

FUTURE PERFECT

Breathe easy and live sustainably with a roundup of green ideas for the home

精選環保意念讓你呼吸新鮮空氣，
打造可持續生活方式

PRODUCED BY **KATE FARR & RACHEL READ**

Courtesy of Bloomingville

We're all used to giving our wardrobes a bit of a spring clean – but how about our whole homes? This month, we're taking clean living to the next level by getting expert eco tips on upping our household's green credentials and leading a life that's less wasteful. We'll also look at some of the latest technology to allow us breathe easier at home, Hong Kong stores full of stylish sustainable finds, and groundbreaking new materials and products that will help clean up our acts. So forget the itchy hemp sacks and holier-than-thou preaching – our Special Report this March proves that going green is accessible and attainable, with some awesome aesthetics to match.

春天為衣櫃大掃除是例行公事——那整體家居又如何？本月我們將潔淨生活帶到另一層次，請來環保專家分享怎樣打造減廢綠色生活。另外也會看看最新清新空氣科技——香港店子供應多種可持續時尚產品和創新破革物料，營造理想生活環境。把那些不設實際、自以為與別不同的建議拋諸腦後吧，三月特別報告一再印證清潔生活能輕易達到，而且更不失美感。

× WHO?



HENNING VOSS

FOUNDER
VIVID LIVING

Henning founded Vivid Living to share his passion for healthy and sustainable living. With a newly opened, award-winning show flat in Sheung Wan showcasing the company's pioneering eco-designs, Vivid is leading the way in greener home and office design.

品牌Vivid Living創辦人Henning分享對健康和可持續生活的熱愛。新開設的得獎上環店陳列出公司各款領先環保設計，Vivid確實在綠色家居和辦公室設方面走在前線。

vividliving.com.hk

BUILT ENVIRONMENT

It all starts with your surroundings – here are a few ideas on how to create a sustainable space
一切從四圍環境開始，以下意念為你奠下可持續空間

01



EFFICIENT LIVING

01 Reclaimed wood, such as the ceiling beams, and eco-conscious materials are incorporated into this contemporary flat

02 Opt for water-efficient taps and showerheads to reduce water wastage and save on costs

03 Ceiling fans are a great source of ventilation - it's cooling during the summer, and helps with heat circulation in the winter

02



03



There are many clinical studies proving the health benefits of biophilic design. Obviously not all of us have the luxury of living in homes with green views or sea views, so you can bring nature into the living space with natural building materials instead. 多個醫學研究證實親生物元素設計能有助改善健康。當然不是所有人也能幸運在家擁有綠色美景或海景，但你可透過天然建材將大自然引入家中。

Your home can facilitate a healthier lifestyle, with reflexology paths in bathrooms, kitchens designed for healthy food preparation and workout stations integrated into your interior design, making exercise regular and excuse-free. 你的家能建起更健康的生活方式，如浴室的反射療法小徑、為炮製健康食品的廚房，以及將健身運動融入室內設計中的元素，讓你不再滿口藉口、定時運動。

We all need to de-stress. Blackout shades, soundproofing, lighting systems that facilitate melatonin management and organic bedding can eradicate obstacles to well-being and facilitate good sleep. 我們無不需要解放壓力。遮光簾、隔音和燈光系統能作褪黑激素管理，再加上有機床具用品，讓你能每晚安眠。

Indoor air pollution levels are often two to five times higher than outdoors in Hong Kong. If I could make just one recommendation, it would be to install a professional air purification system that, along with specific plants, will improve air quality. 香港的室內空氣污染水平常比戶外高兩至五倍。我忠告各位安裝專業空氣清新系統，再配合數種特別植物改善空氣質素。

There are also financial advantages to building sustainable homes, as these tend to have a higher resale value and rent easily due to high demand. They are also cheaper to run, conserving energy and saving money. 建立可持續家居其實也能帶來經濟利益——轉售價格更高，而且更容易出租。如此空間營運用價更便宜，而且可節約能源和省錢。

Unfortunately most developers, interior designers and contractors are still not driving sustainability in Hong Kong, despite the fact that green buildings and apartments save energy and water, reduce waste and provide a healthier living environment. 可是大部分香港發展商、室內設計師和承辦商也未有大力推動可持續發展，但其實綠色建築、單位能有效節省能源、水和減廢，打造更健康的生活環境。



IMPACT INVESTMENT

Claire Sancelot of the eco blog Zero Waste Hong Kong, shares small steps that everyone can do to have a green, healthy urban lifestyle | 環保網誌Zero Waste Hong Kong的Claire Sancelot與我們分享在城市奉行可持續生活的要訣

