



spa's
good
LIST

MAY/JUNE 2009

THINGS ARE CHANGING FOR THE BETTER, and that's because more and more of us are recognizing we really *can* make a difference. From the smallest insect to the earth's atmosphere and beyond, we are all connected, so each effort adds up—not only to improve the air and land but also the lives of people around the world. It is with this in mind that we present **Spa's Good List: 25 ways to feel great now**—from traveling to an eco-friendly destination to spa-ing green to learning which lightbulb to use. Here's to a great new world.

REPORTED BY ANNETTE BURDEN,
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good & *gorgeous*

What you put on your skin has a direct impact on your health and well-being—as well as that of the planet. This section covers all you'll need to inspire a more sustainable vision of beauty.



1 Find a green spa.

From product ingredients to energy and water usage, there are several factors that go into weighing the environmental and social impacts of a spa treatment. But who wants to stress out about a spa visit? To help you make informed decisions, we asked the **Green Spa Network (GSN)**, an association of spas dedicated to sustainable practices, for inspiration. "It's important to feel good about what you are doing and not feel hopeless about what you are not yet doing," says Michael Stusser, founder of Osmosis Day Spa Sanctuary in Freestone, California, a founding member of the GSN. "Intent is most important." Stusser suggests asking the following questions to help you begin thinking green.

Do the treatments and products contain organic, natural, or fair trade ingredients? Ideally, they will not include harsh chemicals or preservatives (e.g., parabens), which studies indicate can contribute to health problems.

Does the spa have a policy on recycling? The best-case scenario would be no plastic water bottles or cups, but if the spa does use them, it's important that they're recyclable or compostable and disposed of properly.

Is the spa committed to sustainability, even on an operations level? Ask if it has a sustainability statement. If it does, inquire about the spa's initiatives to care for its employees, the environment, and the communities in which it does business.

✳ For details see *The Source*, page 110.

2 Book a treatment that's earth-friendly.

Even if you're not at a spa that's 100 percent green, the treatment you choose can make a difference. Here's a quick reference guide for when you're looking over your next treatment menu.

★★★★★ Massage

This is a great choice, so long as the oils used are eco-friendly. "An aromatherapy massage using certified organic essential oils is one of the greenest treatments in a spa," says Tara Grodjek, founder of Tara Spa Therapy and a board member of the Green Spa Network (GSN). "Using pure oils is more eco-friendly than creams or lotions by nature of the way they are formulated."

★★★★★ Body masques & facials

"Try to patronize spas that use organic products for their facials, masques, and skincare," advises Catherine Gray, spa director of Spa Radiance in San Francisco. "Keep in mind that an astounding 60 percent of what you put on your skin is directly absorbed into your bloodstream."

★★★★★ Scrubs "Choose a body scrub that has naturally sourced granules such as crushed almond

or walnut," recommends Lisa Rogers Sykes, a skincare specialist with the GSN. "Synthetic beads may not biodegrade and are not the kind of fish food that we want our marine life consuming."

★★★★★ Vichy showers

Often used as a massaging rinse after a scrub or wrap, they're not the best choice for water conservation. "I think there's a place for Vichy treatments—especially if spas can figure out how to recycle the water—but it's always great to go with something like a mud bath that actually stimulates the lymph system and doesn't use up as much water," says Cici Coffee, founder of GSN member Natural Body Spa and Shop in Atlanta.

★★★★★ Manicures & Pedicures

Chemicals in nail polish are typically toxic for both people and the environment, and nail services include many throw-away items such as files and foam toe separators. But an increasing number of spas are providing better options. "We take every opportunity to encourage our regular guests to try our environmentally friendly natural nail bar," says Sheila Armen, founder of GSN member Strong House Spa in Vermont.

3 Know your way around labels.

Not all products are created equal, but just because something isn't certified organic doesn't necessarily mean that it's bad for you—or even that it isn't largely composed of organic ingredients. A good rule of thumb is to read a product's ingredient label: If it lists "formaldehyde," "ammonium laureth sulfate," or any word ending in "paraben" (a preservative known to be toxic), the product is not great for you. Another way to find safe, quality products is to learn your way around the number of labels that have appeared in the beauty realm over the past several years. At right is a simple guide to those that appear most often.

LABEL DEFINITION

biodynamic This farming system includes such things as composting, conserving water, preserving biodiversity, and farming according to the earth's sun and moon cycles. The international nonprofit company Demeter certifies farms and controls the use of the word "Biodynamic" on product labels. (demeter.net)

certified organic



Although the U.S. Department of Agriculture (USDA) does not certify beauty products, it does certify some of the materials used in them. In order for a product to bear the USDA Organic label, at least 95 percent of its ingredients must be grown without chemical pesticides or fertilizers. (ams.usda.gov)

certified vegan



Products that are certified vegan are not tested on animals and do not include animal by-products such as beeswax, lanolin, milk, and collagen. (vegan.org)

cosmébio



This label indicates that a company has signed on to the Cosmébio charter, committing to source its ingredients naturally. However, the label does not certify that the company is actually living up to its commitment. It's important to look for a product's additional certifications, as well. (cosmebio.org)

ecocert



Certification by this independent French organization indicates that a product is made of organic ingredients, produced according to strict standards, and packaged using recyclable materials. It also ensures that a company's suppliers and manufacturers meet these criteria. (ecocert.com)

fair trade



The Fair Trade label, administered by TransFair USA, indicates that the farmers and laborers who have supplied raw materials for a product have used eco-friendly farming and harvesting methods and been paid a fair living wage. (transfairusa.org)

made with organic ingredients

The USDA allows products that don't qualify for the USDA Organic label but are made with at least 70 percent organic ingredients to be labeled "made with organic ingredients." (ams.usda.gov)

4 Nourish yourself with eco-friendly products.

As the dialogue on green beauty spills into the mainstream, the conversation often focuses solely on the nature of ingredients. Organic labeling and the absence of chemical additives usually share top billing, and for good reason. But the story of sustainable beauty reaches much further—into the realms of clean water, cultural preservation, recycling, grassroots activism, the removal of harmful synthetics from products, and beyond. While the following list doesn't cover every beauty brand out there that's doing good (we kept our focus mainly on professional-grade, results-oriented lines), it's a good place to start.

fragrance



AJNE RARE & PRECIOUS Sells customized blends made with organic oils in addition to its ready-to-wear line of natural fragrances.



AROMATHERAPY ASSOCIATES Creates essential oil-based (often organic) fragrances that are free of parabens and packaged sustainably.



RED FLOWER Has a new line of organic perfumes plus natural body products and candles all made with sustainably sourced ingredients.



STRANGE INVISIBLE PERFUMES Crafts sophisticated plant-based blends that feature names such as Moon Garden and Urban Lily.

makeup



COLORESCIENCE Infuses its mineral-based line with beneficial ingredients, including vitamin E and antioxidants.



JANE IREDALE—THE SKIN CARE MAKEUP Produces a full range of mineral makeup, including a mascara that's one of the least toxic available.



LA BELLA DONNA Offers flawless coverage with natural mineral foundations and provides a splash of color with eyeshadows, lipsticks, and blushes.



LARÉNIM MINERAL Features all-natural products—including primers with organic bentonite, which is fantastic for those with acne.



NVEY ECO, ORGANIC MAKEUP Combines botanicals and minerals for a certified organic line of lip and eye colors, foundations, and concealers.



RAW NATURAL BEAUTY Boosts products with vitamins A, C, and E and steers clear of chemical dyes.



SPARITUAL Features vegan nail polish and other eco-friendly nailcare products, including biodegradable nail files.



