

# Back to Basics: Green bathrooms

Words  
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## Wooden Toilet Brush and Stand

100 per cent plastic free, this wooden stand is made from solid untreated beechwood with ceramic holder and toilet brush made with Tampico fibre. See [www.spiritofnature.co.uk](http://www.spiritofnature.co.uk) for details.

## Anti-Lime for Toilets (this item is a bestseller)

Simply drop one of these ingenious descaler rings into the cistern to keep your toilet free from a build-up of deposits for up to 5 years. This chemical-free magnetic ring will polarize the calcium preventing unsightly stains and lime scale build up. See [www.spiritofnature.co.uk](http://www.spiritofnature.co.uk) for details.



Did you know that your bathroom uses the most amount of water in your home? Reducing your carbon footprint, creating a healthy family environment and becoming more energy-efficient in your bathroom is quite easy. Everyone can do something – with just a few small changes to the way you use water, you can begin to make a difference to the environment.

**1. Reuse, repair, reclaim:** A truly 'eco' bathroom is to renovate, repair and refurbish your existing bathroom; don't automatically go for a remodel. Reusing the bath, toilet and basin helps reduce the amount of waste thrown into landfill sites. If you have to remodel, contact salvage yards and local second-hand facilities to make good use of vintage items like

baths. Alternatively opt for factory seconds or discontinued ranges of sanitary ware. Help reduce the demand for newly manufactured products and cut down on the waste you create.

**2. Avoid plastics:** Petroleum is a non-renewable resource and it's not eco-friendly. Although it is a hygienic, lightweight material, the chemical manufacturing process is highly toxic, using a large amount of energy and non-renewable resources. The finished products are non-biodegradable, cannot be recycled easily and release toxic emissions known as Volatile Organic Compounds (VOCs) into the air in your bathroom, which are hazardous to health.

**3. The toilet:** Save water with a dual flush,

low flush or added on flush control – a cheap alternative is to adapt your existing cistern by placing a brick or water-filled plastic bottle into the bottom.

**4. Taps:** Save water by fixing leaky taps and fit your existing taps or buy new taps with air sprays, aerators, flow regulators and restrictors.

**5. Baths:** Save water and reduce the number of baths you have by taking a quick shower instead – a five-minute shower uses around 30 per cent of the water of a full bath.

**6. Shower:** Save water by avoiding power and spa showers, use conventional showers with low flow showerheads or air nozzles that combine air

and water to create more water pressure.

**7. Décor:** Locally processed/manufactured, natural, sustainable and moisture repellent materials such as recycled or reclaimed tiles for the walls, bamboo, wheatboard or sustainable timber for the furniture and certified organic cotton, hemp, bamboo fibre for towels, robes and soft furnishings. Any paints or stains need to be scrubable and mould resistant, look for natural oil, plant and vegetable oil-based paints that are 100% natural or have zero or low VOCs (volatile organic compounds).

**8. Flooring:** Cork, linoleum and recycled or natural rubber flooring are all warm and comfortable underfoot and are made with



**Fired Earth Recycled Tiles**

Re-use of materials can produce beautiful results. Fired Earth's Iridescent Glass Mosaic tiles in Sandstone Fusion, €579.89 per square metre, or €42.33 per 26.5 x 26.5 cm sheet. See [www.firedearth.com](http://www.firedearth.com) for details.



**"Waterman" Save-a-Flush Sachet (this item is a bestseller)**

These clever sachets are water-saving devices which are put into your toilet cistern. The water in the cistern inflates the device and displaces a litre of water with each and every flush - therefore saving 1 litre every time you flush! For a family that's 2,000 gallons of water a year you save... Or the equivalent of 35,000 cups of tea! Save money whilst helping to reduce your carbon footprint. [www.spiritofnature.co.uk](http://www.spiritofnature.co.uk)

renewable, natural materials. Bamboo is a good alternative although this can be hard and cold, less comfortable for your feet!

**9. Lighting:** Save energy by making the most of natural daylight with unobtrusive window dressings. Use compact fluorescent bulbs to save energy when using artificial lighting. Consider solar tubes fitted in the roof, which bring natural daylight beaming into dark bathrooms.

**10. Ventilation:** Improve indoor air quality with adequate ventilation and humidity control to prevent mould and mildew growth by using fresh air from windows and mechanical extractor fans.

Nicola Elizabeth Jones BA is the owner of the largest online eco interior design website resource at [www.holistic-interior-designs.com](http://www.holistic-interior-designs.com) Here Nicola provides hundreds of eco-based ideas, resources and recommendations making navigation through the eco-world a breeze! You will find all the answers to your eco interior questions in an easy to read and comprehensive manner, taking you by the hand and giving you the benefit of her professional insight at no charge.

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**Greenfibres**

You can accessorise yourself too in the bathroom – just make sure it's green! Try this green hemp gown and these green hemp towels for starters. See [www.greenfibres.com](http://www.greenfibres.com) for more information.

