



# Sustainable Home Guide 2021

# Introduction

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## Welcome to pebble magazine's first ever **Sustainable Home Guide.**

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According to the Energy Saving Trust, our homes generate 22% of the UK's total carbon emissions. But where do you start? As your trusted guide to stylish sustainable living, we believe switching to Earth friendly homewares should be a breeze. Our guide tells you what you need to know about making every room in your house more eco friendly from your kitchen to your bedroom and beyond.

No matter what type of home you have, you can always find a way to save emissions (and money!) whether it's installing better insulation, cutting plastic out of your bathroom or adding a more eco friendly compost to your garden. We've listed our favourite sustainable homeware brands too - with exclusive discounts for you to get you started.

Enjoy!

### Georgina & team pebble

PS...if you love this, check out our new digital community Ripples - for free virtual events, chats, topical checklists and action plans and more to help you ramp up your sustainability journey.

**SIGN UP HERE TODAY - IT'S FREE**



# Contents

1	<b>Living Room</b>	4
2	<b>Kitchen</b>	8
3	<b>Bathroom</b>	12
4	<b>Bedroom</b>	16
5	<b>Garden</b>	20
6	<b>Sustainable Home Brand Directory</b>	26



1

# Living Room

## How to conjure cosy without the environmental cost...

Did you know that our homes are responsible for around 22% of the UK's carbon emissions?

Around three quarters of that is from heating.

To keep your lounge toasty without escalating any scary climate-related tipping points, there are a number of steps you can take, from smart thermostats to solar panels.

While triple glazing, wall insulation and heat pumps aren't the most thrilling way to spend a paycheck they'll all do wonders for your carbon footprint. Less spenny options that will keep you snug include thermal insulated curtains, thick rugs that carry GoodWeave certification (we'd go for natural jute or wool for insulating prowess with added rustic vibes) and eco friendly draught excluders. Etsy has a good selection that uses natural or recycled materials. Plus, throwing an extra jumper on won't hurt either.

Another surefire way to feel less guilty about your heating bill is to use [Big Clean Switch](#) to find a green energy supplier. Pick one that uses 100% renewables and frack-free, carbon neutral gas.

## Get smart about your tech

Many of us worry about WIFI speed but have you ever thought about the environmental footprint of the companies powering our internet connection or the vast energy

guzzling data storage facilities logging every search and email? Our devices account for 3.7% of greenhouse gases (The Shift Project, 2019) - that's almost the same amount as global aviation. Opt for internet providers run on renewables such as Green Net, Green ISP and Zen Internet.

Other easy wins for the environment include switching to LED lighting and smart meters,



pulling the plug on standby mode and keeping vampire power at bay (that's the energy your devices use when they're plugged in but idle). If everyone remembered to switch off their devices when they're not in use or fully charged we could shave around 1% off of our global carbon emissions and UK households could save £35 a year on their electricity bill, according to the Energy Saving Trust.

When it comes to replacing your tech, look for second hand or refurbished models (we love [reboxed](#)) alongside recycled materials and repairability. Compare how well laptops score on repairability on the website [Ifixit](#). And don't forget to recycle your old devices responsibly.

## Green Interiors

In recent years, interior design has been given a green makeover, so it's never been easier to create a sitting room-sanctuary that's both sustainable and stylish. Give your lounge

a fresh lick of non-toxic paint via the likes of Farrow & Ball, Paint The Town Green or Lakeland Paints. All are low on VOCs (volatile organic compounds), but big on cruelty free colours in a range of shades. Or paper your walls with pretty prints from the Haines Collection. It rescues high quality wallpaper and textiles that would otherwise end up in landfill.

When it comes to furnishings, remember the most eco-friendly furniture is the stuff you already own. Before buying new, consider upcycling what you have or sourcing second hand as this puts less of a burden on our Earth's natural resources. If DIY isn't your forte, support ethical suppliers such as Green Woods Furniture and Myakka Furniture, who produce beautiful furniture according to fair trade principles.

Brits discard a shocking 22 million pieces of furniture annually. Don't be one of them. Share your unwanted stuff with your neighbours on sites such as [Freegle](#), [Preloved](#) and [Olio](#).





Failing that, book a free zero hassle collection with The British Home Foundation, who will give your old belongings a new lease of life.

When it comes to creating that all important ambiance forgo chemical-laden plug in air

fresheners and petroleum-based candles for ethically sourced alternatives. Essence and Alchemy's refill club saves on waste while filling your home with calming natural fragrance.

## Did you know...



Ecover have remodelled how they offer their popular range of home cleaning products, which are inspired by nature.

Ecover's range has been approved as cruelty free under The Leaping Bunny programme since 2011.

For the cleaning ingredients in their multi action spray, Ecover use palm oil and palm kernel oil certified by the Roundtable on Sustainable Palm Oil (RSPO) and they're thinking up sustainable alternatives to substantially reduce our need for palm oil and palm kernel oil in the long run. It's small but it's a start.

Their new range of trigger sprays bottles are made of 100% post-consumer recycled plastic (per ISO 14021) and have been redesigned to reduce the total amount of plastic required .

The spray nozzle itself has also been redesigned and is now made of 30% post-consumer recycled plastic. Both of the bottle and the spray nozzle are widely recyclable.

And it's not just the packaging. Ecover's home range which includes limescale remover and all purpose cleaner, has been reimagined fragrance wise, with nature inspired scents including Mint & Cucumber and Berries & Basil.

2

**Kitchen**

## Give your kitchen an eco overhaul

You might have made the switch to a plant based or flexitarian diet but why stop there when your kitchen's eco-credentials could extend from your fork to flooring and everything in between.



## Shrinking your kitchen's carbon footprint

Rather than waste money and precious resources on a new kitchen, check out companies like the [Used Kitchen Exchange](#) and The Used Kitchen Company, who resell good quality ex-display and preloved worktops.

When it comes to your appliances, as much as 80% of their carbon footprint is emitted during the manufacturing and delivery - so it certainly helps to hang on to the ones you have for as long as possible before switching to the most energy efficient models.

And the good news is EU legislation coming into force this year means washing machines, fridges, dishwashers and lighting should come with a ten year warranty and spare parts readily available.

Let's hope that British brands will adopt this rule too, regardless of Brexit.

To keep your laundry low impact, wash at 30 °C as this uses 38% less energy than washing at 40 °C, which is a win-win for the planet and your utility bills.

