

Inside

one

Some of us will remember cork flooring from 1970s homes being warm, soft and durable, and having a distinctive golden mottled finish. Cork is the bark of the cork oak tree grown in the Mediterranean region and is harvested once every nine years without damage to the tree. Cork is a renewable and recyclable material, inherently insulating, waterproof, and fire-, mould- and bacteria-resistant. For these reasons cork is being used for a number of new flooring and surface products and now comes in diverse styles and colours including timber and tile-look finishes.

comcork.com.au
ecologiconline.com.au

two

Integrated water purifiers save on bench space and ensure a supply of clean water for drinking and cooking. Carbon filters on purifiers must be changed as per the manufacturers' instructions to keep working well. Water purifiers remove traces of heavy metals and chlorines found in our water supplies. The water from ours tastes sweet and delicious, so much so, that when we drink town water it can taste notably metallic and chlorinated.

three

Natural beeswax makes a gorgeous penetrating timber polish for oiled and waxed timber surfaces. A woman who worked for a green cleaning company once said to me that when using natural cleaning products it feels like you are giving the furniture a massage. I used to give my preschoolers a rag and a tin of homemade beeswax and lavender oil polish and let them rub it into the furniture. It provided hours of safe activity that made the house and kids smell and look great.

queenb.com.au
thehoneyfarm.com.au

four

Dust mites live in our bedding and soft furnishings and can contribute to a range of health problems such as allergies, asthma and eczema. The good news is they can be killed by washing blankets, bedding and soft toys regularly in water heated to over 55° Celsius. For cold washes add some tea tree or eucalyptus oil. Airing and drying bedding in the sun also helps to keep the dust mite population down, as does turning mattresses and airing rugs.

five

I am always looking for ways to put every inch of existing built to good use. Pull-down attic ladders create extra storage in your ceiling space. Choose an area that has the most walls underneath for structural support and line the floor area without compressing the ceiling insulation. An extraction fan and good light will help make the ceiling space safer and cooler. Insulating the attic door is important so you don't compromise your homes' heating and cooling. We use the space to store seasonally used items like winter bedding and camping equipment but it is also great for drying herbs and fermenting yoghurt!

six

With an ageing population there is an increasing demand for homes with universal access; a lack of amenity is one of the main reasons the elderly have to leave their family homes. Try to imagine how you would live in your home if you were in a wheelchair. When building or renovating try to include a level entrance with a bathroom, kitchen and living as well as easily accessed halls, rooms and doorways to ensure the home will suit a wider range of occupants, ages and abilities.

anuhd.org

seven

Chrome is difficult to avoid when it comes to bath spouts and tapware. Chromium is a known carcinogen and the plating process releases toxic compounds into the environment. Self-proclaimed "linker" Oliver MacLatchey has designed an innovative alternative with his reclaimed blackbutt timber bathspouts. The spouts are handmade in Melbourne and are a beautiful alternative for lovers of wood.

woodmelbourne.com

