

HOUSES + GARDENS + FOOD + LIFESTYLE
COUNTRY HOMES
 & INTERIORS

IF YOU DO ONE THING...

REPLACE! The new wet wipes from Earth Friendly Kids are essential for sticky moments on summer days. The hypoallergenic, 100% biodegradable wipes cost £2.49 from So Organic. 0800 169 2579, soorganic.com.

REDUCE! Save on your energy bill by hanging out your washing – using a tumble dryer for every wash could cost more than £70 a year. Use colourful recycled clothes pegs, £1.50 for 24, from EcoForce, 020 8343 1010, ecoforce.co.uk.

RECYCLE! Look out for plastics that you can recycle locally. These will be marked with the letters PET, or HDPE for milk cartons. Other types of plastic are unfortunately harder to recycle at the moment, such as clingwrap and yogurt pots.



THE CAT'S WHISKERS

We love Tree House Blue's jars of Pampered Pets organic cat and dog treats. Everyone knows that cats can be fussy, but these tasty morsels should pass the test with even the most picky. Each spring-lidded jar contains 170 organic treats prepared by The Organic Pet Food Company and costs £8.95. Call 01737 814890 or visit treehouseblue.co.uk.

Your pets can also enjoy an organic diet, with special treats from Tree House Blue.

5 PUT TO THE TEST NATURAL SHOWER GELS



The best low energy bulb

The Ionic Air Purifier Low Energy light bulb has a 100W output from 20W of input. It also acts as an air purifier using negative ions. It costs £14.99 and lasts 10 times longer than standard bulbs. Lifemax Direct, 0118 971 0075, lifemaxdirect.com.

<p>Pure Shower Gel, £9.99 for 200ml. Saaf. 'Moisturising shower gel with a blend of distilled organic essential oils including mandarin and clove. The fragrance is refreshingly subtle with invigorating spice and citrus.'</p>	<p>Lavender and Geranium Shower Gel, £4.88 for 250ml, Organic Surge. 'A little goes a long way. Smells pleasantly of lavender. It lathered up to a good rich consistency and was very foamy; left my skin feeling fresh and soft.'</p>	<p>Pomegranate Body Wash, £4.99 for 250ml, Dr Organic. 'Rejuvenating shower gel with the uplifting aroma of pomegranate, aloe vera and coconut. Felt luxurious on my skin, which was softer and more supple afterwards.'</p>	<p>Rameau d'Or Shower Cream, £12.50 for 250ml, L'Occitane. 'A rich shower cream that left my skin feeling moisturised and soft. I don't particularly like over-fragranced products so the delicate scent was perfect. I would definitely buy this.'</p>	<p>Awakening Shower & Bath Wash, £5.75 for 175ml, Tisserand. 'The label says it has a 'lively citrus aroma', so I was expecting a bold scent. Instead it has a subtle yet lingering citrus fragrance. It lathered well and my skin felt really soft.'</p>

SEE PAGE 138 FOR SHOWER GEL STOCKISTS

PHOTOGRAPHS (GIRL) JANEY WEEVER/CORBIS; (FRENCH DOOR) TOM LEGG/THE NEWBORN SYNDICATE; (CAT) REED KASTNER/CORBIS; FEATURE: SARAH WILSON/ALICE HUPPHYS