## Bulk Out To Help Out

The days of pushing around a plastic-swathed supermarket trolley are (hopefully) numbered thanks to the [100s \(and counting\) of plastic free stores](#) that have sprung up around the UK.

But if you don't yet have a local near you seek out [online stores](#) such as Zero Waste Club, Anything But Plastic, Good Club and others, which mean you can shop zero waste without the weighing faff or container-juggling.

For a house that's as clean as it is green, opt for Ethical Consumer best buys Bide, Green Scents and Bio-D and avoid brands that use toxic chemicals, palm oil or test on animals.



Ecover's fight to reduce plastic waste isn't limited to the bottles. They've also improved the concentration of their All-Purpose Cleaner formula, making it 14% more concentrated than their old formula. The 25ml dose per 5L of water means you can save plastic with every clean.

Alternatively, dissolvable tablets are all the rage now and come with a smaller carbon footprint as they are lighter to transport.

## Feed Bellies Not Bins

Ditching single use plastic keeps oil in the ground and plastic out of our waterways and landfill sites. But when it comes to food, the packaging isn't our only unpalatable problem.

UK households bin 4.5m tonnes of food waste every year. That's enough to fill 30 Royal Albert Halls.

If you're a repeat offender when over-estimating the amount of food you need when you're at the supermarket, there are resources like this [Love Food Hate Waste portion planner](#) from WRAP, which can help calculate how big the serving sizes should be for each person in your household for every meal, reducing the amount of food you throw away.

Batch cooking is another great way to reduce the amount of food waste you generate, and these can be frozen for meals later on in the month.

Similarly, don't throw away leftovers if you made too much food as this can always be transformed into something else – for some inspiration on how to upgrade your excess dinner, check out our [food waste recipe ideas](#).

If you get brain blank when faced with a load of leftover ingredients or other random store cupboard staples, download [Kitche](#).

The app scans your receipts when you do a supermarket shop, logs what you have and then reminds you when to use up your ingredients and also suggests recipes that will use up items you have in your cupboards. Clever huh?

For a low tech version just stick a 'use me first' label on one of your fridge drawers. Beeswax wrap, silicone lids and tiffin tins will help keep food fresh for longer, but we prefer to [store food in glass](#) as it's infinitely recyclable and won't leak any toxins or affect how the food tastes. But knowing how to store food properly can slash waste too.



## Here are some top tips on keeping food fresh for longer:

- Leafy greens and herbs can be revived by dropping the stems in a cup of water.
- Hard stemmed herbs can be wrapped in damp kitchen roll and kept in the fridge.
- Bananas, apples and pears produce ethylene gas, which speeds up the ripening process, so keep these away from your other produce.
- Bread, cheese and lots of veg can be frozen (just check if you need to blanch the veg first).



3

**Bathroom**

## Wise Up To Water Wastage

Believe it or not, it is possible to eliminate waste from your bathroom (just not that kind).

In fact (aside from the biological stuff) one of the biggest sources of waste in the bathroom isn't what we throw in the bin, it's what comes out of the taps: water.

Did you know the average person in the UK uses 150 litres of water every day? According to [Water Wise](#), around a third of the water we use is for personal use (showers, baths and running the tap). Alarminglly, we also flush a third of the water we use down the loo.

Despite all the rainy days, around half of the UK is designated as a water stressed area of serious concern, according to the [Environmental Agency](#).

Wasting water is bad news for your carbon footprint too as around a quarter of your household's energy bill comes from heating

water, and domestic hot water accounts for 5% of UK greenhouse gas emissions.

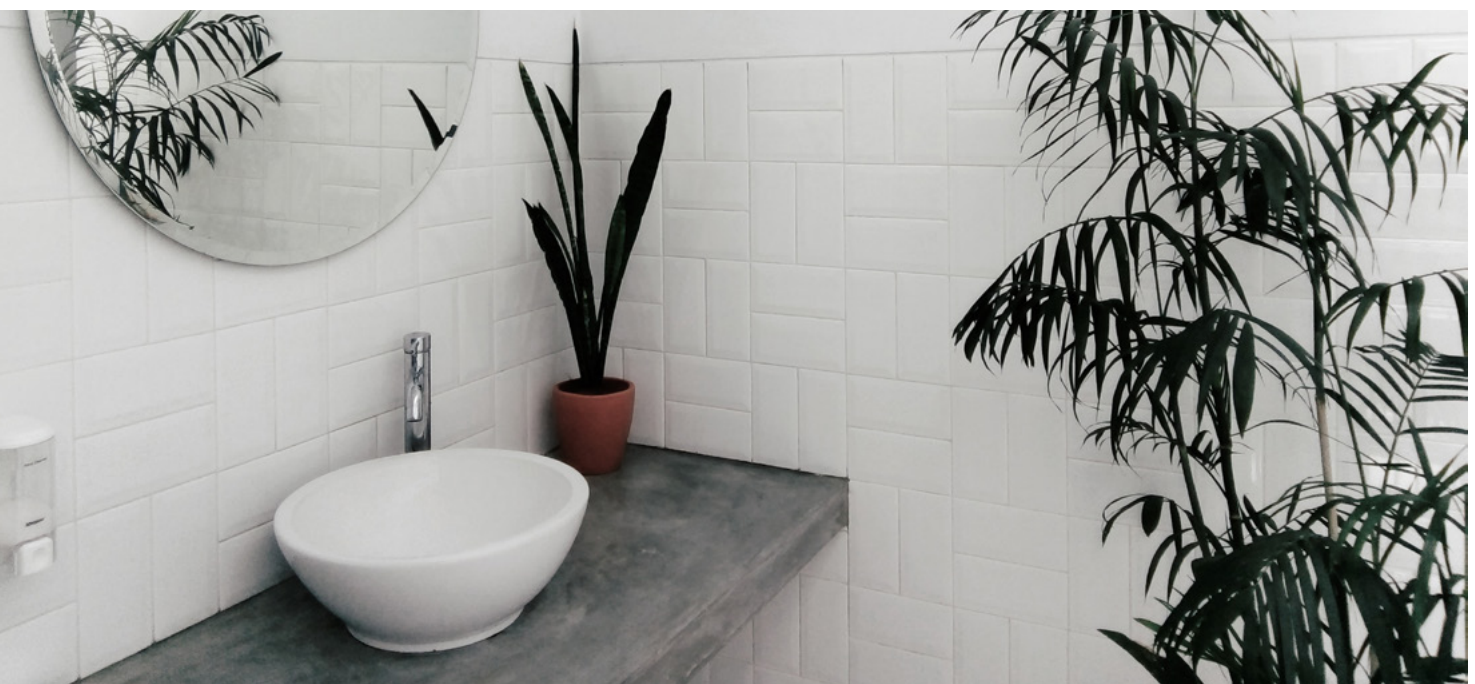
And with water demand only increasing, it's about time we got a grip on our H2O crisis.

