

Living Green » Living Well

natural home & garden



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MARCH/APRIL 2005
US \$4.99 CAN \$6.99



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healthy habits

SENSITIVE CHOICES FOR HEALTH & BEAUTY

Suffering from allergies, cold, or flu? Clear your head with a powerful custom blend of pure essential oils and herbs. An attractive herbal inhalation jar provides aromatherapy relief without leaving a lingering scent. Just uncap and inhale as needed or use in a steam treatment for severe sinusitis. Long-lasting jar provides up to two years of relief. \$18. (937) 293-2222; ClearMyHead.com



A healthy alternative to polluting plastics, the Klean Kanteen is a reusable stainless steel water bottle that won't leach toxins into the bottle's contents like its plastic counterparts. The slim design fits most bottle holders, and it's ultralight, weighing in at 27 ounces. Complete with a #5 polypropylene sports cap, the Kanteen is guaranteed for life. \$13.99. (530) 342-3900; KleanKanteen.com



With no enzymes, alcohols, harsh perfumes, or dyes. Mountain Green's hypoallergenic, pH-balanced laundry soap is clearly the answer for those seeking solutions to harsh cleaning products. 64-ounce bottle: \$9.49 (866) 686-4733; MtnGreen.com

Avalon Organics shampoos gently cleanse and nourish with herbs and pure essential oils. You can be assured no parabens, harsh preservatives, artificial colors, or fragrances will be absorbed into your body through the skin. \$7.95. (800) 227-5120; AvalonOrganics.com

