

ECO LUXE

Going green needn't mean giving up life's little luxuries

THE SPA

At Senspa (www.senspa.co.uk), in the heart of the biodiverse New Forest, you can indulge in some pampering without feeling like a carbon criminal. Car-free guests get picked up from the station and are given free cycle hire. All energy used in Senspa is from renewable wind power, and ingredients for the treatments are organic and biodynamic, from New Zealand, or from a sustainable European source. Your chance to shrink your carbon footprint while you have a pedicure.

THE RESTAURANT

London's Acorn House (www.acornhouserestaurant.com) proves that ethical eating has moved on from mung beans. The brainchild of young (easy on the eye) chef Arthur Potts Dawson, it's a groovy eaterie

with impeccable eco credentials. All produce is seasonal and from as local a source as possible. Potts Dawson is obsessed with banishing unnecessary packaging that clogs up landfill, so Acorn House has its own wormery composter and even an allotment roof garden (and in King's Cross, that's an achievement).

THE HOTEL

Strattons in Swaffham, Norfolk (www.strattons-hotel.co.uk) is the antithesis of a stuffy country hotel: it's eclectic, funky and green. At Strattons you eat organic and local, use ethical toiletries from refillable dispensers and bask in the glow of energy-efficient bulbs. It's so luxurious, you'd never guess the kitchens have decreased the amount of waste they throw out every year from ten tonnes to five. Or that a 'hippo' (a device that saves 20 per cent of water every flush) is hidden in every loo.



It is easy being green at (from top) Strattons Hotel, Norfolk; New Forest's Senspa and London's Acorn House restaurant