If you're not quite green enough to abide by the old saying "If it's yellow, let it mellow, if it's brown, flush it down", don't panic.

Simple H2O-saving hacks include taking shorter (and colder) showers, switching the tap off when washing hands and brushing teeth and making sure you do full laundry loads.

Additionally, many water companies offer free water saving devices, including four minute shower timers, Buffalo cistern bags (which reduce the water from your flush as they inflate), tap aerators and leak detection tablets.

Also save water through choosing organic Turkish cotton towels like the ones from [Arc Lore](#), which use 90% less water to be grown.



## Let's Get Minimal

But there are hidden water savings to be made too. According to the [Water Footprint Calculator](#) it takes 22 gallons of water to make one pound of plastic.



**Did you know the most sustainable trigger spray is the one you already own?** So Ecover is launching it's most popular spray, the green Multi-Action Spray without a trigger attached to nudge us to reuse what we already have and rethink what's under our sink. The trigger alone accounts for 35% of the plastic in a new spray. Oh, and it's cheaper too.

Not forgetting all the aqua that makes up the bulk of our toiletry ingredients. So it turns out simplifying your beauty routine could be good for the planet as well as your purse.

Switch to multi-use products like Moa's Green Balm, which can be used for everything from removing makeup to soothing insect bites and chapped lips.

According to [researchers](#) we use around 30% more water when washing our hands with liquid soap, than solid soap bars. What's more, liquid soap uses up to five times more energy to produce.

The good news is there are loads of ethically made, cruelty free soap bars out there from [Fifth Origins](#) sumptuous soaps or Soap Folk. Find lots more options in our [Sustainable Skincare Guide](#). For the ultimate minimalist bathroom [No-poo shampoo](#) is always an option too.

## Pass On Plastic

But water worries aren't the only reason we need to clean up our act. Research carried out by [Tap Warehouse](#) found that only half of Brit's bathroom waste is recycled, with common landfilled items such as plastic swaddled nappies, sanitary items and toothpaste tubes taking centuries to decompose.

Replace multipack plastic razors with a safety razor from the likes of [Shoreline Shaving](#). Banish plastic from your periods with a [Organii Moon Cup](#) and reusable, washable period undies (we are WUKA fans).

Swap out rarely recycled toothpaste tubes for glass jars and plastic toothbrushes for biodegradable bamboo ones.

According to research by [Mintel](#), 47% of makeup wearers regularly use single-use face wipes and pads; with the majority of single-use pads being non-biodegradable and virtually indestructible.

Another issue is that many makeup wearers tend to flush used cleansing wipes and single-use cotton pads, causing a range of environmental problems and sewer blockages.

To give you a better idea of the size of the tissue issue, Mintel has also found that 93%



of sewage pipe blockages are caused by wet wipes.

To avoid contributing to any underground Fatbergs replace single use wipes with reusable facial clothes or compostable konjac sponges. The bamboo and organic cotton pads from EcoVibe come with their own wash bag too.

## Scrub Up On Your Recycling Schemes

These days it's easier than ever to banish the guilt from your bathroom-related waste. You can recycle most beauty packaging, plastic pumps and dental-related items with Terracycle.

Faith in Nature will take back their bulk 5L bottles. While natural sponges, wooden toothbrushes and cotton rags will break down in your home compost over time.

Remember: making these changes won't happen overnight and we'd always advise using up what you have before making your next ethically informed purchase.



## Welcome to the REFILLUTION®...



Ecover want to lead the way on refilling and reusing our plastic bottles when it comes to cleaning products at home and have made it easier to buy in bulk online from [EcoverDirect.com](https://EcoverDirect.com).

You can buy a 5 litre range which includes all purpose cleaners, washing up liquids, laundry detergents and toilet cleaners. Buying in

bulk can have a large impact on your plastic consumption. If you refill your existing 450 ml Ecover washing up liquid bottle for example, you can save 47% less plastic (by refilling the 450ml bottle 11 times instead of buying new bottles). Their hand soap refill will save up to 74% less plastic vs buying 20 Ecover 250ml bottles.

4

**Bedroom**



## Clear The Air

According to the Environmental Protection Agency (EPA), indoor pollutants can be two to five times higher than outside, which is worrying considering the average Brit spends 90% of their day indoors (according to a 2018 study).

And if, like us, you like a lengthy lie-in, much of that time will be spent in bed. So how do we ensure our bedrooms aren't the source of Greta Thunberg's nightmares?

Firstly, let's clear the air (literally). For a boudoir you can breathe easy in, open your windows at sensible times. Avoid peak traffic hours if you live near a busy road and keep windows closed in the morning if you're a hayfever sufferer, (as this is when the pollen count is highest).

You could also consider investing in an air purifier such as briiv, which the makers say has the air purifying prowess of more than 3,000 plants. And don't forget about the biophilic benefits our foliage-heavy friends bring.

## It's All About The Bed

Combine leafy plants and natural, non toxic materials with nature-inspired colours (check out Earthborne's clay paint range) to create a sanctuary of calm with a low environmental footprint.

Hand-woven laundry baskets (The Basket Room), recycled cotton throws ([La Juniper](#)) and hand woven lampshades (Kalinko) are all on our lust-list, but arguably the most important sustainable swap you can make in the bedroom is your bed.

In an ideal world, your old mattress is stripped down and separated into its recyclable

components (foam can be used for carpet underlays, wool and cotton into housing insulation and steel can be reprocessed), but [the Guardian](#) has highlighted a wild west of rogue recyclers in the industry, with only 19% of mattresses actually recycled.

What's more, cheaply produced mattresses have been found to contain chemicals that could pose a risk to human health.

But you need not sacrifice your health or your zero waste principles to catch 40 winks.