We converted to zero-waste living about four years ago when we had our first child. After a couple of weeks with a newborn, you quickly notice the increase in household waste. We came to the conclusion that this isn't responsible or sustainable. 約四年前誕下首名孩子後我們便轉投零廢生活。寶寶出生後數周便已察覺到家用垃圾增加了多少。我們都覺得這是不負責任的行為。

A zero-waste lifestyle is whatever you want it to be; for us, it's being minimalist with a green approach. Even so, we still generate about half a bucket of waste per week. 零廢生活在乎你想怎樣，對我們來說，就是簡約環保。即使如此，每周依然產生半桶廢物。

Our lives are richer in so many ways since we started this journey. We are healthier, less consumerist, and more focused on experiences than possessions. We've even found that our apartment is easier to clean now that we have fewer items in it. This is an extremely liberating way to live. 自開展這旅程以來我們的生活在各方面都豐富不少——更健康、不再像從此般奉行消費主義，著重體驗多於擁有的實物。現在要清潔家居也變得更容易，因為用品少嘛。這可是種解脫的生活方式。

We have a weekly delivery of groceries from a local organic farmer, and all of the children's toys and clothes are second-hand. 每星期都會從本地有機農戶送來雜貨，所有孩子玩具和衣物都是二手。

Take baby steps to change your approach. Always carry a reusable water bottle, a cup for your coffee fix and a shopping bag. Downsize your wardrobe to just a few good-quality, well-fitting clothes. 每次行一小步改變你的方向。常攜可重用水樽、咖啡杯和環保購物袋。衣櫃只放數件優質合身的衣物。

Hong Kong is the perfect place to pursue a zero-waste lifestyle. We have less living space than many cities, and so consciously reducing our consumption can only help us to increase our well-being. 香港是個追求零廢生活方式的好地點。我們的生活空間比其他城市少，只要減低消費便能改善我們的健康。



× CLAIRE'S HOME CLEANING TIPS USING SIMPLE BUT SUPERCHARGED NATURAL PRODUCTS

We clean the vast majority of items in our home with either white vinegar or baking soda. 家中大多數物件也用白醋或梳打粉清潔。

White vinegar can be used for just about everything in both the kitchen and bathroom, and is the perfect cleansing agent for streak-free windows and other household glass.

白醋適用於廚房和浴室所有用品，亦是抹淨窗簾和其他家用玻璃的好幫手。

A combination of baking soda and white vinegar works like magic for lifting grease, deodorising and removing laundry stains.

混合梳打粉和白醋，便能輕易清去油脂、異味和衣物污漬。

I recommend using a spray bottle to mix your baking soda and vinegar solution, then just spray on and wipe clean.

我建議你用噴壺混合梳打粉和白醋，再噴在需要清潔的表面上，然後再抹淨。

This solution is extremely cheap, clutter-free and non-toxic.

如此方案既便宜、整潔而又安全無毒。

zerowastehongkong.com



CLEAN CONSCIENCE

We've unearthed a range of eco-friendly, innovative materials from designers across the world, plus pieces so striking they'll change your notion of green design | 環球設計師利用創新物料打造作品，一改你對綠色設計的既有想法



01 Marrying slick Swedish aesthetics with functionality, Baux tiles are made from an environmentally friendly and recyclable combination of wood fibre, cement and water - resulting in a heat-insulating, sound-absorbing, moisture-resistant, humidity-regulating material. Available in a range of sizes, shapes and colours. baux.se.

02 Icelandic tannery Atlantic Leather utilises raw fish skin, an unwanted by-product of the fisheries industry, to create stunning fish leathers in a rainbow of colours and finishes - and no, it doesn't smell. Its applications in fashion, accessories, upholstery and interiors are just as boundless as conventional leather, except with extra-green credentials. atlanticleather.is.

03 Design by Them's nifty Butter chair and stool range comprises 100 per cent recycled materials - milk cartons, to be exact. Its tactile but sleek design can be folded flat to reduce its environmental impact during distribution. design-bythem.com.



04 This Philco Dehumidifier uses carbon filters to blitz bacteria, reducing musty smells while keeping your living space at optimum humidity levels that support good health. Available from Gilman Galleries.

05 Clean air is fundamental to clean living. Airocide air purifiers are smart and stylish, utilising filter-less technology to trap and destroy airborne pathogens. Available from J Select Quality+ Life.



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06 Hong Kong design collective KaCaMa Design Lab specialises in turning rubbish to treasure - and these Living Pixels lights, made from recycled advertising banners, are no exception. Cut and sewn by hand to create unique 3D shapes, they've even made it into Lane Crawford's fashion displays. Available via Ecols or kacama.hk.

07 Hong Kong brand Ooobjects uses a combination of recycled materials and low energy-processed biodegradable compounds to create simple but stylish homewares. Their Athena lamp uses coal-ash waste from power stations, the Conjoin tea set uses ceramics destined for the landfill and the Revive tumblers use recycled glass. Available at ooobject.com or WWF Panda Shops.