SUSAN POSNICK COSMETICS Uses natural ingredients and packaging designed to minimize waste.

*For details see The Source, page 110.

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face & body
certified organic



ERBAVIVA Bases its products (several of which target moms-to-be) on certified organic ingredients and essential oils.



ILIKE ORGANIC SKIN CARE Makes its masques and scrubs in small batches with fruit pulp and herbs.



INTELLIGENT NUTRIENTS Features products for hair and body as well as supplements; created by Aveda founder Horst Rechelbacher.



JUICE BEAUTY Combines antioxidant-rich fruit juices with food-grade, certified organic ingredients.



MERCOLA HEALTHY SKIN Fights visible signs of aging with botanicals and fruit-derived antioxidants.

face & body biodynamic



DR. HAUSCHKA SKIN CARE Uses predominantly organic and biodynamic ingredients in its vast line of products.



ÉMINENCE ORGANIC SKIN CARE Uses 88 percent biodynamic and 95 percent certified organic ingredients in its new Biodynamic Collection.



JURLIQUE Advocates biodynamic farming, natural distillation processes, and products that encourage good health.



WELEDA Grows many of its own biodynamic ingredients as close to its production sites as possible for most of its line.

face & body ecocert & cosmébio



BABOR Uses herbs and botanicals to target aging in its Ecocert-certified Baborganic line.



CATTIER PARIS COSMÉTIQUE ET NATURE Is certified by Ecocert and was one of the first lines to sign the Cosmébio charter.



EQUAVIE Creates supplements and topical anti-aging products certified by Ecocert and labeled with the Cosmébio seal.



HUILES & BAUMES Sports both the Ecocert and Cosmébio labels on its plant oil-based skincare and supplements.



MÁDARA Harnesses the power of flowers in its Ecocert-certified body, skincare, and makeup lines.



SOTHERY'S Includes a complete Ecocert-certified body and skin regimen as part of its Beauty Garden line.

face & body
fair trade & local



AFRICOLGY Sources from local villages and preserves and promotes indigenous South African ingredients and traditions.



AMALA Uses a combination of fair trade, organic, and wild-crafted ingredients in all of its lines.



GIVING BEAUTY Sources key ingredients from women's cooperatives around the world and donates a percentage of profits to the co-ops.



PATYKA Is certified organic by Ecocert, sourced according to fair trade principles, and packaged in glass bottles.



PURE FIJI Purchases cold-pressed nut oil for products and handcrafted paper for packaging from rural villagers (predominantly women).



BODY BISTRO Bases its certified vegan, results-oriented skincare on Ayurveda.



DOSHACARE Sources fair trade, natural, and certified vegan ingredients for its line, which is based on Ayurveda.



MD SKINCARE Uses organic ingredients in its new vegan, paraben-free line: Beauty In, Toxins Out Natural Beauty Collection.



SOPHYTO ORGANICS Makes fair trade, certified organic, and vegan products in a pharmaceutical-grade lab in England.



VON NATUR Features bath salts, skincare, and makeup that are paraben-free and vegan.

face & body
vegan



AGEBEST BASICS Uses wildcrafted ingredients, features sustainable packaging, and is produced by a registered B Corporation (see page 95).



ANAKIRI BIOENERGETIC SKIN CARE Harnesses the positive energy of natural and organic ingredients to give your skin and mood a boost.



G.M. COLLIN Incorporates organic ingredients in its new Anti-Aging Body Care Line, which is alcohol- and paraben-free.



IMAGE SKINCARE Features potent antioxidants free of chemicals and parabens in its Ormedic anti-aging line.



JUNE JACOBS Uses botanical oils and extracts in its potent skincare and body products, leaving out parabens and preservatives.

face & body
organic & natural



OSEA Mixes all of its rich cleansers and moisturizers with sustainably harvested, 100 percent-natural sea algae.



PEVONIA BOTANICA Incorporates organic ingredients in many of its lines and recently removed parabens from all of its products.



SUKI Uses food-grade, organic ingredients and packages its products in recycled cardboard.



TARA SPA THERAPY Bases its products on essential oils, features sustainable packaging, and purchases renewable energy credits.



YON-KA PARIS Has very low toxicity ratings for its entire botanically based line (see "Research your current beauty routine," page 72).



ACCA KAPPA Offers brushes and combs that are made of cotton or wood pulp and biodegrade almost as quickly as an oak leaf.



AVEDA Draws on the power of herbs and botanicals to create its sustainably sourced hair, skin, and body products.



JOHN MASTERS ORGANICS Blends organic herbs and essential oils in popular shampoos and sprays; just launched a complete skincare line.



NUMBER 4 HIGH PERFORMANCE HAIR CARE Features volumizing and moisturizing vegan products that are paraben- and sulfate-free.



PUREOLOGY Uses organic botanicals, natural sunscreens, and no sulfates in its certified vegan shampoos and conditioners.

hair

*For details see The Source, page 110.


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5 Research your current beauty routine.

Do you have a favorite makeup, shampoo, or sunscreen that you just can't live without—even though you suspect it's not necessarily safe or eco-friendly? You can find out exactly how toxic it is (or isn't) on a scale of 0 to 10 (zero being "low-hazard" and 10 being "high-hazard") through the Environmental Working Group's Skin Deep cosmetic safety database (cosmeticsdatabase.com), which checks thousands of products against dozens of toxicity screens. We tried it and happily learned that some of our favorite products that aren't marketed as green are still very low on the toxicity scale. Once you check out how your beauty staples rate, you'll be empowered to make informed and conscious purchases. Knowledge is priceless—and in this case it's free!



● ● **glass is good** Look for products packaged in glass, which can be recycled over and over again in a closed loop. Because it's a nonporous substance, glass safeguards against moisture and oxygen invasion. In addition, amber, cobalt, and green glass filter out UV rays, protecting product integrity—particularly important with organic and natural products that don't include preservatives.



Aveda works with farmers in France and Bulgaria to source lavender for many of its products.

●● from field to bottle

We took a trip with Aveda, one of the largest buyers of organic essential oils in the beauty industry, to get a firsthand look at the process of sourcing an organic ingredient. Here, we follow the path of a single ingredient—*Cistus ladaniferus* (a.k.a. rock rose).



Biolandes, a French company specializing in essential oils, finds native cistus near the village of Puebla de Guzmán, in Andalusia, in 1989. **Biolandes sets up a factory** and trains locals to harvest and process cistus.



Aveda's search for organic cistus oil **leads the company to Puebla de Guzmán**, where it partners with Biolandes in 2002 to begin certifying local farming and manufacturing practices with Ecocert.



Ecocert begins a three-year process to ensure that none of the land (owned by a variety of local farmers and residents) is treated with chemicals and that **no chemicals are used to extract essential oils from the cistus**.



Aveda uses the **organic cistus to provide a sweet, spicy scent** to many of its products.



The cistus is steam-distilled for 24 hours, yielding just 35 ounces for every 2,205 pounds. Because the process is fueled by steam created by the burning of leftover cistus stems, no petroleum-based energy is used at the factory.



Throughout the summer months, local workers harvest and distill the cistus, **following strictly organic protocol**.



Twigs from cistus shrubs, which grow naturally on the hills, are **harvested and brought to the Biolandes distillery**, also certified by Ecocert. More than 800 pounds are gathered daily.

JON GURINSKI FOR AVEDA (ALL AVEDA EXCEPT BOTTLE AND WHITE FLOWERS); INACIO PIRES/FOTOLIA.COM (WHITE FLOWERS); OPPOSITE: EMOTIVE IMAGES/AGE FOTOSTOCK

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good getaways

It's easy to be a responsible traveler and still plan your dream trip, as more and more resorts commit to protecting the environment and serving their communities. Turn the page for plenty of guilt-free and fabulous escapes. Bon voyage!