Traditionally foam and spring mattresses are stuffed with a synthetic filling, such as polyurethane. But these days you can get hold of mattresses made with cotton, wool,



horsehair, flax, silk, and hemp as fillings.

For your most sustainable slumber, look out for Global Organic Textile Standard (GOTS) certification, foam-free non-toxic materials (signified by Oeko-Tex certification) and circular design.

The National Bed Federation (NBF) said it is aiming to divert 75% of all new mattresses from landfill by 2028. And you can help by purchasing a mattress with a seven to ten year warranty minimum and an obvious collect and recycle scheme.

Alternatively mattresses in top condition can be resold via charities including the British Heart Foundation, British Red Cross and Emmaus.



## Get Cosy With Sustainable Bedding

But why stop at your mattress when you can nod off knowing your entire bed is recyclable? Corrugated cardboard beds contain 70% recycled content, are 100% recyclable and will appeal to the design conscious and environmentally savvy among you.

To up the cosy factor, pair your eco friendly bed with some sustainable sheets and fairtrade bedding. [Undercover Living](#), Square Flower and Lily & Mortimer all create ethical bedding that's consciously made without sacrificing comfort.

Add ethical layers to your bed too with [Fifth Origins](#) reversible bed muslin throw, made from 100% Muslin cotton from Turkey which you'll love forever.

And when it comes to making sacrifices, animal lovers can be sure no animals were harmed in the making of Nimbus's vegan friendly duvets, which are crafted from recycled PET bottles.

For down-free pillows, look to Mela, which makes a cruelty free, Oeko-Tex certified pillow that protects 1000-square-feet of the Amazonian rainforest. Now that's a good bedtime story we can fall asleep too.

5

**Garden**

Our gardens aren't just post-workday havens; they can also grow your dinner, help biodiversity bloom and can even ease your carbon conscience.

But you might be surprised to hear that not everything in the garden centre will align with your green goals. So here's how to flex those green fingers the eco-friendly way.

## Start With Your Soil

You can enrich soil naturally by following No Dig methods and mulching with leaf mould or homemade compost but if you're buying soil in, make sure it's peat free.

Our peatlands are a vital habitat, carbon store and flood risk mitigator. Yet amateur gardening accounts for almost 70% of peat compost used in the UK and alarmingly commercial extraction can remove more than 500 years worth of 'growth' in a single year.

For guilt-free growing, there are a number of peat free options out there including Dalefoot, Fertile Fibre, Sylva Grow, New Horizon and coconut coir blocks, which puff up when water is added.

## Use Eco Friendly Fertilisers

Feeding the soil is essential for strong, healthy plants, but not all fertilisers are created equal. Natural Grower's plant food is Soil Association certified, vegan friendly, biodynamically produced and free from toxic chemicals, so your plants get all of the nutrients without any of the nasties.

To make compost Monty Don would be proud of, build your heap up in layers of alternating nitrogen-rich greens' and carbon-rich browns.





The former can consist of grass cuttings, young weeds, fruit and vegetable peelings and plastic free tea bags. The latter includes torn up cardboard, woody prunings, straw, paper towels and shredded paper.

Other compostables you might consider adding are wood ash (in moderation), hair, nail clippings, egg shells and natural fibres like wool and cotton. Those without outside space should try a bokashi kitchen compost instead.

Composting your food scraps might seem like a minor act in the face of melting polar ice sheets but when food waste ends up in landfill

it produces methane, which is a stronger contributor to climate change than CO<sub>2</sub>. So while you wait for your compost to be ready, petition your local council for a food waste collection.

## Encourage Biodiversity

Nearly one in four UK front gardens is paved over. A concrete cityscape made up of paving slabs, decking and artificial turf spells danger for biodiversity and contributes to increased flood risks and urban heat island effect.

Despite our preference for car-friendly paving, research published in the Journal of Ecology found that urban areas are "hotspots of nectar diversity", with city gardens accounting for around 85% of all nectar sources in the places surveyed.

Therefore, it's clear that what we do in the garden could really help our pollinators.



If you have a lawn, let it grow long and consider letting an area rewild itself. Remember wildflower meadows prefer poor soil with low nutrients, so do your research before embarking on a rewilding mission.

The Wildlife Trust says a pond is one of the best ways to attract wildlife. It doesn't have to be big either, try making one in a washing up bowl if you're short on space.

Speaking of water, no self respecting sustainable garden would be complete without a water butt. And you can save on water further by swapping out the hose for a watering can.

To lure in those pollinators choose plants with

flowers that produce a lot of nectar and pollen, like sunflower, ninebark, mountain mints, goldenrod, mimosa tree, apple tree, basswood, lavender, dandelion, snapdragon, and many others, says Donald Giddings, from Green Living Zone.

And if you want to keep them happy, avoid the use of pesticides and herbicides. With a little patience a healthy garden will attract natural predators that'll take care of the 'pests' for you.

## Get The Right Tools

Complete your ethical oasis with solar lights, sustainably sourced hand tools and - if BBQ's are on the cards - choose UK grown wood, kindling and firelighters.

La Juniper is your go-to for recycled plant markers, bird feeders and cute ceramic plant holders. While reusing and refusing plastic is better than sending it to landfill, these days you can get hold of plant pots made of greener alternatives ranging from classic terracotta to biodegradable coir and even recycled ocean plastic.

For sustainable garden furniture, ethical nurseries and more look to the [Living Ethically garden directory](#), which maps the UK's finest sustainable garden brands.

But it's not just pollinators who will benefit from a thriving garden. An RHS study found that greening your front garden can reduce stress levels by as much as eight weekly mindfulness sessions.

So get your FSC certified garden gloves on and prepare to find your inner zen among your new-found love of foliage!

## Ecover Insider Chat

With more eco-cleaning options out there, we chat to Tom Domen, Global head of Long Term Innovation, to discover what his team are working on to be more sustainable at home.



### Why should cleaning brands consider their impact on the environment?

Think of all the washing, dishwashing and cleaning you are doing. Almost everybody is using these type of products on a daily basis in relatively large volumes. With no exception, most of these products go down the drain and enter our waterways.

Back in 1979 Ecover was inspired by seeing the damage that phosphates from cleaning products were doing to aquatic life. This means they can be eaten by little microbes in our water systems and decompose into CO<sub>2</sub>, water, minerals and biomass.