08 Solidwool ingeniously combines traditional sustainable natural materials with modern manufacturing methods (environmentally-conscious bio-resins) to produce this elegant Hembury chair,

modelled after the famous Eames design. solidwool.com.

09 The space-saving upright Hoover Hard Floor Pro packs plenty of bacteria-eliminating power and boasts dual-tank technology. Using steam and detergent to break down grease and grime, it renders tile, laminate and wood floors to a sparkling clean. Available from selected Fortress stores and Gilman Galleries.

10 British brand Dyson is globally renowned for high-quality and design-led products. The DC61 high-suction mattress cleaner helps to reduce asthma, eczema and other common allergies through cyclone technology.

11 Keep your bathroom comfortable with the easy-to-clean Kusatsu Bathroom Air Controller, whose powerful double motors work silently to heat, dry, cool and ventilate. Find it via the brand's sole agent in Hong Kong, Frankfurt Industrial Limited.

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JUST BREATHE

While crisp, country air is but a dream in a cosmopolitan city like Hong Kong, these air purifiers will cleanse and improve the air within | 清新的郊外空氣對國際城市如香港來說不再只是夢想，本頁精選空氣清新機讓這成真

Fresh, clean air starts at home. Using a professional air purifier in the bedroom is especially important, as it's been linked to improving sleep quality, among other health benefits such as decreasing snoring and significantly reducing dust mites and mould from spreading in your boudoir. Not only do air purifying devices get rid of allergy-inducing mites, pollutants and bacteria from the air in your home, many devices have add-on functions, such as doubling as a dehumidifier during the hot and humid months.

清新空氣從家開始。在家選購優質空氣清新機絕對是明智之舉。睡房擁有純淨空氣特別重要，這能促進更佳睡眠，並能有效減少打鼻鼾及除去房中的塵蟎和霉。空氣清新機能去除空氣中的致敏塵蟎、污染物和細菌，很多裝置更配合額外功能，如在炎熱潮濕的日子兼作抽濕機，一舉多得。

01 Alen Breathesmart is suitable for spaces up to 1,100 sqft. The powerful device removes up to 99.9 per cent of particles, and comes with a SmartSensor that changes colour to identify the air quality of your space. Find it at Renaud Air.

02 Maximise efficiency while freshening your home with the Cuckoo 2-in-1 air purifier and dehumidifier, which removes mould and fungus spores while simultaneously eliminating toxins from the air. Distributed by Shun Hing Electric Works & Engineering.

03 The Panasonic Humidifying nanoe™ air purifier suppresses viruses and bacteria up to 99.99 per cent, while its humidifying functions helps to resolve asthma and allergy symptoms. Distributed by Shun Hing Electronic Trading.

04 Korea is at the forefront of technology, and the Winia Maximum Airwasher is no exception, using water (rather than filters) to literally wash away airborne contaminants. Distributed in Hong Kong via Thakral Electronics and stocked at YATA department stores.

05 Neomax's Grade 1 Energy Label-certified Dehumiditor comes in two models: ND-8238 retains 20L, while ND-8288 is able to hold up to 25L. The easy-to-use device can be operated via its LCD Screen, which displays humidity and temperature levels, as well as operate the Plasma Ion air purification function. Neomax's sole agent in Hong Kong is Kelvin Electric Trading Co Ltd.

01



ECO-CHIC BOUTIQUES

If you're looking to shop up a storm while keeping your green credentials intact, we've uncovered eco-friendly stores in Hong Kong for furniture, fashion and beyond | 如你正為打造綠色生活物色用品，以下香港精選環保傢具和時裝等店子必定合你心意

02



01 Credited as Hong Kong's first "eco-chic furniture boutique," Tree's signature collection is made from decades-old reclaimed or recycled teak wood, hand-crafted and reimagined for modern living, and all certified by the Forest Stewardship Council. Go explore their 25,000 sqft Horizon Plaza flagship store for further proof that sustainable can equal stunning. tree.com.hk

02 Forget frumpy formless dresses - e-boutique A Boy Named Sue is all about carefully curated eco-fashion that proves ethics and aesthetics don't have to be mutually exclusive. Sourcing contemporary-cool international and local lifestyle labels that boast eco-friendly practices and utilise sustainable materials, the retailer offers free next-day delivery in Hong Kong. Otherwise, book an appointment at their Mid-levels showroom to check out the goods in person. aboynamedsue.co

03



03 Bamboo is the fastest growing plant on earth - and with an abundance in Asia, sustainable materials don't come more local than this. Proving that bamboo isn't just panda fodder, Bamboa designs and produces a range of stylish bamboo products, including tableware, bed linen and even a bamboo-framed bicycle. bamboahome.com