Soneva Gili provides guests with amazing Maldives views and helps locals gain access to healthcare.



Nusta Spa in Washington, D.C., was the first LEED-certified spa in the country. RIGHT: Napa's Spa Gaia, which has an East-meets-West philosophy of healing, is certified LEED Gold.

{ **6** Look for *LEEDers.* }



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Tomorrow's LEEDers

These spa resorts are currently in the process of winning the LEED seal of approval.

CAVALLO POINT—THE LODGE AT THE GOLDEN GATE
 > Cavallo Point Healing Arts Center & Spa > Sausalito, California

CRYSTAL MOUNTAIN RESORT & SPA
 > Crystal Spa > Thompsonville, Michigan

HYATT AT OLIVE 8
 > Etlaia > Seattle

THE WESTIN RIVERFRONT RESORT & SPA
 > Spa Anjali > Avon, Colorado

INN BY THE SEA
 > Spa at Inn by the Sea > Cape Elizabeth, Maine

BARDESSONO
 > Spa Therapy Center > Yountville, California

THE SPRINGS RESORT AND SPA
 > The Springs Spa & Salon > Pagosa Springs, Colorado

WITH THEIR RELATIVELY high water and energy usage, it's difficult for spas and resorts to be both luxurious and green. And because of all the hype out there, it's equally tough for travelers to find the properties that really are walking the walk. Hard, maybe, but not impossible.

One way to find an eco-friendly U.S. property is to look for a resort that's LEED certified. LEED, which stands for Leadership in Energy and Environmental Design, is a rating system created by the U.S. Green Building Council to help companies design, build, and operate structures more sustainably. Gradually improved upon since its launch in 2000, LEED now covers everything from lighting fixtures to local purchasing strategies. Certification is awarded according to points earned for such things as water and energy conservation. LEED Platinum is the highest designation, and to date only 118 buildings have received it.

It's important to remember, however, that LEED is currently used only in the United States (although other countries, including China and India, are looking into adopting it), and it only applies to the building itself, not its landscaping or day-to-day operation. Travelers looking for the greenest spa getaway should also find out what products the spa uses (see "Find a green spa," page 67) and how the resort interacts with its natural surroundings (see "Leave a small footprint," page 79).

Still, LEED remains the gold standard of green design in the United States, which is why these six LEED-certified properties deserve kudos.

CALIFORNIA Gaia Napa Valley Hotel & Spa (American Canyon) Situated at the gateway to Napa Valley, this 132-room hotel was the country's first LEED Gold-certified lodging and has nifty features such as skylights shaped like magnifying glasses to help light interiors and a real-time display of the hotel's energy use in the lobby. The spa at this winery-hopping base camp offers locally sourced grapeseed scrubs, and its restaurant features seasonal, organic, local produce. *From \$99 per night*

GEORGIA The Lodge and Spa at Callaway Gardens (Pine Mountain) A nonprofit dedicated to environmental education, Callaway consists of a 13,000-acre preserve with gardens, hiking trails, and a butterfly center—so it's fitting that this resort would be built with recycled materials and super-efficient plumbing, lighting, and air-filtration systems. Most of the treatments in the 13-room spa are infused with all-natural ingredients inspired by their gardens. *From \$199 per night*

NEVADA The Palazzo Resort-Hotel-Casino (Las Vegas) The country's largest LEED-certified building, this all-suite >>

*For details see The Source, page 110.

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high-rise on the Las Vegas Strip opened in 2008 with novel features such as valet bicycle parking and motion sensors that turn on lights and air conditioning only when people enter the room. Proving that eco-friendly needn't mean plain, the hotel's Canyon Ranch SpaClub offers an assortment of innovative services and amenities, from treatments that incorporate organic products to a 40-foot rock-climbing wall and water-efficient showers. The SpaClub's fitness center has also eliminated bottled water distribution. *From \$199 per night*

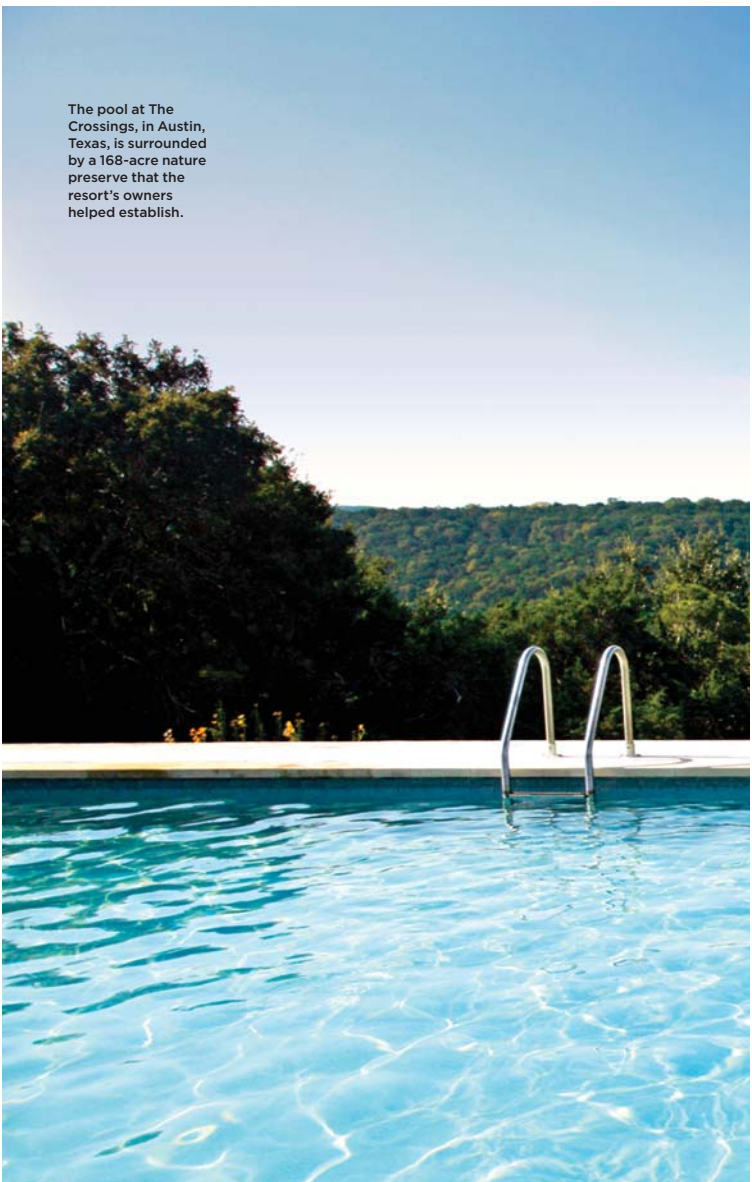
OREGON Avalon Hotel & Spa (Portland)

Its wine bar, complimentary breakfast, and spa with more than 30 treatments have helped make this boutique hotel on the Willamette River a go-to for hip Portlanders, and now there's a new reason to visit: the conservation, recycling, and ethical purchasing efforts Avalon implemented to garner Oregon's first LEED Silver certification last August. *From \$139 per night*

WASHINGTON, D.C. Nusta Spa The first LEED-certified urban day spa in the country, Nusta is a pioneer in the green spa world. Thanks to its energy- and water-saving features and waste-reduction strategies, the spa earned LEED Gold. Even better, it has gone on to operate its spa as responsibly as possible, using only organic products, including its own line of organic skin-care with sustainably sourced ingredients. *From \$95 for a 50-minute massage*

WYOMING Hotel Terra Jackson Hole (Teton Village)

The LEED Silver-certified Hotel Terra boasts nontoxic paints and cleaning supplies, energy-saving fixtures, and an advanced system that purifies wastewater and releases it back into the surrounding land. In addition to its green structure, the hotel's Chill Spa features organic cotton robes, handmade organic treatment ingredients, and reusable water bottles for guests. *From \$229 per night*



The pool at The Crossings, in Austin, Texas, is surrounded by a 168-acre nature preserve that the resort's owners helped establish.