The detail here is incredibly important. We're constantly refining our formulas, because we know every detail matters. Like minimising how much water is needed to dilute our cleaners or assessing if our formulas will

biodegrade in wastewater treatment facilities or septic systems.

### Why is refilling the way to go when it comes to cleaning products?

Did you know only 14% of plastic packaging is collected for recycling across the world? (source: Ellen McArthur Foundation)

In reality, only 5% of material value is retained through recycling for a subsequent use (source: Ellen McArthur Foundation) - which means even if you recycled everything you bought, we're all still falling a long way short of making our products, packaging and consumerism circular.

Refilling the plastic we already have and produce has to be part of our future shopping routine, so we don't waste those resources.

### How much plastic can you save if you refill?

Ecover was born from seeing first-hand the devastating effect that phosphates from laundry and dishwashing products were having on aquatic life.

Now we've got an arguably bigger challenge on our hands - facing up to the world's over-reliance on single-use plastic. In 2016, less than half of all plastic bottles were collected for recycling and only 7% of those were turned into new bottles. The resulting impact on waterways and marine life is, to put it bluntly, horrifying - with an estimated 12.7 million tonnes ending up in oceans each year.



We reckon you can refill your Ecover bottles at least 50 times - we'd love to hear how long people's bottles have lasted! Refilling a 450ml bottle saves up to 90% of plastic per wash vs a single use bottle, if you refill from one of our 15L in store refills.

Giving consumers the opportunity to reuse their bottles has been one of our core ambitions for almost 30 years and it feels like we're only just getting started.

### What Ecover products can you refill and what is the easiest way to do it?

While we have 680 incredible refill stations in health food and zero waste shops, we need consumer change at scale if we're going to tackle the single use plastic problem that is filling up landfills and clogging up oceans.

Our 5L refill range is designed for you to refill at home - not just cleaners, but things like washing up liquids, laundry detergents and toilet cleaners.

These 5L packs can result in some impressive plastic savings. If you refill your existing 450ml bottle of Ecover washing up liquid bottle for example, you can save 47% less plastic (by refilling the 450ml bottle 11 times instead of buying new bottles). Our hand soap refill will save up to 74% less plastic vs buying 20 Ecover 250ml bottles.

The REFILLUTION® isn't limited to your home, you can also refill in stores - to find your nearest refill stockers click [here](#), or download the Refill app and search for Ecover.

### What's the future of cleaning products that reduce their impact on the planet?

Refill is where it's at. And where we've always been at, too. Since 1989 we've been banging the refill drum, or filling up the same bottle,

because plastic is too valuable a resource to waste. We want to make reusing, refilling and loving our bottles the norm. The time is now for a REFILLUTION®.

Talking about re-use, we also have ambitious plans to make our ingredients reusing waste resources. By doing that, we avoid using more land to grow the crops we would otherwise need. So it is all about avoiding waste, or making clever use of it.

### What can consumers expect from Ecover over the next few months?

We want to be a role model to show the way forward for manufacturers like us to use better, more sustainable types of plastic and reduce our 'plastic footprint'. To do this, we need to work out how to 'close the loop' by recovering and reusing as much packaging as possible and not let it go to waste.

One of the best means of tackling plastic in your home is by reusing what you have.

We believe the best bottle is the one you already own, so we're always looking at developing different types of refill formats to help make refilling behavior as easy as possible and minimise the amount of single use plastic we produce.



# 6



## The pebble Sustainable Home Brand Directory

From zero waste cleaning kits and biodegradable bamboo kitchenware to organic bed linen, our brand directory has everything you need to create a greener home.

In this guide you'll find our eco-friendly faves including ethically sourced staples from the

likes of If You Care and No Plastic Shop and stylish and sustainably made items for your home from Astris & Green and La Juniper. Plus, we've nabbed some exclusive discounts for you, so there's no excuse not to make those sustainable swaps!



Having been an eco-pioneer in the home cleaning market since 1979, Ecover is evolving into a brand that is fighting to reduce plastic waste, championing refilling cleaning products as a consumer-lead way of being able to cut down on resources and re-formulating its products to use more waste products and less palm oil.

Ecover's products include window and glass cleaner, multi-surface cleaner, bathroom cleaner, limescale remover and oven and hob cleaners as well as the more well known washing up liquid and laundry detergent.

You can refill easily with Ecover by finding their 680 refill outlets via the [Refill app](#) or from this [Store Locator link](#).

You can also order direct to home (including ordering the 5 litre bulk buy refills) from [Ecover Direct](#).

**Hero product:** All Purpose Cleaner

Ecover's All Purpose Cleaner uses less plastic in its bottle and is available now without a trigger spray nozzle, which helps you save 35% plastic (when compared to their previous 500ml Ecover bottle with spray nozzle) by reusing one you already have at home.

Get 10% off from Ecover  
Direct with the code  
**PEBBLE10**

Valid until 1 October.



## No Plastic Shop

Based in the beautifully rugged landscape of Dartmoor, the [No Plastic Shop](#) brings you sustainably sourced items that will enhance your home without spoiling what's left of our natural world.

As well as ethically sourced products from further afield No Plastic Shop stocks locally made finds including Cornish handmade vegan beauty products, bamboo toothbrushes from Devon and small batch soaps handcrafted on Dartmoor.

Each plastic free product has been selected for its environmental impact and ethical provenance and, true to their name, orders are sent out in fully recyclable boxes, sealed with plastic free tape.

### Hero Product: Kitchen Starter Sets

If you want to make some sustainable swaps in the home, but are feeling the eco-overwhelm, the No Plastic Shop has starter sets for kitchen and bathroom featuring carefully chosen plastic free products to make your home greener.



## Booheads

Brush your teeth the eco friendly way with [Booheads'](#) biodegradable, bamboo and all-round brilliant toothbrush heads.

Based in the UK, Booheads was one of the first producers of ethically-made electric toothbrush heads. Crafted from FSC bamboo, cornstarch and other renewable plant based materials, Booheads proves you don't need to compromise on your ethics for squeaky clean gnashers.

The heads are available in four bristle colours (super handy for identifying which one's yours and which one's your housemates) along with charcoal bristles joining the lineup. Choose from a four-pack or a nifty travel-sized two pack. The whole collection is Sonicare compatible.

### Hero Product: Soniboochar

This bamboo electric toothbrush head has activated charcoal-infused bristles. Perfect for the pursuit of pearly whites!



