WWF) and SMSs cost R2 each.
- When you buy take-away food, take your own containers with you to the food outlet and ask for the take-aways to be put into them.
- Go to www.wwf.org.za/hero for more helpful hints on how to green your life.

Turn to page 60 to read about how three readers are greening their lifestyles. >>

