



a health & wellness newsletter

Special Double Issue!
Turn me over!



Dear John

Green Goddess

[face] Wash Wisely

Single-use cleansing pads may be handy, but they also clog the landfills. Consider removing your makes with a washcloth made from organic fibers such as bamboo. Not only beneficial for the earth, but the ultra-soft material gently exfoliates even the most sensitive skin.

[body] Save H₂O

Could the runoff from your showers fill a swimming pool? Conserve water by prepping before you step into the shower, such as exfoliating before. Also, be conscious of the time spent under the spray.

[hair] Beat the Heat

It would take two trees 10 years to absorb the carbon dioxide you create from blow-drying your hair 10 minutes every day. If you must use a blow-dryer, lessen your time by using a towel to soak up excess water, then air-dry almost completely. At the salon, ask for an aluminum foil-free highlighting method that doesn't require sitting under a dryer.



Information from SELF magazine

Earth-Loving Sites Dear John Hearts!

- ✓ SaffronRouge.com
Request sample-sized freebies of organic brands and peruse an expert blog that gives the lowdown on new ingredients and breakthrough products.
- ✓ EcoStiletto.com
Score go-green celebrity tips, "what's green?" definitions and exclusive discounts on sustainable fashion and beauty must-haves.
- ✓ CurativeWoman.com
This innovative resource offers a range of natural and organic prettifiers for hair, skin, even baby. It also ships products with recycled packing peanuts and powers its office with wind energy, proving the company practices what it preaches!

Un-fun Fact:



Americans throw out 25 million plastic bottles every hour. Shrink this stat by drinking from a reusable container.

"Green" Kitchen Beauty Solutions

[Tone] Redness-reducing Mist

Brew a cup of organic chamomile tea; let it cool, then pour into a spray bottle and spritz all over face. Extracted from the daisy plant, chamomile acts as an anti-inflammatory to quickly calm irritation and reduce puffiness.

[Treat] Zit Zapper

Squeeze two lemons into a half cup of water, then splash over face and rinse. Lemon juice contains alpha hydroxy acid, which dissolves dead skin and fights bacteria, so the concoction helps banish blemishes. Clear skin ahead!

Waterworks - Turn off the faucet while brushing your teeth and shaving to save up to 10 gallons a day!



An Initiative For Recycling:

If Mary Baldwin College recycles more this year during *RecycleMania* than last year, the Dining Hall will offer a "Students' Choice" night for dinner during the week of April 13th. Students will be able to vote on their favorite options (e.g. pizza bar or hamburger bar) and the winning options would be served. **NOW GO RECYCLE!**

GO LOW-IMPACT

A refillable bottle here, a canvas bag there. When saving Mother Nature, it all counts. These tips minimize your carbon footprint *and* maximize your beauty benefits.

[Pre-cycle]

Looking to purchase that 1 ounce bottle of skin cream in a three-tiered box? Bells and whistles may look pretty, but they won't do a thing for your beauty. Opt for containers that limit solid waster when tossed. Recyclable, biodegradable packing and soy inks are best.

[Extend Cycle]

One way to create less waste: Use every last drop of your lotion, toothpaste, etc. When nearing the end of a cream, use nail scissors to cut the bottom off the tube. Scoop out whatever's left and put it in a reusable bottle. Also, a lip brush can help you get every last swipe out of your favorite lipstick.

[Recycle]

Sure, you remember to separate your bottles and such in your trash, and you may even remember to rinse out your cans. However, what about the trashcan in the bathroom? Does it hold plastic shampoo bottles, cardboard makeup packaging, or glass vials or perfume that can be recycled? Next time, be careful what you throw away - your beauty products are recyclable too!

[Reuse]

After you empty any beauty goodies that come in glass jars, reuse them (rinsing with soap and water first) and use them as storage for makeup brushes, cotton swabs, and homemade scrubs.

Information from Self magazine

Decode Label Lingo

(What these eco-buzzwords really mean!)

Natural

Although not necessarily 100% synthetic-free, these products contain some plant or mineral extracts. (Read the first give ingredients listed to gauge how much.)

Organic

Just like fruit at the farmers' market, products touting this term are mostly free of artificial chemicals and pesticides. (Usually 70 to 95% of the formula meets the standards.)

Biodynamic

Ingredients come from plants harvested under organic codes; farmers also rotate crops to replenish the soil's nutrients.

Fair trade

These beautifiers contain ingredients purchased at ethical international market value from small-scale farmers and laborers.

Vegan

Absolutely nothing that's derived from animals, insects, or their by-products is inside.