## ekologik

Aiming to clean up our environment, inside and out, Bristol-based company ekologik has created an affordable, refillable cleaning range which is about to banish all your single use plastic woes.

Its refill packs contain concentrated plant based pods, so all you have to do is add water, shake and you're ready to go.

From the ingredients to the manufacturing, ekologik's range is made entirely in the UK, making it lighter on your carbon footprint than traditional cleaners.

And you can breathe easy as you spray. You won't find any palm oil, phosphates, parabens or phthalates in these fully biodegradable pods.

### **Hero product:** Cleaning Kit

Designed for refill not landfill, ekologik's cleaning kit includes three 'bottles for life',

## La Juniper

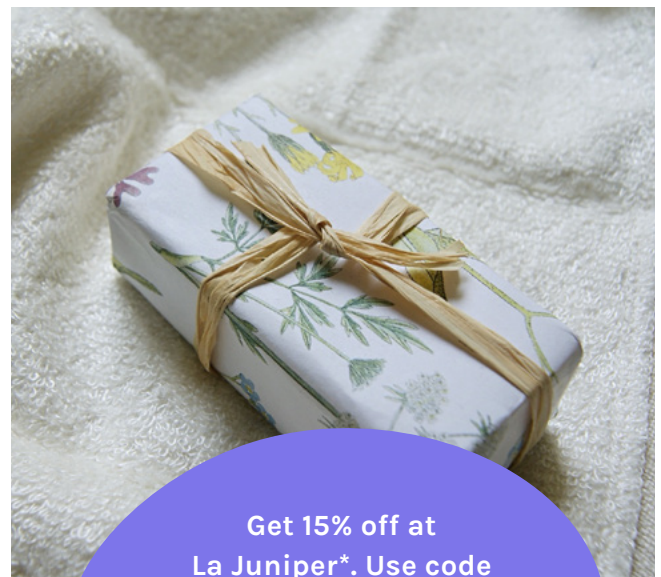
Championing small, ethical and fair trade designers and makers from the UK and abroad, La Juniper is your one stop shop for reusable kitchenware, recycled stationery, plastic free homeware and unique gifts for the conscientious consumer.

As well as having a superb eye for beautiful, functional items that tread lightly on our planet, La Juniper only works with designers and makers who share its ethical ethos and fair trade principles.

Whether that's to do with the materials used (think stainless steel snack tins, recycled plant pot bird feeders and organic cotton bags) or the emphasis on handmade artisanal methods.

### **Hero product:** Sustainable Starter Kit

Give up plastic dish sponges, unrecyclable makeup wipes and plastic shopping bags in one fell swoop with this sustainable, reusable starter kit.



Get 15% off at  
La Juniper\*. Use code  
pebblelove until the  
end of July.

\*Valid on full priced items only.

## Undercover Living

Thankfully, there's nothing undercover about this brand's ethos. Made ethically in Portugal by a family-owned business with more than 70 years in the industry, Undercover Living knows a thing or two about what makes for a good night's sleep.

Choose from the 100% Organic Cotton collection (GOTS certified) or the silky TENCEL range. Both are OEKO-TEX certified, breathable and luxuriously soft. And they come in a range of dreamy colours and abstract patterns, so you're bound to find one to suit your bedroom decor.

### Hero Product: Margot Bed Linen Set

Crisp and irresistibly cool to the touch, you can sleep easy knowing there are no nasties lurking behind these sheets.

From the eco-friendly materials to the fair trade manufacturing process, this beautiful bed linen is just what we need for some sustainable shut-eye. Read more about Undercover Living on pebble [here](#).



Get 10% off at  
Undercover Living.  
Use code PEBBLE10.

Ends 30th August,  
one use per customer.



Get 15% off at Jungle  
Culture. Use code  
PEBBLE15.

## Jungle Culture

Not only does Jungle Culture's kitchenware have the coolest name ever, it'll provoke a flurry of compliments around the dinner table and supports fair and sustainable employment for artisan makers in Vietnam.

It all started with the team's desire to replace pesky plastic straws with something a little less harmful to sea turtles and the range has since grown from bamboo straws into responsibly sourced organic coconut bowls, bamboo cutlery, bamboo razors and organic, vegan candles made from upcycled coconut waste.

Jungle Culture personally visits every farm and workshop to handpick unique products and ensure working conditions are up to scratch. The plastic free packaging is a bonus too.

### Hero Product: Coconut Bowls 2 Bowl Set (includes spoons and bamboo straws)

This rustic coconut set provides small scale farmers and local craftspeople with an extra income whilst reducing coconut waste.



## Ellie Good Illustration

Into adorable animal prints and saving the planet? You'll love [Ellie Good Illustration](#). With a background in graphic design and a can-do attitude to environmental issues, this maker is absolutely committed to putting a smile on our faces via her quirky and colourful made-to-last homewares and sustainable stationery.

As well as steering clear of plastic (single-use or otherwise) she prioritises recycled and recyclable materials and only partners with environmentally conscious printing companies. Additionally, all packaging used is upcycled, recycled, recyclable or biodegradable; right down to the cotton or paper twine used for grouping cards.

What's more, with every item sold 5p is donated to environmental charities, including [City to Sea](#) and [Just One Tree](#).

Ellie sells her work online and through a growing list of [stockists](#).

### Hero Product:

Cat Characters Tray + Tea Towel Gift Set

Treat the cat lover in your life to this toxic free, birchwood tea tray and organic cotton tea towel set. Or check out the dog design if you're more of a pooch person.

## Seep

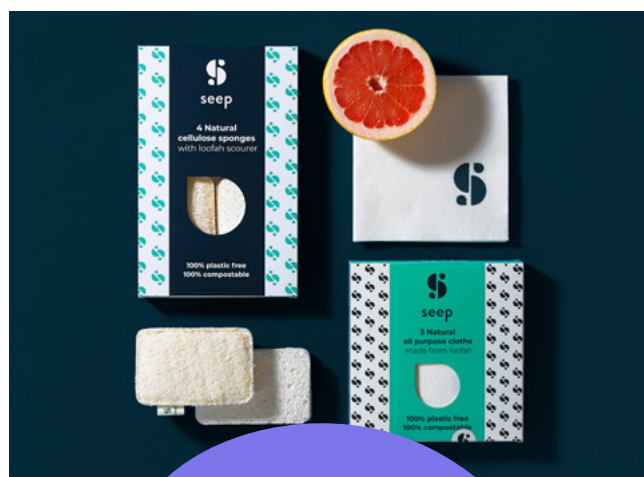
Frustrated with the avalanche of plastic that greets us in the supermarket cleaning aisles, Laura launched [Seep](#), a climate positive cleaning brand which stands for Sustainable Everyday Essential Products.

