

Green Scene

ORGANIC THERAPY Forget the mud masks and expensive spas, you can look good using the latest organic products. These stylish green pieces pack loads of goodness, and look great on your bathroom counter.



➤ **GOOD AND GREEN AND FRESH**

Save the planet and your hair with these: **Ecoco Men Menthol & Mint Ice Cool Shampoo**

⑤ The menthol and mint stimulates hair growth. R95 Ecoco Natural Therapy Stores

Simply Aloe Vitamin Enriched Shampoo ⑬ Loaded with vitamin E. R47 Delfini Solutions

➤ **GREEN FINGERS AND FEET**

Hemp has over 40 000 uses, and is rich in essential fatty acids that help repair the skin's natural moisture barrier. **Hemp Foot Protector** ⑩ and **Hemp Hand Protector** ⑥ with recyclable packaging. Both R75 at The Body Shop

➤ **MUSTARD MAGIC**

Get rid of aches with this ancient remedy. **Herbazon Pain Relief Gel** ② R79 Herbazon

➤ **FEED YOUR FACE**

Depending on your skin type, combine the **Almond and Bran Facial Scrub** ⑦ with either lemon juice for oily skin or honey and yoghurt for dry skin. And yes, you can eat the leftovers. R80 Ecoco

➤ **SUDS AND SCRUBS GOOD ENOUGH TO EAT**

Green Peace released evidence that every 90 days we cause as much environmental damage to our coastline by using non bio-friendly products as a major oil spill from a tanker would. Now use:

Botanical Body Bar ① R120 with green tea, grape seed, almond and olive oil base.

Botanical Shower Mousse ③ R220 with lemon grass and sugarcane,

Botanical Body Scrub ③ R310 all from Crabtree & Evelyn's Naturals Range

Cape Seaweed Natural Therapy Soap Bar ④ with natural seaweed astringents that restore pH balance R20 Ecoco

➤ **A HEALTH NUT**

The tasty hemp seeds are not only loaded with essential fatty acids, but pack decent amounts of protein and vitamin E, and are gluten free. **Shelled Organic Hemp Seeds** ⑭ R55 for 250g Hemporium

➤ **SHAVE THE PLANET**

Live a chemical-free life. **Enchantrix Organic Shaving Gel** ⑫ R60 and **Organic Formula Peppermint Toothpaste** ⑤ R26 both are available at major Pick 'n Pay stores

➤ **DRINK YOURSELF YOUNGER**

Aqua Bimini ⑪ is an anti-ageing mineral water that protects against cellular stress and slows the ageing process. You should know that drinking mineral water is good for you. But the chemical-free extraction process means it doesn't harm the environment either. R18 for 500ml Bimini

JARGON BUSTER

What the hell is....

HEMP

Hemp is a common name for *Cannabis sativa* and is a completely different plant. Hemp applications include rope, fabrics, fibre-board, paper and skincare products. Hemp oil is used in grooming and skincare products and contains 81 percent polyunsaturated essential fatty acids (EFAs), which can be used to replenish dry skin, prevent cell loss and treat minor burns. A lack of EFAs can result in brittle and dull hair, nail problems, dandruff, allergies and dermatitis.



GROOMING FACT

18

The percentage growth of men's grooming product sales in 2005. This outstripped the total grooming sales (male and female products) growth of 6.5 percent.

Source: L'Oréal 2006 Annual Report

Detox Your Wardrobe

NEW-SCHOOL NATURAL

Organic no longer means tied-died with hairy armpits. Nowadays, it translates as cutting-edge fashion with a conscience. Join the trend, and introduce some natural fibres into your wardrobe.



What defines a product as being environmentally friendly? Or is it just a marketing tool?

There is a trend both locally and globally towards taking greater care of our resources, as well as the people and communities involved in the production process. For a company to produce organic products, they need to work with natural fibres that are grown without toxic pesticides and fertilisers. Woolworths has already launched its own organic cotton range, meaning the cotton has been grown without the use of any toxic chemicals. Woolworths has also ensured that only eco-friendly natural dyes are used in the colouring of the shirts. Smaller eco-conscious retailers, like Hemporium, are also producing natural fibre-based products. Other natural fibres include bamboo, hemp and soya bean. Levi's has explored manufacturing with natural fibres by creating jeans using fibre created from sugar cane. But to answer your question, check the jargon buster below to see the definition of organic fibres. If you want to ensure a product is environmentally friendly, look for a SABS certification of the product's claims.

➤ GET YOUR RODS OFF

Bamboo is the latest textile revolution and is actually softer than cashmere. It breathes as well as cotton, and has moisture-wicking and anti-bacterial properties. The demand for bamboo is sustainable, as it is naturally regenerative. Some species grow up to four feet daily.

C-in² bamboo underwear 6
R195 FMO Stores

➤ COOL BEANS

The eco-friendly fibre made from soya beans – nature's cutting-edge technology – has excellent moisture-wicking properties. Socks and jocks that are gentle on you and the environment.

Falke soya bean socks 5
from R25 Cape Union Mart and
2(x)ist briefs 7 R250 FMO
100 percent organic cotton T-shirt 3 R45 Woolworths

➤ HEMP HAS IT ALL

Hemp is one of the most versatile fibres, having over 40 000 uses. It can be spun to feel smooth like silk or rough like burlap, and to top it off, is UV-resistant.

Double belt 2 R125,
sneakers 1 with natural rubber soles R235, **carryall bag 8**
(good for storing anything you need) R215, **socks 4** R35
all from Hemporium

Protect yourself We are bathed in an electromagnetic smog 24 hours a day – from cellphones to microwaves, fluorescent lights to computers. This smog depletes the body's natural bioelectricity, and can result in stress, illness and ageing. Studies done at the Universities of Stanford and Vienna have shown that the Q-Link can protect you from the negative effects of this radiation. It is used by everyone from Tiger Woods to Deepak Chopra. Check www.qlinksa.co.za. Pendant R1 368 Q-Link SA



The barn dance left him sheepish.



Neil Downton is the Men's Health fashion and grooming director and has been in style and design for 15 years.

JARGON BUSTER

What the hell is....

ORGANIC FIBRE

The term "organic" refers to the way agricultural products are grown and processed. It relies on a system of farming that maintains and replenishes soil fertility without the use of toxic and persistent pesticides and fertilisers.