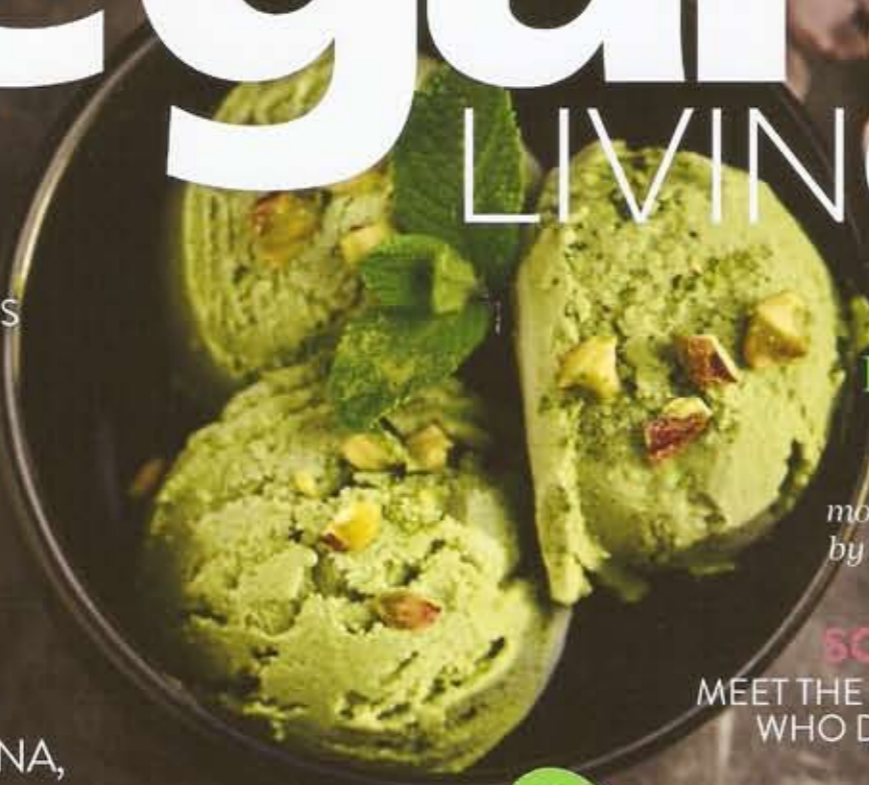


Vegan LIVING

WIN!
A BREAK IN LONDON'S PRETTIEST PLACE

ISSUE SEVEN | JUNE 2017



**REPORT:
ON THE MOVE**
WHY TRAVEL COMPANIES ARE UPPING THEIR VEGAN GAME

CHASING THE SUN
SUMMER FLAVOURS FROM GREECE, GHANA, MEXICO, MAJORCA...

'I climbed Everest on a vegan diet'
The marvellous mountaineer fuelled by plant-based food

SO NATURAL
MEET THE BEAUTY GURU WHO DID IT HERSELF

Japan easy

Make sushi, soba and katsu at home

HOLIDAY FASHION GREEN HOME EATING OUT

Everybody freeze!
Flower popsicles
Ice cream cocktails
Dairy-free delights
tried and tested



FRESHEN UP

COOL DOWN

IT'S A WRAP



A bit of sun is a much needed mood boost, but too much will damage skin. Whether you're going on holiday or walking to the office, now's the time to consider vegan-friendly skin protection.

Incognito Second Skin Sunscreen SPF25
Not only is this an effective sunscreen, with UVA and UVB protection, but it's also a moisturiser and insect repellent (the active ingredient is Public Health England-recommended PMD) with packaging made from environmentally-friendly sugar cane plastic.
○ £25, lessmosquito.com

ORGANII High protection Sun Milk, SPF50
Suitable for babies, children and adults, this creamy lotion uses no synthetic perfumes, colourants or mineral oils. Harmful rays are scattered away from the skin using the mineral titanium dioxide. Also contains argan oil and Jojoba oil for pleasant moisturising.
○ £19.90, organii.co.uk

Bare Republic High Protection Mineral Sunscreen for the Face, SPF30
Apply 15 minutes before exposure to the sun and reapply after 40 minutes.

The mineral-based formula is smooth and creamy and contains Kukui nut oil, which has been used for years throughout Hawaii, protecting against sun, salt and wind. It smells like a summer holiday.
○ £17, feelgoodmatters.com

Jason Mineral Sports Sunscreen, SPF45
Have an active summer ahead? This one is both sweat and water resistant. Whether you're hiking, playing tennis or swimming, this is ideal for hours of outdoor activities. Contains antioxidant acai extract.
○ £12.99, jasonnaturalskincare.co.uk



Green People Edelweiss Sun Lotion SPF15 with Tan Accelerator
This was a winner at last year's Natural Health Beauty Awards. It increases collagen and contains antioxidants to help prevent UV damage, while a natural accelerator helps you tan 25 per cent faster than usual. Ideal for those who want to be out in the sun without damaging sensitive skin.
○ £21, greenpeople.co.uk



Read the label
SHELLAC
You'll be thinking long-lasting gel nails... but the shine comes from an insect before it reaches your manicure. Shellac is a natural secretion from the tiny lac bug. As she lays her eggs, she drinks tree sap and produces a resin which hardens and protects them. This resin is used to produce that incredible hard gel coating for the mani-pedi. The world's largest producer is India but shellac is popular in UK salons, so verify before you varnish.

CLEAN CONSCIENCE

Original Source Mint and Tea Tree Body Scrub

Kick start your day with a blast of freshness. If you're struggling to wake up, then you could do far worse than an early morning rub down with this scented scrub. Leaves skin feeling soft, and just as importantly, you'll tingle from top to toe.
£1.80, tesco.com