Designed to be gentle on the planet, gentle on the eye and gentle on you, Seep's line of 100% plastic free, compostable cleaning products includes loofahs (which last up to a month with zero microfibres shedded), compostable bin liners, organic tea towels and eco sponges.

But Seep has gone one, or should we say three steps further, offsetting its emissions by three times what it produces, through a partnership with reforestation charity On A Mission.

### Hero Product: Compostable Sponge Stash

Ditch those plastic yellow and green sponges for good with Seep's biodegradable, loofah sponges and cloths.



Get 10% off with  
Seep. Use the code  
PEBBLE10.



## Clean Living

Award-winning eco-cleaning brand Clean Living is here to prove that you don't need a cupboard full of harsh chemicals and polluting plastic to clean your home. Clean Living's comprehensive refillable range uses effective biological, natural formulations packed with healthy bacteria to attack dirt and germs. All products are PH neutral, vegan-friendly and non-toxic to aquatic life and pets, so you can clean your home with conscience. What's more, by leaving out the water and delivering the solution as concentrate in sachets to be topped up at home (which makes up 99% of cleaning sprays generally) it's able to slash carbon emission and transport costs.

The aluminium bottles are refillable and recyclable. Sachets can be ordered as you need them using their fully flexible subscription service. Empties can be returned for recycling using their freepost system too.

**Hero Product:** The Complete Cleaning Kit

Voted an Indy Best Buy for refillable household cleaning products 2021, the kit contains hard to find ethical substitutes like carpet cleaner, limescale remover and drain maintainer.



## Life Before Plastik

The game is in the name. This online shop is all about shopping without single-use plastic.

Founded in Manchester in 2018 by sisters Charlie and Trina, Life Before Plastik (LB4P) is the place to discover ethical independent UK businesses who really care about the planet.

The entire range is 85% vegan friendly and 100% sustainably made. Charlie is also the Zero Waste Champion for Raleigh International's Action Not Excuses Campaign, so keep an eye on their blog and YouTube channel for handy tips and product reviews to help you on your zero waste journey. All packaging is, of course, plastic free and they reuse cardboard boxes rather than adding new ones to the waste stream.

**Hero Product:** Marseille soap

It's a multi-purpose household soap that is incredible. Made from organic olive oil it can be used for everything from body wash to laundry liquid.

This sleek and sturdy aluminium dish brush has a ten year guarantee and the replaceable sisal brush heads are durable and fully biodegradable.



## Astris & Green

Household chores aren't going anywhere, so the least we can do is make them easy and ethical. Nottingham-based online shopping destination [Astris & Green](#) does just that. It sources eco-friendly household products from a range of like minded brands including practical essentials from ecoLiving, refillable cleaning sachets from Iron & Velvet and snazzily printed sponges by Brighton FRoG (for the maximalists among us).

When it comes to filling your home with fragrance Astris & Green have you covered with their beautifully scented ethical candles, which are vegan too. Best of all, for every £10 purchase they'll sponsor a bee, so what are you waiting for? Get browsing and give biodiversity a boost.

### Hero Product: Washing Up Letterbox Set

Scrubbing dishes is easier (on your conscience at least) when you're wearing natural rubber gloves, using a GOTS organic Un-scourer and a plastic free soap bar.

## If You Care

For roasters, bakers and sandwich makers looking to go eco in the kitchen, don't panic, you can eat your cake and bake it ethically too thanks to [If You Care](#). This established household goods producer stocks all the kitchen essentials in their most environmentally friendly, unbleached form.

By kitchen essentials we mean jumbo baking cups, coffee filters, baguette bags and parchment baking sheets. Because cooking can be stressful enough without worrying about chlorine or other chemicals leaching into your food.

Since launching in 1990, If You Care has racked up a raft of certifications. It only uses FSC certified paper, fair trade rubber in its washing up gloves and its biodegradable bin bags and food caddy liners have home compostable certification.

### Hero Product: Household Gloves

Keep your hands dry and your conscience clean with these FSC certified, ethically sourced latex gloves.



## Shoreline Shaving

Looking for a clean shave that contributes towards cleaner oceans? Enter [Shoreline Shaving](#), a Manchester-based brand with a leading range of unisex safety razors, natural shaving soaps and replacement blades.

As well as choosing between the classic metal or chic bamboo handle, there's a selection of colours to match your bathroom, from minty green to shiny rose gold metal. Both come with a long weighted handle to help get that close shave. But for extra eco points, Shoreline Shaving will donate to the Ocean Cleanup charity for every bamboo razor sold. With their lifetime guarantee and silky smooth shave you'll never go back to plastic razors again.

### Hero Product:

Chrome Silver Bamboo Safety Razor Kit

The attractive bamboo grain adds grip while the slimline head makes these razors perfect for the face and the body.



10% off for Pebble  
readers discount:  
PEBBLE10



## Anti

If you thought what you threw in the bin was rubbish, think again. [Anti](#) is here to disrupt our throw-away society one umbrella at a time. It's one of the most commonly discarded items in every Brit's home, and umbrella graveyards are mounting up around the world too. Around one billion umbrellas are chucked, broken or lost globally every year. What's worse, wherever those wayward umbrellas end up, they'll take hundreds or possibly thousands of years to break down.

Founded by British designer Mark Howells, Anti takes those flimsy hunks of nylon and metal and transforms them into incredibly sleek desk lamps for the contemporary, eco-conscious home.

### Hero Product: Desk Lamp No.2500

A minimalist articulating desk lamp that looks super stylish, contributes to the circular economy and uses 90% less energy compared to the halogen equivalent - now there's a bright idea.