●● **good & green** To spot an eco-friendly spa without the help of LEED, Hitesh Mehta, primary editor of the *International Ecotourism Guidelines*, suggests looking for properties that help preserve the local ecology and contribute to the community. Another telltale sign? Energy conservation. "If a property is not using alternative technologies like solar or wind power and water and energy conservation techniques, it is probably not really an 'eco' property," he says.



{  Leave a small footprint. }

SUSTAINABLE TOURISM has come a long way in the past 10 years. Now it's not only about appreciating nature but also about helping to preserve it. For hotels and resorts, this means minimizing footprints by reducing energy and water consumption, purchasing eco-friendly products, fostering environmental awareness among guests, and empowering the local community through employment and profit-sharing programs. The following six resorts not only reduce their own impact but also go beyond resort boundaries to help preserve the land around them. Welcome to the new standard of sustainable tourism.

BELIZE Chaa Creek (San Ignacio, Cayo District) Once a hippie-run farm reachable only by canoe, Chaa Creek has become the star ec lodge of Belize. Guests have run of the 365-acre rainforest preserve, where archaeologists have discovered more than 70 ancient Maya sites, and rare wildlife roam. The 23-room resort is wholly centered on nature—so much so that it founded The Blue Morpho Butterfly Farm and Natural History Centre to educate guests. Treatments at the spa incorporate locally sourced and hand-pressed lemongrass oil. *From \$55 per person per night for dormitory accommodations; from \$135 per night for standard room >>*

DOMINICAN REPUBLIC **Puntacana Resort & Club (Punta Cana, La Altagracia)**

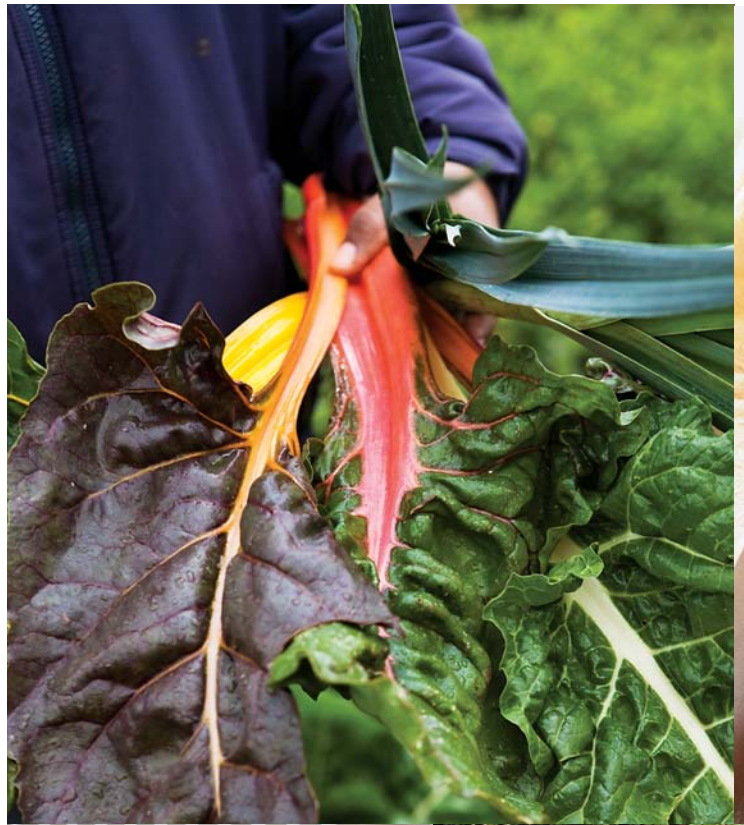
While its pristine white-sand beach lined with palm trees and breezy yellow beach villas marks it as a typical tropical resort, Puntacana is a true innovator. Its owners not only established a 1,500-acre rainforest preserve but also founded the Center for Sustainability and Biodiversity, which hosts American university students conducting environmental research. In addition, Puntacana manages an organic farm (where some of the spa's treatment ingredients are sourced) with a state-of-the-art composting system, a bee colony, and an off-site private recycling center. *From \$160 per night*

MEXICO **Rancho La Puerta (Tecate, Baja California)**

More than 30 years ago, the owners of Rancho La Puerta established a community foundation that offers environmental classes for local schoolchildren and funds trash cleanup projects. With the help of Mexican and American government agencies and conservation organizations, they also established a 2,000-acre preserve—the first of its kind in the area—that is home to 200-plus plant species and more than 80 bird species and is contiguous with a U.S. preserve. Everything about the ranch exudes communion with nature, from its 83 casitas to its six-acre organic farm. *From \$2,795 per person per week all inclusive*

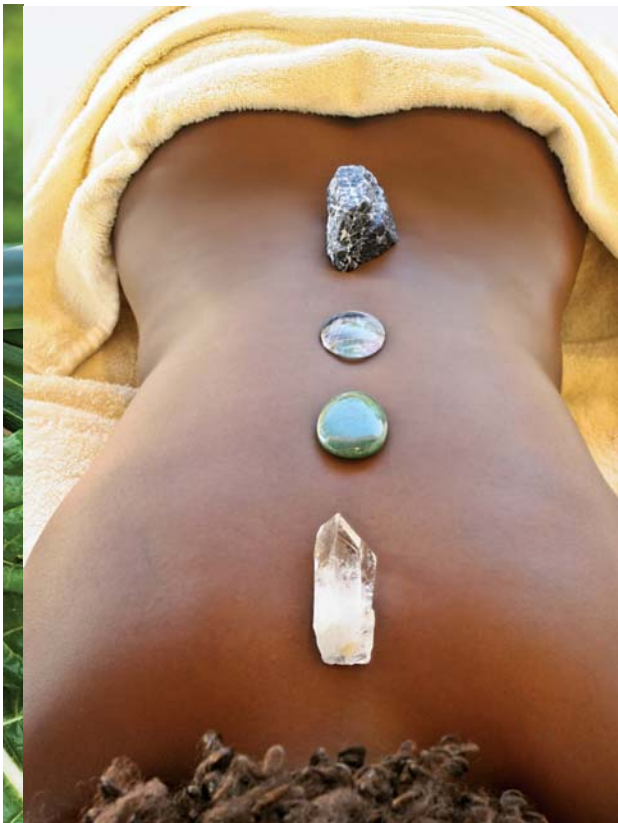
SOUTH AFRICA **Bushmans Kloof Wilderness Reserve and Wellness Retreat (Cederberg Mountains, Western Cape)**

Encompassing 18,500 acres within the desolate Cape Floral ecosystem of South Africa, Bushmans Kloof is home to rare species such as the Cape Mountain zebra, not to mention approximately 755 plant species and 130 rock art sites up to 10,000 years old. It wouldn't be so well preserved without the vision of a father and son who bought »



●● **good & green** Another way to find an eco-friendly spa is to browse through the member directory of the Green Spa Network (greenspanetwork.org). Currently there are 63 spas listed, but it's continually growing so keep checking back.

