

# G

GREEN LIVING MADE EASY

## Sunny side up

A BUYER'S GUIDE  
TO SOLAR PANELS

**BEES IN  
CRISIS**  
HOW IT  
AFFECTS  
OUR FOOD  
SUPPLY

WINTER WARMERS  
**ECO HEATERS**  
+  
**THE REAL  
FACTS ON  
WOOL**

**THE RISE OF  
ROOFTOP  
GARDENS**

**THE NUCLEAR  
POWER DEBATE**

**KEEPING KIDS  
CHEMICAL-FREE**

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75% of Australians believe products are over-packaged.



### Multipurpose beauty products

Don't fall for the old 'rinse and repeat' consumables, opt for multipurpose, all-in-one beauty products and cut down on packaging waste this winter.

**BLOOM ORGANICS NOURISHING BODY OIL**  
Rub it in as a deeply nourishing moisturizer on damp skin, use it as a bath oil, a massage oil, to help remove stubborn make up or run a small amount over your locks to smooth flyaway hair. **\$35, [www.bloomcosmetics.com.au](http://www.bloomcosmetics.com.au)**



**ERE PEREZ NATURAL CARROT CHEEK AND LIP BALM**  
A two-in-one for day-to-day touch ups, the Natural Carrot Cheek and Lip Balm is made from natural ingredients with nourishing properties that provide a great dab of colour along with skin benefiting properties. **\$27.95, [www.ereperez.com](http://www.ereperez.com)**



**LUSH ULTRABALM**  
This all-round beauty with organic jojoba oil and plant waxes can be used for just about anything, and is perfect for vegans avoiding beeswax. Rub on chapped lips or skin, spread over sunburn, soothe abrasions, protect from the elements, fix up cuticles... its uses are unlimited. **\$7.90, [www.lush.com.au](http://www.lush.com.au)**



**DR BRONNER'S 18-IN-1 PURE CASTILE LIQUID SOAP**  
It certainly wouldn't be a list of our favourite multi-use products without Dr Bronner's amazing soap included. Rich in coconut and olive oils, biodegradable and organic, this soap is great for hair and skin, but is also recommended for any house cleaning projects you can point it at. **\$7.95, [www.drbronnersons.com.au](http://www.drbronnersons.com.au)**



### THE SMATERIA CHOICE

Making a sustainable choice is all about knowing what's going on behind-the-scenes, and Cambodian accessory designers Smateria break it down from the get go, dividing their products by recycled material – 'net', 'plastic' and 'smoto' (discarded fabric sourced from the Cambodian motorbike, moto). Employees are contracted in line with International Labour Laws, and the business has created a platform for young female

workers who make up 85 per cent of the workplace and are encouraged to bring their children into work with them, where Smarteria pay for childcare. They also make fantastic looking products. We love the Folk bag (pictured), **\$99, [www.smateria.com.au](http://www.smateria.com.au)**

### G TIP

**Got the itch to knit?** Whip up those scarves and socks sustainably with environmentally responsible wool like Australia's EcoYarns. **[www.ecoyarns.com.au](http://www.ecoyarns.com.au)**

### 5 ways to... Avoid the winter blues

While the Australian winter might look like a blip on the radar when pitted against the drastically shortened days of colder climates, our Aussie bodies (and minds) aren't immune to the cold change. Practice these five ways to keep a sunny disposition this winter.



- 1. Brave the cold and head outside for some exercise.**  
It doesn't have to be intensive – try even taking a Frisbee down to the park. Studies show walking for just 10 minutes can improve your mood for two hours.
- 2. Don't let a less than rosy forecast discourage you from catching up with friends.** While it might be tempting to stay inside during dreary weather, repeatedly opting out of social occasions will only distance you from important support networks.
- 3. Follow the sun.** Make a point of getting out while the sun is shining, and keep curtains open at home and in the workplace to let in the light.
- 4. Stick to a fresh food diet.** Fresh, healthy food might more limited than in the summer months, but the lethargy of a cold morning won't be lifted by a sugar hit, so avoid refined carbs where possible.
- 5. Keep to eight hours.** The days might be short but it's important to keep to a routine and follow a healthy sleeping pattern. Get up in the morning to get the morning light and stick to regular hours. Don't hibernate!