## Arc Lore

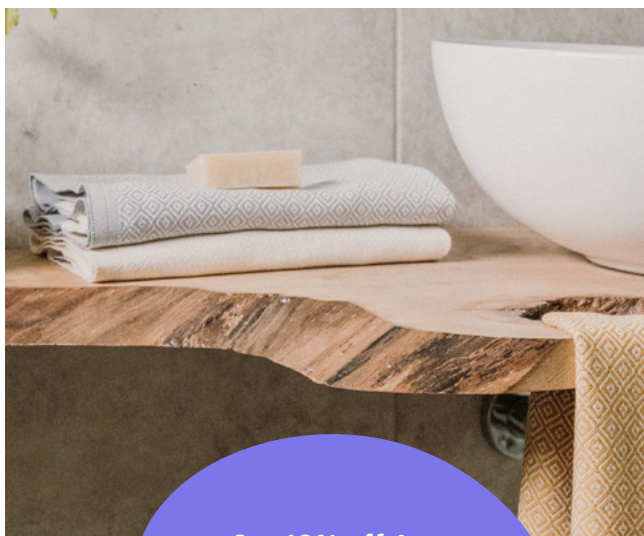
Soft, striped beach towels make us think of sunkissed days and distant sandy shores, but some towels mask a not so pretty picture. Cotton is a water-intensive crop that, when combined with pesticides and artificial fertilisers, leads to polluted waterways and ill health for the farmers who work the land. But [Arc Lore](#) is doing things differently.

Its beautiful diamond patterned hand towels are crafted using organic Turkish cotton, picked and woven by workers paid a fair wage. The growing process uses 90% less water than conventional cotton and shuns GMO seeds and artificial fertilisers.

While the range is split into beach towels, hair towels and sarongs, we think you'd be mad to wait until beach day to use these.

**Hero Product:** Organic Cotton Hand Towel

With its use of 100% organic materials and colours ranging subtle sea greens to sunset orange and vibrant grapefruit reds, you're bound to find a towel to match your bathroom and your values.



Get 10% off Arc  
Lore with the code  
PEBBLE10



## Elephant Box

[Elephant Box](#) makes a range of lunchboxes and flasks that will last a lifetime. Stainless steel is perfect for carrying food, it won't leach any harmful chemicals into your lunch and it won't break.

Say goodbye to split, smelly, landfill creating plastic lunchboxes for good. With the help of these useful and beautiful lunchboxes it'll be a pleasure to scoop up those leftovers and take them out with you to help tackle the issue of food waste.

You'll also avoid any packaging that comes with shop bought lunches. Good for fridge, freezer, oven and dishwasher. School, office, camping or picnic.

**Hero Product:** Elephant Box

Named after the brand, the Elephant Box is made from 100% food-grade stainless steel, has a 2 litre capacity and can be put in the fridge, freezer and heated to 240 degrees.





## briiv

Created by FiveCreate, a team of environmentally conscious, tech savvy designers and funded with the help of Kickstarter and Indiegogo backers, [briiv](#) (pronounced breathe) is an innovative air purifier which has been designed with people and planet in mind.

Unlike traditional air purifying devices, it uses natural, biodegradable materials to filter the air and is able to rid toxins from a 36m<sup>2</sup> space in just an hour. When the filters need to be replaced (the briiv app will let you know, of course), you can pop the old lichen and coconut layers on the compost and send the biodegradable silk matrix layer safely off to landfill.

### Hero Product: briiv Air Filter

Using nature powered nano-technology, briiv filters air with 100% renewable and natural materials to rid our air of nasty particles.

Find out more about how briiv works in [this](#).

## Milly & Sissy

[Milly & Sissy](#) make shower times more sustainable with their beautiful, functional and refillable hair & body wash sets. They use 99.7% natural ingredients except for the synthetic fragrances.

They avoid using essential oils to ensure that their products are both biodegradable and

hypoallergenic. Formulations are SLS free, paraben free and palm oil free. Plus, they're vegan, cruelty free and eco friendly.

What's more, all Milly & Sissy products come with reusable glass or aluminium bottles which can be refilled using concentrated formulas in compostable sachets. This means no water is transported, giving an impressive 94% reduction in transport carbon emissions.

### Hero Product: Hair & Body Wash with Bottle for Life Starter Set

The Candied Tangerine and Zesty Lime fragrances are gentle on hair and leave your skin feeling fresh and moisturised.

Get 15% OFF  
Milly & Sissy products.  
Use code PEBBLE15.



## Counter Culture

Counter Culture is a new beauty marketplace that's on a mission to make it easier to discover and shop for sustainable and ethical beauty products from boutique brands.

Featuring a vast array of high-performing and award-winning beauty products that are formulated to be kinder to people and the planet, Counter Culture also celebrates female-founders striving to drive change within the beauty industry.

Collectively all our small changes have the ability to make a huge impact. So why not switch to sustainable beauty products now? Browse winners and finalists in the Free From Skincare, The Beauty Shortlist, Black Beauty & Fashion & Janey Loves Awards.

**Hero Product:** Atlantis Skincare Eye Cream With Hyaluronic Acid

Winner of the 2019 Janey Loves Awards and My Green Pod Hero, this luxurious cream soothes delicate skin around the eyes using sustainably sourced oils.



## Used Kitchen Exchange

Used Kitchen Exchange is the UK's number one online platform for the sale of luxury pre-owned household fitted furniture. They're also proud to be B Corp Certified. You can find everything from fully fitted designer kitchens to home furniture for your bedroom, bathroom and more. You can also sell your own kitchen if you're planning to remodel. They will dismantle it professionally for you too.

Whether you choose to buy or sell through Used Kitchen Exchange, it's the first place to visit for an ethical and affordable home renovation. In fact, for every kitchen reused, it saves on average about 5,000kg of carbon.

**Hero Product:** Used Kitchens

Shop an extensive range of approved used designer kitchens, save £1,000s and receive their professional Which? Trusted Trader service included in the price.



## Fifth Origins

Fifth Origins, is a sustainable lifestyle brand, who embrace the roots of artisanal heritage and carefully curates its products to be ethically sourced, good for the planet and made by local Artisans. Green up your bathroom with their 100% natural , plant-based & plastic-free handmade soaps and scrubs inspired by the Himalayas, or give a tired sofa a new look with a reversible muslin throw, woven by Turkish artisans and perfect for snuggling in.

**Hero product:** Rosemary & Apricot Scrub

This gorgeous bar comes with a cotton loofah for using in the bath and cotton pouch for storage in your closet. Rosemary is good for mental clarity while apricot kernel oil leaves your skin healthy and radiant.

[Shop now](#)

# Thanks for reading pebble magazine's Sustainable Home Guide.

## Inspired?

Share your thoughts, journey or favourite sustainable homewares with us on social.



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