

WIN!
JOHN LEWIS
RATED APPLIANCES
WORTH £6,000

Beautiful KITCHENS

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£3.99

CREATING FOCUS ON

ESSENTIAL GUIDE TO *Eco-friendly* KITCHENS

With a great selection of eco-friendly appliances, cabinets, worktops and finishing touches available, there has never been a better time for your home to 'go green'. There's a variety of quirky designs on the market that will not only help your kitchen stand out but also reduce the impact on the environment and slash your utility bills.

Go green, save energy and redesign your room in style with the latest in sustainable, alternative materials

SUSTAINABLE STYLE

Co-owner of Ecocentric.co.uk, which specialises in beautiful recycled and 'green' materials, designer Oliver Heath has transformed his kitchen using only the most gorgeous eco-friendly products available. Here's how he did it.



CABINETS: 'MDF contains formaldehyde, which is bad for the environment, so I opted for ZF (zero formaldehyde) MDF that's just as practical, without any of the nasty toxins.'

DOORS: 'I chose custom-made doors in sustainably sourced oak backed onto ZF MDF and finished with a natural oil from earthBorn.'

APPLIANCES: 'I chose Miele models for their excellent energy ratings and long-lasting quality.'

LIGHTING: 'I used strip-style, energy-saving CFL bulbs, which are great for the main lights, and

colour-changing, ambient LEDs above the units.'

WORKTOP: Resilica from Eight Inch looks stunning and is made from 85 per cent recycled glass so it's hard-wearing.'

FLOORING: 'Most of it is original but I found some replacement boards at a local timber salvage yard, which I finished with a natural oil.'

ACCESSORIES: 'There are some lovely pieces around. My favourites are the glass plates that are made from recycled Coke bottles.'





WORKTOPS

RESILICA from Eight Inch (left) is made with 85 per cent recycled glass from bottle banks and solvent-free resins. There are 34 colours available and shades can be matched. Resilica costs from £494 per linear m.

RUBBERWOOD Grown on plantations, these trees produce latex before being felled. As the timber is then used for firewood, it's a great idea to put it to better use as a worktop or splashback (below left). Available from Second Nature, prices start at £90 per linear m.



SLATE Quarried in the Lake District, this is the most eco-friendly stone you'll find, as its extraction has a low environmental impact and it's UK sourced. Kirkstone slate (above) costs from £83 per sq m.

BAMBOO Fast growing and rapidly renewable, bamboo is durable but requires regular oiling. Bamboo worktops cost from £152 per linear m from Urbane Living.

FEATURE WALLS

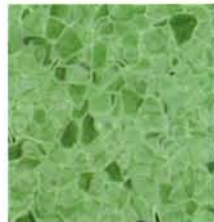
TILES There are some superb eco-friendly wall and floor tiles available, many of which are constructed from recycled materials. For an authentic period finish, though, visit your local salvage or reclamation yard and look out for original stone floor tiles and decorative gloss fireplace tiles, which will add an effortlessly rustic touch.

RECYCLED Ceramic waste can easily be recycled and turned into new wall tiles. At the Johnson Tiles factory in Stoke-on-Trent, it takes



waste material from local ceramic companies and uses it to create tiles with a recycled content of up to 36 per cent (above).

GLASS A sustainable alternative to synthetics, glass tiles have many



of the same advantages but can be made from recycled materials. At £150 per sq m, these Bottle Alley Glass mottled tiles (above) are made from glass from bottle banks.

PAINT Choose natural plant or clay-based shades free from Volatile Organic Compounds (VOC) that evaporate into the atmosphere. Earthborn paints (below) are VOC free, start at £22 for 2.5 litres and are great for kitchens as they help to balance humidity levels.



COMPANIES MAKING A DIFFERENCE

From budget to bespoke, these companies are working hard to cut their environmental impact

B&Q All of the timber used in B&Q's kitchens comes from FSC-accredited suppliers and this includes cabinetry, worktops and accessories. There are also store initiatives including eco living ideas for less than £5 and ways in which you can save water and energy around the home.

ECO INTERIORS As a member of the Association for Environment-Conscious Building (AECB), it ensures every aspect of its kitchens are designed with the planet in mind. To suit a low-carbon lifestyle, Eco Interiors uses sustainable, non-toxic timber, UK-sourced slate and recycled stainless steel.

MARK WILKINSON FURNITURE Uses sustainable hard and softwoods and plants two trees for every order it receives. MWF also recycles waste-wood products and uses water-based, instead of solvent-based, stains.

MILESTONE Known for its 'kitchens of recycled content'

with worktops made from coffee cups and doors from 70 per cent recycled timber and a yogurt pot veneer, Milestone has just created its first 100 per cent recycled kitchen, which costs from £3,300 including worktops.

SECOND NATURE All cabinetry is sourced from FSC-accredited members and its suppliers have a replanting policy. Second Nature has stopped using solvent-based lacquers and stains and uses water-based products.

STONEHAM It only uses sustainable timber sources and works with Groundwork, the national environmental regeneration charity to help reduce waste going to landfill.

VALCUCINE As well as using recycled materials, aluminium and non-toxic finishes, this luxury Italian company supports BioForest Technologies, a research firm that specialises in forest surveys and protection.