

INSPIRATION FOR A HAPPY FUTURE

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HIGH SPIRIT

Magazine

FOR MIND, BODY AND SOUL, LOOK AND FEEL GOOD NATURALLY

ENERGY VAMPIRES

IDENTIFY WHAT'S DRAINING YOUR ENERGY AND REMEDY IT NOW

BEAT THE CHRISTMAS BLUES

BEFORE THEY TAKE HOLD WITH OUR EXPERT ADVICE

DROP DEAD ETHICAL...AND GORGEOUS!
PARTY FROCKS FIT FOR AN ECO-PRINCESS

ECO BREAKS

TO RELAX YOUR BODY & ENLIVEN YOUR SOUL

PLUS INSIDE

Horoscopes
Celebrity Secrets
Psychic Surgeon
Love Doctor

BE THE BELLE OF THE BALL

IT WON'T JUST BE THE TWINKLING FAIRY LIGHTS THAT SPARKLE AT CHRISTMAS

SPIRIT GUIDES AND ANGELS WHAT'S THE DIFFERENCE?



Christmas Spirit

Be prepared for a round of sighs as Christmas comes around once again. Festive fun might be on the menu but don't forget to add a generous sprinkling of environmental-friendliness to the 12 days of Christmas with our essential eco-Christmas items. By Dawn Mellowship



Booja Booja Handmade Luxury Gift Box, £37.99, Ethicalsuperstore.com.

Christmas wouldn't be the same without mouth watering choccies to nibble on, but now you can buy them without the obligatory guilt. These delicious chocolate truffles make a perfect gift and they are organic, vegan, and dairy, wheat, gluten and GM free to boot. The beautiful boxes are handpainted by traditional artists in Kashmir, who have gained a stable income for their families by working with Booja Booja.



Wooden Roundabout, £32, Toys-to-you.co.uk.

This eco-friendly, non-toxic wooden toy roundabout is a fantastic toy for young infants, offering all the fun of the fair, with four brightly coloured wooden figures. This toy has been produced from sustainable forestation and Toys to You have a wide selection of fun and environmentally conscious toys for all your eco-toy needs.

Men's Organic Cotton Moto Jumper, £65, Naturalcollection.com.

For men who aren't prepared to substitute style for substance, let them have both, with this fair trade 100% organic cotton sweater, with a satin panel on the front, back yoke and rectangular satin elbow patches. Yes, even men can find some simultaneously ethical and fashionable garments nowadays, at long last!

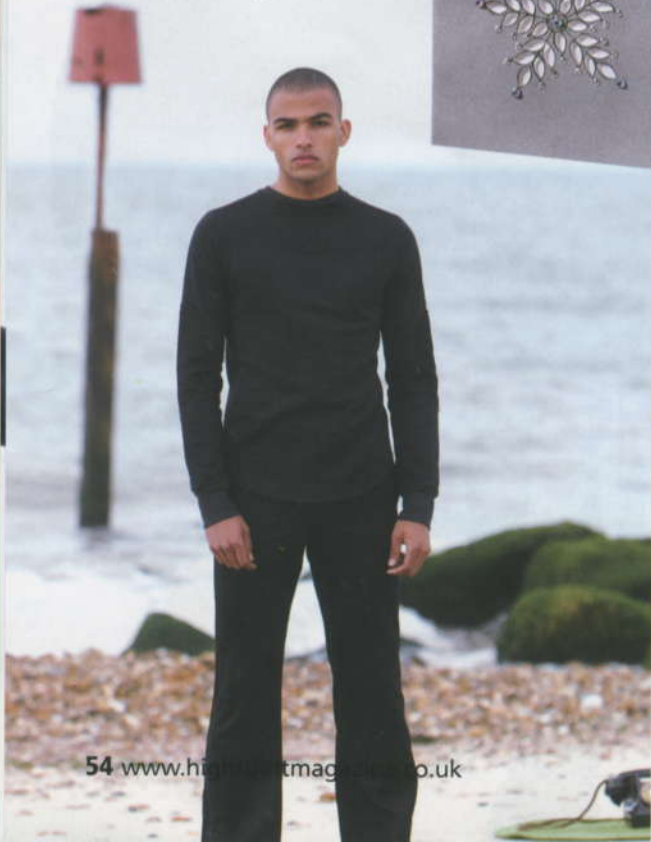


Traidcraft Dove Pop-up & Jewel Star Cards, £3 for two, Traidcraftshop.com.

