

HOUSES + GARDENS + FOOD + LIFESTYLE
COUNTRY HOMES
 & INTERIORS

IF YOU DO ONE THING...

REPLACE! Upgrade your water filter by swapping to one that uses **CHANGEL** water purifier bricks, which are 100% biodegradable. Unlike conventional plastic ones. Call 0844 890001. www.changel.co.uk

REDUCE! Cut down on the number of plastic carrier bags in your home. Order your groceries from **Walmart** Deliver and when they drop off your groceries they will take away all your unwanted carrier bags for recycling. Call 0800 08884. www.walmart.co.uk

RECYCLE! All Ecover plastic bottles are made from polyethylene and polypropylene, which are both 100% recyclable. Even better you can refill them in local health food stores. Call 08-00 100 2230. ecover.com



HOME COMFORTS

We love this personalised dog bed from **Pins and Ribbons** with a pet's name embroidered on it. Choose from a floor or bed cushion. Fully machine washable at 40°C and available in two sizes in polka dot and floral designs. Beds can also be made to order. From £45. Call 01642 786777. pinsandribbons.co.uk

5 PUT TO THE TEST
 NATURAL DEODORANTS

Bamboo dock

If you want an iPod dock that looks great in a country home, the **Blok** design with the latest sound technology could be answer. It costs £229 from **Marks & Spencer**. Call 0845 609 0200. marksandspencer.com



Refreshing Wild Rose & Lemongrass Deodorant, £1.25
 "I love the idea. It's aluminum free and I'm happy to sacrifice feeling a bit clammy to keep my body chemical free. It worked even after a long hard day."



Pink Up Crystal Deodorant, £4.10, **Phoric**
 "This is the first aluminum-free deodorant I've tried that works, and it's unforgiving so doesn't stick with perfume. My skin is sensitive and it didn't cause a reaction, so I'd buy this again."



Aluminum-Free Crystal Deodorant, £4.10, **Alvin Cosmetics**
 "This is unforgiving, has simple packaging and works well. It lets your body breathe as it's supposed to instead of being suppressed by chemicals."



100% Organic Manuka Honey Deodorant, £4.99, **Dr Organic** at **Woolent & Burrows**
 "I liked the fresh, soothing scent of honey. Worked well for me when it came to coping with teenage oily perspiration but I wouldn't use it for sport."



Citrus Fresh Deodorant, £1.99, **Linea Frazzini**
 "Nice, subtle scent and I stayed fresh even on a 10-mile hike in hot weather! Contains lemongrass and smells of shalbat pips. Doesn't keep you dry but does keep you smelling nice."

