

# Your love life

Spread the love around but keep your environmental impact to a minimum

## LIGHT ONE FOR THE PLANET

It's hard to go past the flicker of a candle when creating a romantic ambience. But with palm oil linked to the destruction of tropical forests and paraffin toxic when burned, buying eco-friendly candles requires some vigilant shopping. Palm oil is present in far more than candles (most manufactured foods will have it slipped in there in some guise), making it a tricky one to eliminate entirely. Concerned citizens are currently working to increase the availability of sustainable palm oil plantations (especially in Asia, where most of the world's palm oil is sourced); join the fray or simply stay informed at [www.palmoilaction.org.au](http://www.palmoilaction.org.au).

### TIP 1

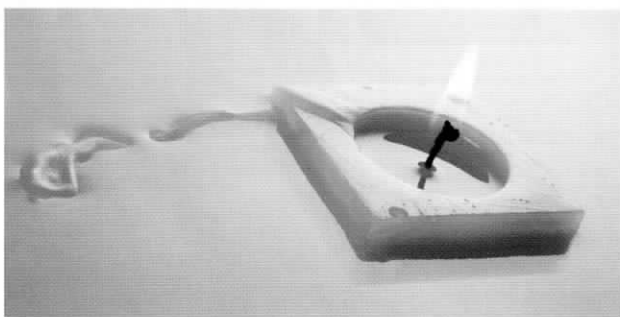
Right: Share a bottle of organic wine in the bath. Below: Switch off the electric lights in favour of an eco-friendly candle.



## BATH BUDDIES

Assuming you're happy sacrificing a little personal space for the planet, wrapping your legs around your lover in the bath ranks highly in the green romance stakes. The recipe couldn't be simpler: take one loved one, a bottle of organic wine and switch off the overhead lights in favour of an eco-friendly candle. Voila — a date that will impress twice ... once on the night in question and again when the water bill comes in!

### TIP 5



### TIP 2

## GET BUSY (GREENER)

With sex toys often containing chemicals called phthalates (to soften PVC) and personal lubricants typically packed with petrochemicals, the toxic reality of your bedroom antics can be enough to send a greenie's libido plummeting. Happily, you can improve on the experience (environmentally speaking). Using rechargeable batteries in powered devices and using natural lubes such as Sylk (made from kiwi fruit, not parabens) will ensure a night between the (bamboo) sheets sizzles with chemistry, not chemicals.

### TIP 3

## TIME FOR ROMANCE

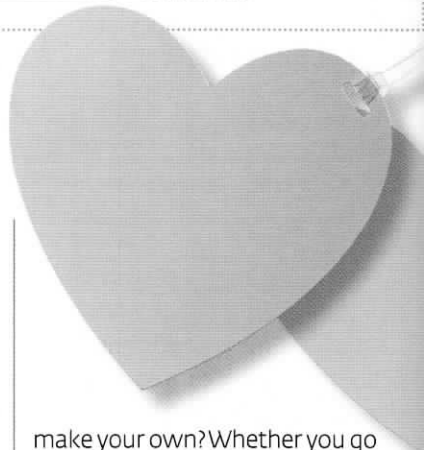
In our busy world, it's likely that the gift of your time and energy will impress most partners far more than an expensive present (unless it's, say, an eco-

friendly home). A few hours walking or kayaking complete with a surprise afternoon tea of organic treats will surely woo your favourite outdoors type, while a thoughtfully prepared picnic and a specy location are almost foolproof as an eco-friendly date for anyone. If your day out is water-based, don't worry too much about your outfit; there's nothing sexier than a romantic skinny dip (just choose your location wisely so the experience doesn't wind up featuring on YouTube).

### TIP 4

## CREATIVE GREEN GIFTS

Everyone knows the urban myth that Valentine's Day was created by Hallmark, but even lovers of romance have to admit most gift cards go straight to the bin after a socially appropriate period. This being the case, why not get creative and



make your own? Whether you go for romantic, cute or funny, chances are your partner will appreciate the effort. If you are giving a gift, make sure it gives twice. Pot plants are good alternatives to flowers and cuttings are an eco-friendly way to cultivate your next gift without even having to open your wallet. If your partner isn't the gardening type, there'll be something that impresses at Oxfam online — even if it's a herd of goats for a remote family. [www.oxfamunwrapped.com.au](http://www.oxfamunwrapped.com.au)