



TIPS TO GREEN YOUR OFFICE

- Create a team to lead the company's eco-efforts and determine where you can have the biggest impact for the least amount of money.
- Inform suppliers and customers about your efforts. And get in touch with local regulatory agencies, many of which offer financial incentives to businesses that clean up their acts. — earthday.net



LOVE THE EARTH

Ways you can help at home

- Plant a tree because trees suck up carbon dioxide and make clean air for us to breathe.
- Buy energy-efficient appliances.
- Weatherize and insulate your home, and consider double pane windows.
- Turn off what you're not using and even unplug electronics you're not using — reduce your carbon footprint by thousands of pounds a year.
- Buy organic food. — earthday.net

MAKE IT EARTH DAY EVERY DAY

Sweet (eco) treats

Healthy Life is celebrating Earth Day all week. Today, it's eco-treasures.



Who wouldn't love a brightly packaged soap sampler? Biggs and Featherbelle, that eco-loving, Earth-friendly company, offers a mini bar of its best-selling soaps and includes Granola for the hippie chick, Bark for the tree hugger and Barbados for those dreaming of an island adventure. (Mini Bar, \$21.99, biggsandfeather.com.) — Sara Schwartz



After a hard day of, well, whatever entails your personal hard day, it's nice to know that a hot bath awaits. Next time, add Biggs and Featherbelle's Muscle Soak to the mix and relax as tensions wash away. (Muscle Soak, \$13.99, biggsandfeather.com.) — Sara Schwartz

It's time to exfoliate that winter skin and get ready for summer. Try 4R Future's body polish. Organic cocoa and rose create a deliciously addictive scrub. (Blooming Lotus Body Polish in Chocolate Rose, \$16, 4rfuture.com.) — Sara Schwartz



To help celebrate Earth Day, Hamadi Beauty will donate 5 percent of all proceeds for the month of April to go toward the Natural Resources Defense Council. And that's just one great thing about Hamadi, another is that all its products are made with 100 percent organic essential oils and extracts, are completely biodegradable, and do not use artificial ingredients. (Ginger Soymilk Hair Wash, \$27; Shea Pomade, \$24, hamadibeauty.com.) — Sara Schwartz



At first glance, I thought I was about to smear on lipstick, but that's not what Shelissa's Lip Shimmers are about. The makers of eco-friendly, all-natural lip products created a moisturizing, light-weight alternative to lipstick — without the stickiness of a gloss — in four perfect colors. (Shelissa's Lip Shimmers, \$7, shelissa.com.) — Sara Schwartz



For those who need to carry a pair of tweezers in the purse for impromptu brow shaping. This mini by Tweezerman fits in my tiniest clutch. (Go Green Mini Slant Tweezer, \$10, drugstore.com) — Gwen Flamborg/*FITNESS* magazine

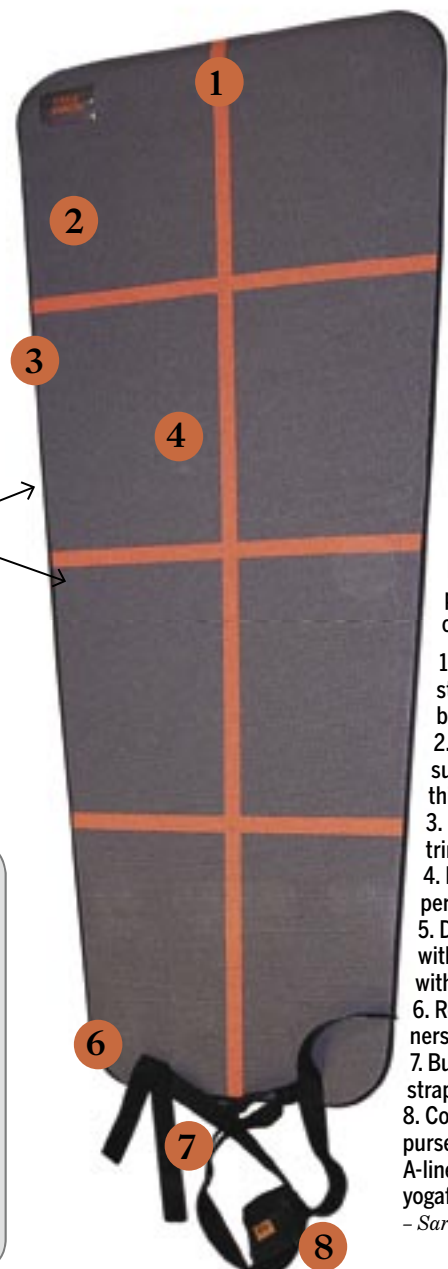
Imagine luxury cosmetics with a conscious. Josie Maran, after realizing that there weren't any makeup formulas that lived up to her expectations of being natural and sophisticated, decided to create her own line. (Cream blush, \$20, josiemaran.com.) — Sara Schwartz



Notes of neroli, vetiver and sandalwood blend for a superchic, sexy scent that's all natural. Thanks, Lush! (Go Green Solid Perfume, \$11.95, lush.com.) — Gwen Flamborg/*FITNESS* magazine



Many companies are jumping on the eco-friendly bandwagon, and it's getting difficult to discern who's really "all-green." Sumbody offers "Earth-friendly" skincare for the eco-minded consumer and delivers such goodies as Head First shampoos and conditioners. Safe for color-treated hair, it blends avocado, macadamia and olive for moisture and golden chamomile to protect against everything the environment throws your way. (Head First shampoo and conditioner, \$18.95 each, sumbody.com.) — Sara Schwartz



Never has reducing your carbon footprint been so much fun. YogaForce's A-line, non-latex, recycled, patented mat offers:

1. Bold orange stripes — for body alignment
2. Superior grip surface, 1/4-inch thick sticky mat
3. Sporty fabric trim edges
4. Feng shui tapered shape
5. Dual-sided: one with stripes, one without
6. Rounded corners
7. Built-in carry strap
8. Coin/wallet purse. (YogaForce A-line Mat, \$79, yogaforce.com.) — Sara Schwartz