BOTTOM LEFT: BRUCE BUCK



CLOCKWISE FROM TOP LEFT: Organic produce from Rancho La Puerta's garden in Mexico; a treatment at Bushmans Kloof in South Africa; the Medicine Trail at Chaa Creek in Belize; a sundeck at Puntacana in the Dominican Republic.

{ 8 Seek out eco-innovators. }

NOT EVERY eco-star is necessarily LEED certified. The following 10 resorts, for example, deserve credit for their advanced initiatives to benefit both the environment and their local communities.

austria Rogner Bad Blumau (Bad Blumau, Styria) > Uses geothermal power, features green roofs, and donates a portion of its profits to the World Wildlife Fund. *From \$324 per night*

british west indies CuisinArt Resort & Spa (Rendezvous Bay, Anguilla) > Grows most of its own food (and some spa ingredients) in an onsite hydroponic greenhouse, greatly reducing the need to ship in food. *From \$400 per night*

costa rica Tabacón Grand Spa Thermal Resort (La Fortuna, Alajuela) > Uses geothermally heated water for showers and hot tubs, includes local ingredients in treatments, and is developing a hydroelectric power system. *From \$215 per night*

french polynesia Inter-Continental Bora Bora Resort & Thalasso Spa (Motu Piti Aau, Bora Bora) > Pumps deep ocean water to the resort and spa for chemical-free cooling. *From \$950 per night*

ireland Monart Destination Spa (Enniscorthy, County Wexford) > Uses an advanced system to monitor and reduce energy usage, recycles cooking oil to make biodiesel, and uses wood chips for heating. *From \$230 per night including breakfast*

mexico Hacienda Chichen Resort (Chichén Itzá, Yucatán) > Was built with recycled

stones, composts food waste, and incorporates indigenous ingredients and customs in treatments. *From \$165 per night*

morocco Kasbah du Toubkal (Imllil) > Transports luggage via mule; provides locally made soaps in its hammam; and donates 5 percent of every stay to fund a community hammam, irrigation system, and ambulance. *From \$202 per night including daily breakfast*

peru Inkaterra Machu Picchu (Machu Picchu, Cusco) > Offsets 100 percent of its carbon emissions through renewable energy use and local reforestation projects and incorporates indigenous customs and ingredients in treatments. *From \$249 per person per night including daily breakfast and dinner*

united states Mohonk Mountain House (New Paltz, New York) > Uses organic and locally grown ingredients in treatments and features a geothermal heating and cooling system and a green roof. *From \$255 per person per night all inclusive*

united states Post Ranch Inn (Big Sur, California) > Set aside much of its land for conservation, built green roofs onto oceanview rooms, placed some rooms on stilts to protect the roots of redwoods below, and uses organic ingredients in treatments. *From \$550 per night*

*For details see The Source, page 110.

Al Maha Desert Resort & Spa is helping to preserve land and endangered animals in the desert near Dubai.





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six overgrazed farms in 1991, nursed them back to life, then refurbished an old manor house to host guests. Now the resort offers 16 tastefully appointed rooms, a spa, and a heritage center. *From \$170 per person all inclusive*

UNITED ARAB EMIRATES Al Maha Desert Resort & Spa (Dubai)

One would never guess that Al Maha is a mere 45 minutes from the frenetic Middle Eastern hub of Dubai. Resembling a Bedouin encampment, its 42 tented suites are situated in a swath of sprawling, silent Arabian desert and outfitted with canopy beds, Persian carpets, and private pools. Luxurious? Yes. Sinful? Hardly. Without the help of this luxe resort, approximately 87 square miles of fragile desert may never have been incorporated into the Dubai Desert Conservation Reserve in 2003. The resort also funds a team of conservationists who reintroduced indigenous wildlife species such as oryx and gazelles and continually monitor the populations. *From \$1,150 per night all inclusive*

UNITED STATES The Crossings (Austin, Texas)

After buying 210 acres, Ken and Joyce Beck performed an environmental study that identified 34 acres of land where their retreat center could be built and 168 acres for a conservation easement that became part of the 30,000-acre Balcones Canyonlands Preserve. The Becks then built a series of trails through the preserve and now lead guests along them every day. It's one of the simplest pleasures at the center, which offers an impressive array of wellness options—including nutritional consultations, energy-balancing treatments, and holistic chiropractic assessments—in its four energy-efficient buildings. *From \$250 per person per night all inclusive*



{ 9 Give back to the locals. }

IT'S EASY TO THINK of the world's most luxurious resorts as high-end hideaways for the privileged, complete with 1,000-thread-count sheets and exotic spa rituals, but many of these resorts are about much more. Whether located close to home or in beautiful, far-flung locales, these retreats are working diligently not simply to provide excellent service to tourists but also to improve the health and well-being of their communities.

FIJI In the early 1990s, Richard Evanson, owner of **Turtle Island**, a private island resort in Fiji, started closing his resort for 10 days every year to host medical clinics after one of his guests, a California eye surgeon, mentioned to him that many staffers had cataracts and damaged corneas from the glaring sun of the island. The surgeon had offered to return the following year to correct the vision of Evanson's workers, and in time dentists and other health practitioners followed. Turtle Island has since begun offering year-round free clinics and in 2002 opened the island's first secondary school. Prior to the opening of the school, teens from the surrounding seven villages had to travel to mainland Fiji to further their education, and many were simply unable to go. *From \$2,289 per night all inclusive*

HAWAII Hawaii has thousands of years of culture and tradition that predate its statehood, and in an effort to help native Hawaiians preserve that heritage, many resorts in the Islands have Hawaiian cultural experts or historians on staff. These people not only educate guests about Hawaiian customs but also help ensure that nothing the resort is doing infringes upon local custom or tradition. At the **Four Seasons Resort Hualalai**, for example, local experts in the on-site cultural center provide lessons in Hawaiian culture, language, and history as well as lei making and hula dancing. *From \$725 per night*

MALDIVES **Soneva Fushi** and **Soneva Gili** (both Six Senses properties) support screening for thalassemia, a genetic blood disease that is more prevalent in the Maldives than anywhere else in the world. (Eighteen percent of the population is a carrier of the disease.) The resorts also host visiting ophthalmologists and provide financial assistance to families forced to seek medical treatment abroad. Soneva Fushi, Six Senses' flagship property, contributes to the environment by offsetting guests' air travel, funneling 2 percent of every bill to a wind turbine charity in India. *From \$780 per night including tax and carbon offsets* »



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You can feel good about visiting Soneva Gili in the Maldives because the resort donates a percentage of its profits to local communities. OPPOSITE: Views of the South African Bush from Rock Lodge at Ulusaba.

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SEYCHELLES *Frégate Island Private*, a private island resort, has long been known for its fresh, organic produce, which can be found both on the restaurant's menu and on the spa's treatment menu. But beginning this year, *Frégate* is also supplying the local orphanage with a weekly donation of organic fruits and vegetables (3.2 tons per year). Last year, the resort supplied every school-aged child in the Seychelles with a backpack filled with school supplies. *From \$1,645 per person per night all inclusive*

SOUTH AFRICA Sir Richard Branson's five-star *Ulusaba Private Game Reserve* in the Sabi Sands Game Reserve set up its Pride 'n Purpose initiative five years ago to help the communities that border the reserve. At present, *Ulusaba* supports 29 orphans by providing weekly food delivery, drinking water, trips to the medical clinic, and clothing. Five houses have been constructed in the nearby village of Dumphries to house the orphans and unemployed members of the community, and recently two nursery schools were opened. *Ulusaba* guests may take tours of the communities and participate in some of the projects. *From \$437 per night*



Hualalai Spa in Hawaii features an apothecary stocked with dozens of local ingredients. OPPOSITE TOP: A guest room at Soneva Gili in the Maldives. RIGHT: The stars of a safari at Ulusaba in South Africa.

