

Life and Luxury for the Florida Woman

# Vive

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**WAYS TO A BETTER YOU:**  
SMALL CHANGES,  
BIG RESULTS

*go*  
**ORGANIC**  
BEAUTY, DINING,  
FASHION AND MORE!

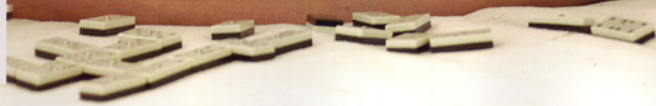
**Living Well**

**STRESS  
101:  
WAYS  
TO COPE**

**THE  
MILLION  
DOLLAR  
RACE:**  
ONE WOMAN'S  
QUEST FOR  
HER CHARITY

\$4.95  
Display until January 31

January 2009



# Serene "GREEN"

## 5 Ways to Make Your Home Environment a Better Place to Live

By Dara D'Onofrio

January is a time for change, for new beginnings—and new surroundings. Floridians in tune with the environment realize that we need to make the necessary changes to make our homes eco-friendly. Perhaps, large-scale changes like new energy efficient windows aren't in the works for you now, but this doesn't mean you can't get started making easy changes to your surroundings for your own "green sanctuary."



### Truly "Bright"

Bear Creek Glass introduces us to low-impact lighting with the gorgeous Lotus Chandelier. This eye-catching fixture is composed of 100 percent recycled hand-blown glass with hand-hammered copper, and is powered by energy-saving LED lights. The fixture is available in white or multi-colored LED versions, which can produce an endless rainbow of colors. Visit [Wool Supply of West Palm Beach](http://WoolSupply.com) or [Log onto \[BearCreekGlass.com\]\(http://BearCreekGlass.com\) for more locations. \*White Light, \\$7,850; Multi Color Light, \\$9,850.\*](http://Allied Kitchen & Bath of Ft. Lauderdale</a> to purchase.</p>
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### It's Easy Being Green

Galam's eco-home store provides functional, environmentally conscious possibilities for every room in your house. Made entirely from spent soda bottles, the multicolored polypropylene strands of this indoor/outdoor rug stand up to foot traffic, while its intricate design and eggshell blue color exude the beauty of an oriental rug. The Oriental Pattern Reversible All-Weather Floor Mat is easy to clean and guarantees to make your home inviting. Available at [Galam.com](http://Galam.com). *\$84.*



### Paint the Town Green

Yolo Colorhouse® is a growing independent paint company founded by two artists on a quest to create a cleaner, nontoxic paint. They were the first company to release a zero-VOC, Green Seal certified exterior paint. Now, Yolo Colorhouse® has upped their eco-quotient, through the use of 100 percent post-consumer recycled plastic paint cans and bio-diesel fueled trucks. Order online at [Yolocolorhouse.com](http://Yolocolorhouse.com). *\$39.99.*



### Moral Fibers

Mod Green Pod offers beautiful, eco-chic wallpapers silk-screened by hand, by artisans in New England. (Mod Green Pod follows all Global Organic Textile Standards, adding no chemicals during processing. In addition, their products are made of non-toxic inks, never including vinyl, a toxic ingredient found in many popular wallpaper brands.) Mod Green Pod also provides customers with the perfect fabrics for upholstery. Try the vinyl-free "Butterfly Jubilee" in Licorice/Earl Grey. Visit [Modgreenpod.com](http://Modgreenpod.com). *Wallpapers retail for \$70 per roll.*

### Beauty of Bamboo

Consumers choose to build shutters and fences from wood, not realizing that it takes some trees 30 to 50 years to regenerate. Some species of bamboo, however, can grow up to four feet in 24 hours! Cali Bamboo's gorgeous blinds/shutters are a simple way to add a touch of bamboo to your décor. Plus, they can be rolled up and are simple to install. One percent of all revenues benefit environmental organizations. Visit [CaliBamboo.com](http://CaliBamboo.com) or call 1.888.788.CALI.