These beautifully handcrafted cards are produced in Bangladesh by Prokritee and income earned from such craft sales help women in rural Bangladesh work their way out of poverty. Prokritee has been working in Bangladesh since 1972, aiming to create employment for disadvantaged rural women, setting up and running cottage industries with the intention of helping the groups become strong enough to be independent of the organisation. There are around 700 people, mostly women involved in making handicrafts and developing unique products.

Karin Turner Giftwrap, Buttons, £1.50, The-green-apple.co.uk.

This 100% recycled giftwrap produced by Karin Helena Turner Designs in the UK is a distinctive alternative to traditional festive wrapping paper. This avoids wasting yet more trees for reels of paper. Be sure to get all your wrapping paper recycled as we bin around 83 square kilometers of the stuff every year in the UK alone.





REnmore Mon Cherie Bralette, £32 and Mon Cherie Side Tie Knickers, £32, Enamore.co.uk.

At last sexy ethical undies have arrived and Christmas is the perfect time to buy this jet black hemp and silk bralette and side tie knickers, handmade in the UK, to avoid all those carbon emissions from products trekked over the globe, and support UK manufacturers. Created by Ayten Gasson this underwear set is effortlessly sexy and luxurious. Give your other half a nudge and gently suggest that he might want to buy it for you, or if all else fails, buy it for yourself!

Recycled Tyre Swing, Reindeer, £69.95, Greenwarehouse.co.uk.

This unusual gift for children is crafted from recycled tyres and is a great alternative to the traditional garden swing. There are a range of designs including reindeer, Indian elephant and rodeo bull. The swings, designed by artist Paul Palumbo from New Jersey USA, come ready to hang, are suitable for children over the age of six and tested to the relevant BS EN Standards. Tyres are normally transported to already overflowing landfills, so turning them back into a useful item is a fabulous idea.



Recycled CD/DVD Christmas Decorations, £2.99 each, Ecotopia.co.uk.

If you are looking for something unique and eco friendly to dangle from your Christmas tree try these recycled decorations in the shape of Christmas trees, snowmen, bells, stars and hearts, all cleverly crafted from CDs and DVDs. They are certainly not your average Christmas decoration, but they will be a focal talking point for family and friends.



The Traditional Organic Hamper, £105 online, Tree2mydoor.com

This hamper is chock full of 100% organic food items for all your Christmas needs, including organic white wine, sage and onion stuffing, cranberry sauce, mince pies, Christmas pudding, brandy butter, chocolate brazil nuts, white chocolate snowmen and English Breakfast tea. The items are packed in a handy reusable wicker basket. Tree 2 My Door have 6 different organic hampers to choose from if this one doesn't float your boat, all containing high quality organic goodies with a gift voucher for the New Year in each.

Raw Gaia Pamper Box £48, Rawgaia.com.

For the ultimate organic pampering gift be sure to purchase Raw Gaia's pamper box containing some of the brand's bestselling products. I am a huge fan myself because Raw Gaia cold-press all their oils to ensure optimum vitamin integrity and don't use any synthetic and potentially hazardous chemicals. This gift box contains moisturiser, floral face toner, cleanser, shea butter – packed full of nutrients, a green clay face pack – to draw out those impurities and sweet orange lip balm. Thi for those female friends or family members.



Solar Powered Christmas Rope Light, £22.49, Nigelsecostore.com.

To avoid wasting electricity and unnecessarily producing CO2 with all those flashy Christmas lights try the solar powered rope light, ideal for outdoor eco decorations. These lights are designed to work with the British climate and come with either 40 red or 40 yellow lights. When fully charged the lights will dazzle for up to three days without requiring more sunlight – so you can even use them inside the house.



Freeloader Solar Charger, £29.95, Ecocentric.co.uk.

It's always a struggle knowing what to buy the men in your life, but now you can buy something useful, hi-tech and eco-friendly and it's called the Freeloader Solar Charger. This advanced portable charging system can power any handheld device, no matter where you are, taking power from its solar panels or through a charge cable that plugs into the computer's USB. It's inexpensive, sleek, attractive, and can do incredibly nifty things, such as powering an iPod for 18 hours, a PSP for 2.5 hours and a mobile phone for 44 hours. An eco-Christmas must-have!