{ 10 Support responsible brands. }

BRAND	AUBERGE RESORTS	FAIRMONT HOTELS & RESORTS	GLOBAL HYATT CORPORATION	HILTON HOTELS & RESORTS	KIMPTON HOTELS & RESTAURANTS
SIZE	7 properties	56 properties	383 properties	522 properties	46 properties
HIGHLIGHTS	<ul style="list-style-type: none"> Helped launch the Green Spa Network and was the first resort brand to become a member Phased out parabens and sodium lauryl sulfate from all spa and in-room products Uses nontoxic cleaning supplies Launched Solage, a brand focused on eco-friendly modern design, in 2007 	<ul style="list-style-type: none"> Wrote and distributed <i>Green Partnership Guide: A Practical Guide to Greening Your Hotel</i> in 1990 Designated green teams at each property Installed a triple-hive apiary at Toronto's Fairmont Royal York to promote bee culture, furnish honey for the chef, and help pollinate Toronto's downtown ecosystem 	<ul style="list-style-type: none"> Implemented a web-based system to help reduce water and energy use Launched Andaz, a brand focused on sustainability—particularly renewable energy, organic food, and biodegradable products Designated green teams at each property 	<ul style="list-style-type: none"> Owens the first hotel in the world to achieve both Green Seal and LEED certification (Hilton Vancouver, Washington) Recently committed to reducing energy consumption, carbon dioxide emissions, and waste by 20 percent by 2014 	<ul style="list-style-type: none"> Established company-wide "Kimpton Cares" program to support neighborhood organizations and national nonprofits Developed the Earth-Care program, which includes paperless check-in and checkout; in-room recycling bins; nontoxic cleaners; organic flowers; and organic, paraben-free products for in-room spa treatments



THAILAND Extreme poverty in many Thai villages often forces families to “sell” their daughters into city brothels. But where most simply feel bad about the plight of the poor, Claire Chiang, wife of Banyan Tree Hotels & Resorts Chairman Ho Kwon Ping, took action. For the opening of **Banyan Tree Phuket**, Chiang commissioned a group of women to produce colorful pillows for the hotel, spa, and retail gallery. Enamored with the caliber of their work, Chiang helped the women form cooperatives to sell their wares, allowing them to earn income and keep their daughters home. Banyan Tree sells the handicrafts in its retail galleries and online. *From \$1,250 per night*

U.S. VIRGIN ISLANDS **Florian Villa**, on St. John, helps wounded soldiers and firefighters as well as the families of firefighters and soldiers killed in action. The villa is run by Deborah Bernstein, a yoga teacher, and Scott Wahlen, a fire captain in Boston. For every five all-inclusive vacations booked at the villa, Bernstein and Wahlen donate a weeklong vacation for a wounded veteran or the family of a fallen firefighter. The couple also conducts yoga retreats to help veterans and their families overcome trauma. *From \$395 per night all inclusive*

TOP: MATIPONG PANCHEE & VICHIT YANTAPANIT. BOTTOM: COURTESY OF VIRGIN LIMITED EDITION

IT'S GETTING easier to make choices that positively impact the planet as the world's top hospitality brands expand their earth-friendly practices and social responsibility programs.

MARRIOTT INTERNATIONAL

- 3,100 properties
- Is replacing all synthetic pillows with those made with 100 percent recycled plastic bottles
- Launched the Global Green Golf Initiative to certify many of its golf courses as Audubon Cooperative Sanctuaries
- Offsets carbon emissions through conservation of the Juma rainforest in Brazil

THE RITZ-CARLTON HOTEL COMPANY

- 73 properties
- Signed a 10-year agreement with the Ocean Futures Society to develop its Ambassadors of the Environment program, which teaches guests to respect and care for the environment
- Partners with local organizations to raise funds for hunger and poverty relief

ROCKRESORTS

- 9 properties
- Was the first hotel brand in North America to offset 100 percent of its electricity use
- Uses energy- and water-saving fixtures and recycling bins in all rooms
- Developed a local forest conservation effort, which allows guests to donate \$1 per stay to protect national forests

SIX SENSES RESORTS & SPAS

- 14 properties
- Launched in 1995 with a strong commitment to sustainable tourism
- Aims for zero carbon footprint at all properties
- Helped Green Globe International set certification standards for spas worldwide in 2007

STARWOOD HOTELS & RESORTS WORLDWIDE

- 940 properties
- Developed new LEED-certified line of hotels (Element, currently two properties)
- Debuted “See Green” program at its 27 Aloft hotels to promote green options
- Uses lessons learned at Aloft and Element to make the rest of its portfolio more eco-friendly

THE TIDES HOTELS & RESORTS

- 3 properties
- Partnered with Oceana to help create a policy that protects ocean habitats
- Launched a conservation program at The Tides Zihuatenejo to help protect sea turtles
- Uses natural and organic ingredients in spas and in rooms

*For details see The Source, page 110.

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good *living*

These simple, earth-changing tips and products make it easy to be green.

You don't have to move into a yurt and make your own accessories out of recycled tires to be a good citizen of the brave new green world. The choices you make every day—changing a bulb, eating sardines instead of tuna, walking instead of driving—can add up to significant changes. Follow these suggestions and live life on the sustainable side. You'll not only make a difference but also show others just how effortless it can be.



11 Exercise more naturally.

Wear green workout clothes.

Ditch the Neoprene (made from petroleum) and Lycra (made with polyurethane) and go with organic hemp or bamboo, natural fibers that are grown with less water and energy than cotton. According to the Japanese Textile Inspection Association, clothing made of bamboo is antibacterial and deodorizing—even after 50 washings. If you can't break free of cotton, opt for the organic version, which contains no pesticides, bleaches, or harmful dyes. (We're enamored with **Patagonia's** hemp line, **Clary Sage Organics'** organic cotton yoga line, and **Prana's** sportswear line with a blend of bamboo, recycled polyester, and Spandex.)



Get out of the gym.

Exercise without electricity-draining equipment and lights that are on even when no one's working out. Here are a few earth-friendly options to get you started.

- **Hit the trail.** Find a good one on the website **Trails**.
- **Do Pilates and yoga at home.** Pick out new workout videos at **My Yoga Online** or download them from **Netflix**.
- **Join a team.** Get in on the retro popularity of kickball. You can find a league near you through the **World Adult Kickball Association**.

12 Rethink what you eat.

Buy seasonal and local. According to the nonprofit group **Sustainable Table**, the "food miles" (the distance a food item traveled to get to your plate) racked up by grocery store goods tend to be 27 times higher than the food miles for products that are grown locally and sold in health food stores and farmers markets. Take broccoli: It's grown within 20 miles of the average American household, yet the stalks we buy at the supermarket are typically imported or trucked across the country, traveling an average of 1,800 miles to land on our plates.



Cut out processed foods. Opting for the fresh items on the outer walls of the grocery store and avoiding the processed foods in the center is good not only for your waistline but also for the earth thanks to the absence of packaging. If you need to transition more slowly, buy products from one of the many companies with green packaging, such as **Newman's Own**, which uses corn-based biodegradable containers.



Avoid preservatives. A single can of soup is probably not going to throw your immune system into turmoil, but there are a few common preservatives to watch out for. For example, both sodium nitrite and butylated hydroxyanisole (BHA) are carcinogens that accumulate in your system and cause damage over time. Sulfites, which were banned by the FDA in 1986 for use in prepared salads, are a common cause of allergies for many people and are still legal as an additive in processed food and wine.



