

SMALL STEPS

fashion with heart

Lisa Grainger explores a few easy ways to make a big difference in the world around you

A GOOD OILING

Hemp oil is great for supple skin, hair and bones and boosting our immune system. This is why we're feeding our bodies from the inside by spooning Hemp Garden Cold-Pressed Hemp Oil, £11.99 (hempgarden.co.uk), into our muesli and salads, and from the outside by applying Sensual Body Oil, £14.99. The hemp is grown organically in Cornwall and the oil is bottled in recyclable glass.



LEND A HAND

If one of your New Year's resolutions is to help someone who needs it, log on to do-it.org.uk/ magazine to find out how you could get involved in your area, whether it's taking a dog for a walk, being a Brownies volunteer or reading with children struggling with English.

NOT JUST PANTS

We all wear them (well, most of the time), which means we can all make a difference if we buy a pair. Pants to Poverty's organic undies ensure farmers, fair-trade manufacturers and local transporters are fairly paid - and help to increase the organic cotton market, reducing water wastage and chemical pollution. Its new range by Zakee Shariff (from thongs to comfy Y-fronts), from £10, are so hot we almost want to wear them outside our trousers. Buy them at ases.com and pantstopoverty.com.

BRIGHT AND BEAUTIFUL

On grey, dull winter days, tableware like this, made from recycled glass, will brighten up your lunch. Items cost from £6 for a bowl and come in shades from lime to fuchsia. Buy at biomelifestyle.com.



YES, YES, YES!

Lubricants are full of chemicals (not ideal if you're trying to treat your body as a temple) and can be lethal to sperm (not handy if you're trying to fall pregnant), which is why we're cheering the launch of Yes. The only Soil Association-certified lubricant, from £5.50 for 25ml, it's made of hypo-allergenic aloe vera, flax and natural gums that contain only chemical-free soothing ingredients.

The fact that it comes in sexy tubes doesn't hurt either. See yesyesyes.org.



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