13 Clean up your laundry habits.

The usual recommended capful of detergent is typically twice as much as you need for the average load of laundry, and the excess leads to residue that traps dirt in the clothes you just washed. It's not only environmentally friendly to use less but also easier on your clothing and budget. Another option is to make your own detergent: Use $\frac{1}{4}$ cup each of washing soda (also known as soda ash) and borax (both available at **Soaps Gone Buy**) and add in $\frac{1}{2}$ cup of vinegar to whiten and soften.

—From *The Naturally Clean Home* by Karyn Siegel-Maier



LEFT: SOZAJITEN/DATACRAFT/GETTY IMAGES; TOP RIGHT: ISTOCKPHOTO.COM; OPPOSITE: JULIE TOV/GETTY IMAGES



14 Relight your life.

Each incandescent bulb you replace with one that's Energy Star qualified saves 75 percent in energy use and about \$30 in electricity costs over the life of the bulb. It's an easy switch, and if every U.S. household replaced just one, we'd save \$600 million a year. While compact fluorescent lightbulbs (CFLs) are energy efficient, they still contain mercury, which is not something we want in our landfills. A better option is to hop onto the next wave of energy-efficient lighting: light-emitting diodes (LEDs). They have the same soft light we've grown accustomed to from incandescent bulbs but have no mercury, are far more energy efficient, and have a much longer life span (25,000 hours or more). While it can be difficult to find stylish LEDs, **Koncept's** Z-Bar lamps (from \$129) shine above the rest.

★ For details see *The Source*, page 110.

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15 BYOC. That's Bring Your Own Cup, and it's a great idea for a number of reasons, starting with the amount of paper you'll save over the course of a year: 23 pounds, give or take a latte, according to the eco-experts at **Ideal Bite**, an online source of tips for green living. If you extrapolate that out to even just the people in your office or all those who frequent your local coffee shop, a lot of waste could be eliminated and trees saved. On top of the earth-friendly benefits, opting for your own mug will earn you a discount at most coffee shops, and you can have fun searching for a container that matches your personality, like **Decor Craft Inc.**'s clever "I Am Not a Paper Cup" ceramic number, shown above (\$20).



New programs and products are making it easier and cheaper to go solar.

16 Harness the sun. Solar panels have high up-front costs, but depending on where you live, federal tax credits and state rebates can offset this. Supplier **OkSolar** is a good source of information on programs in each state. You can also band together with your neighbors on websites such as **One Block Off the Grid** to get better deals when negotiating with companies. And while not prevalent yet, solar power purchase agreements (PPAs) are starting to roll out to residential users. Sometimes called solar leases, these services allow you to pay either a nominal setup fee or no up-front cost at all (depending on the company) and then pay only for the solar-generated power you use. By removing the high initial cost of solar panels, such agreements could help solar power spread more quickly throughout the country. Currently **SolarCity** and **SunRun** are providing this service in California, and both hope to expand to other states in the coming year. If you're not ready to commit to panels, check out **Solatube** (from \$250), a natural lighting system that fits between your rafters and directs natural sunlight into closets and bathrooms.



17 Eat sustainable seafood.

very good Anchovies, mackerel, sardines
WHY Low in contaminant levels, high in omega-3s, resilient to fishing pressure, able to reproduce quickly

good Wild mussels, oysters, Alaskan salmon, albacore tuna
WHY Some concerns about capture, but no significant damage to habitats or species

bad Chilean sea bass, orange roughy, Atlantic cod, Atlantic salmon, bluefin and yellowfin tuna, farmed salmon
WHY Wild species depleted due to overfishing; bluefin and yellowfin tuna have high mercury levels; farmed salmon contain known carcinogens and are fed pellets made of wild fish

TOP RIGHT: SPICAVET/JUPITER IMAGES. BOTTOM: GARY MOSS/JUPITER IMAGES. OPPOSITE: ERIC MCNATT/JUPITER IMAGES



18 Keep your home free of chemicals.

Sleep easier in the bedroom. If you're in the market for a new mattress, go organic to avoid the volatile organic compounds (VOCs)—harmful both to our lungs and to the planet's atmosphere—present in many brands. Mattress labeling is still iffy, so look for natural latex, organic cotton, and organic wool. Try **Keetsa** (from \$439) for mattresses topped with eco-friendly memory foam. The marketplace for organic bed linens is wider, with stylish pesticide-free choices available from online retailers such as **Green Sleep**, **The Natural Sleep Store**, and **Native Organic Cotton**. We especially love **Amenity** organic sheets and duvets, which come in all sorts of groovy patterns (from \$330).



Clear the air. By now you're aware of the dangers of smog, but did you know your indoor air quality is also important? Air fresheners, cleaning products, paint, and carpets all emit harmful fumes such as VOCs and phthalates, which are considered a hazardous waste. (Phthalates are regulated as pollutants when released by factories but are still unregulated in household products.) Houseplants such as English ivy, spider plants, and devil's ivy will add to your home's oxygen supply and absorb benzene and formaldehyde, helping to freshen up the air. And keep those windows open! You might need to do some extra dusting, but according to an EPA study, the air in your house is up to five times as polluted as the air outside.



19 Cut down on car time. If you have to drive, opt for a fuel-efficient hybrid or electric car (the Union of Concerned Scientists' **Hybrid Center** has various options) and keep track of your carbon footprint with **Ecorio**, a calculator that uses the GPS feature on T-Mobile's G1 phone (soon to be available on other platforms). For iPhone users, there's **Carticipate**, a location-aware car pool application that figures out who's going your way. Or consider car-sharing programs such as **Zipcar**, **Connect by Hertz** and U-Haul's **U Car Share**. If you'd rather cycle, buying the right kind of bike is important. Flat handlebars will keep you riding upright, a more comfortable position. **Breezer** bikes are a practical choice, and **Bianchi** has several options that will get you there in style.



20 Embrace composting. It's not as complicated as you might think. Follow the simple steps below and you'll have nutrient-rich plant food in no time.

WHAT YOU'LL NEED

- Composting pail
- Carbon waste, including dried leaves, non-glossy paper, and lint
- Nitrogen waste, including kitchen scraps (except for oily foods such as meat trimmings, olive oil, and peanut butter), manure, and grass clippings
- Branches and twigs
- Pitchfork
- Water
- Old carpets or tarp

HOW TO DO IT

- 1 Use the pail to collect compost materials, keeping carbon ingredients (paper waste, straw, dried leaves) separate from nitrogen ingredients (manure, grass clippings, food trimmings).
- 2 Once you've got enough to build a 3x3x5-foot pile, build the base of the compost heap with branches and twigs, which will help keep air flowing to the bottom of the pile.



- 3 Layer compost materials, alternating carbon and nitrogen layers.
- 4 Once it is built, hose down the compost heap until it's damp but not soaking.
- 5 Use the pitchfork to turn the heap over every couple of weeks; this will prevent it from becoming slimy.
- 6 As microorganisms chomp through the pile, they produce heat. Help keep them warm in winter by piling old carpets or tarp over the compost.

●● **urban composting** No yard? No problem! Earth-friendly organizations are helping city dwellers get in on the game by providing a means for donating kitchen scraps to the city's compost pile. The **EPA** has information on composting organizations in all 50 states.

21 Support eco-minded companies.

There's a new type of business out there called a "B Corporation" that helps companies embed their social or environmental missions into their legal operating documents. (Believe it or not, it is illegal in many states for the CEO of a company to consider anything other than profit, which means that technically he or she could be fired or sued for considering environmental or social issues in concert with financial ones.) While B Corporations are still relatively new (currently there are 175 of them in the United States), they are spreading, so keep an eye out for the B Corporation logo or check out **B Lab's** up-to-date list of companies that have joined. It's a quick, easy way to know that a company is committed to the triple bottom line.

*For details see The Source, page 110.

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22 Tune up your takeout.

Love Chinese food? Avoid the disposable chopsticks that come with it. Most are treated with mercury-heavy sulfur and hydrogen peroxide, so invest in a quality set of your own. Steer clear of plastic in favor of more sustainable bamboo, sterling silver, or stainless steel. (We like **Gaiam's** Thai Bamboo Utensil Set, \$22, shown above.)



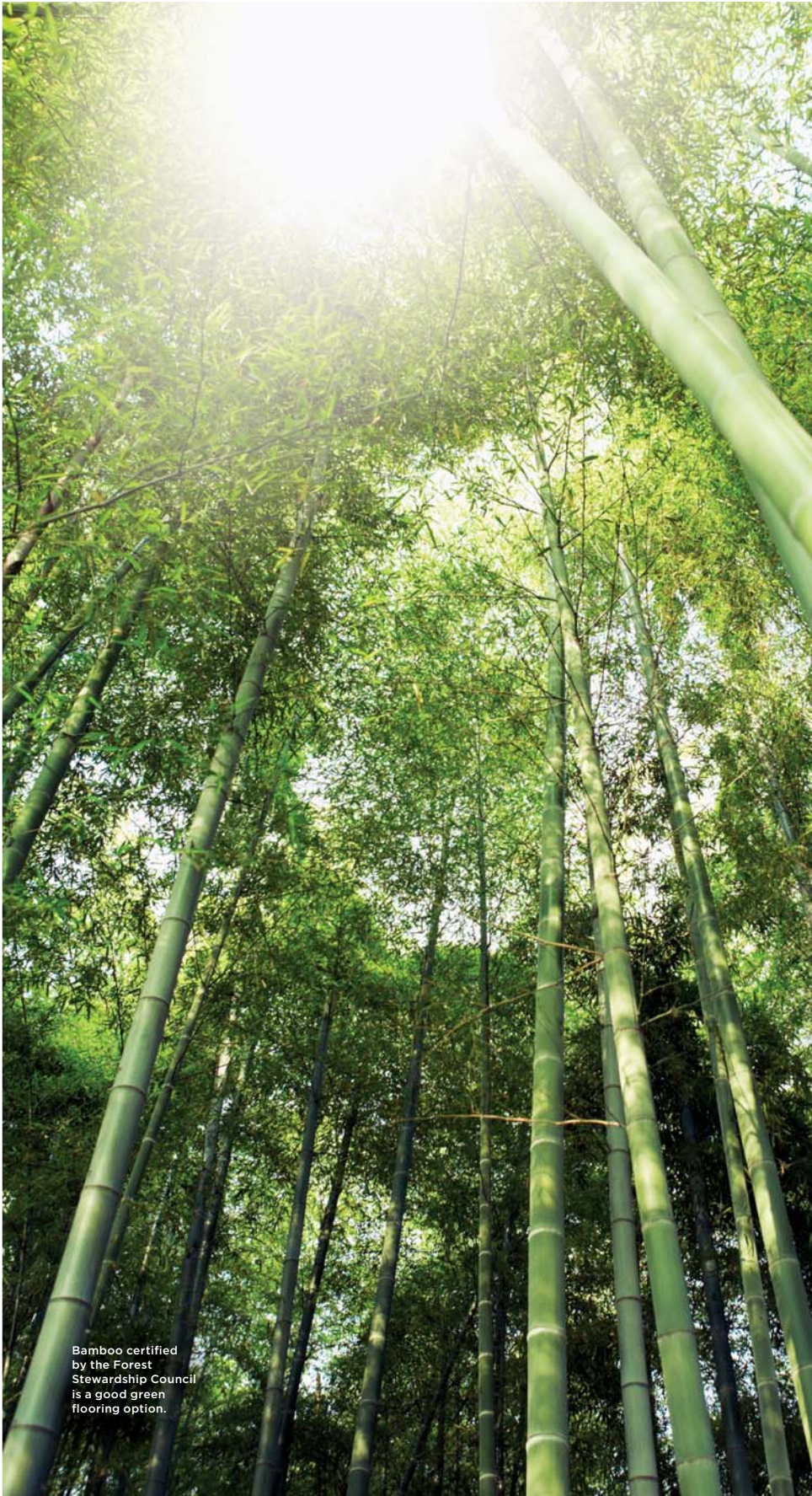
23 Get into gardening. The victory garden is back! Grow your own salad ingredients, cutting down your dependency on factory-farmed food, reducing your carbon footprint, and lowering your grocery bill. You can get great tips for your part of the country from **Burpee**. Once you've got your garden planted, or if you just want to cut down on water for your lawn, check out the efficient **Rainwater Hog**, which captures and stores rainwater to be used later. In addition to watering the garden, the rainwater can be used to flush toilets or run the washing machine.



●● **portable and good** You might not have realized it, but millions of gallons of water (and oil) are used in the process of making plastic bottles, and two gallons of water are wasted in purifying every gallon of bottled water, not to mention the fact that most plastic bottles aren't being recycled. The perfect solution? The **Wellness H2.O** personal water bottle (\$50, shown above), which purifies tap water while enhancing it with minerals—no disposable bottles needed!

24 Win the water war.

There are many options available for reducing your water use, and some even come with a financial reward. A tankless water heater, for instance, will allow you to heat up only the water that you need. When you buy an Energy Star-approved brand, such as **Noritz** (from \$829), you'll get a \$300 federal tax credit. A rebate plan might also be available from your municipal water district if you switch from a water-guzzling toilet or over-generous showerhead to a low-flow model. (**Bricor** sells water-saving showerheads for \$75 and up; **Caroma** has a toilet that reduces water use by up to 67 percent; and **Home Depot** is now selling water-saving dual flush toilets.) You can also reduce water usage by shaving a few minutes off your shower time; design company **Ripple Products** is ready to help with an assortment of super-cute shower timers (from \$3). But the easiest way to save the H₂O? Turn off that faucet! According to the EPA, Americans can waste up to eight gallons of water each day brushing their teeth.



Bamboo certified by the Forest Stewardship Council is a good green flooring option.

25 Start from the ground up.

When it comes to the home, some of the greatest green strides are being made in flooring. While bamboo has long been a green industry favorite (a bamboo stalk takes four years to mature versus 120 years for an oak tree), expanded use has led to clear-cutting of forests, creating an unsustainable monoculture. However, you can still buy truly green bamboo; just look for flooring certified by the **Forest Stewardship Council** (FSC), such as Smith and Fong's popular **Plyboo**. Cork is another fantastic alternative, and **Jelinek Cork Group** offers a modular product you can install yourself. Rapidly renewable, cork trees are never cut down but instead trimmed every nine years, and the flooring is actually made from a by-product of the wine cork industry. For the kitchen or bathroom, consider **Marmoleum**, a plant-based and naturally antibacterial alternative to linoleum that's available in myriad colors. And if you prefer the warmth and texture of carpet, the **Flor** carpet system has long been popular with eco-minded designers. Available as tiles rather than large rolls, the carpet system allows for flexibility; if a square is stained or wears out, it can be removed and sent back to the manufacturer to be recycled and replaced with a new square (as opposed to a whole new carpet).