

Hints For The Home



A Green Makeover For Your Bathroom

(NAPSA)—When you're looking to "go green" in your home, the bathroom is a great place to start. So how do you stay clean, promote good health and go green in your bathroom?

According to the U.S. Environmental Protection Agency, showering is one of the top uses of residential water, representing approximately 17 percent of residential water use, totaling 1.2 trillion gallons per year.

An easy water-saving solution is to replace your fixtures with low-flow showerheads such as the Waterpik® EcoFlow® 1.5, which can save up to one gallon of water a minute and an estimated \$90 this year in household utility expenses.

In addition to thinking green in the shower, there are other easy ways to go green in the bathroom. Whether in search of organic towels, recycled soaps or just quick fixes to renovate your eco-friendly bathroom, consider taking some of these small steps:

- Switch all the lightbulbs in your bathroom from standard filament bulbs to compact fluorescent lightbulbs (CFLs) to reduce your energy use.

- Consider replacing your current toilet with a dual-flush toilet that uses one or two flushes depending on the waste to save thousands of gallons of water a year.

- Clean your bathroom with green, nontoxic cleaners made from common household ingredients such as lemon juice or green cleaners sold at the store.

- Save up to eight gallons of water a day by simply turning off



To help keep your money and the ecology from going down the drain, install a low-flow showerhead.

the tap while you brush your teeth.

- Choose recycled materials such as reclaimed glass tiles for bathroom walls, flooring and countertops if you're redesigning your bathroom.

- Heat your water efficiently by installing a tankless or solar heater to help save both energy and money.

- Use nontoxic shampoos and soaps that don't use artificial fragrances or mineral oil and use either minimal or biodegradable packaging.

- Go green with towels and linens made from materials such as organic cotton and bamboo that are fast-growing, sustainable alternatives to conventional cotton.

- Avoid a shower curtain made with polyvinyl chloride (PVC) plastic. Instead, look for PVC-free plastic or hemp.

- Maintain your new green ways with regular maintenance, like fixing leaky faucets.

For more information, visit www.waterpikedeflow.com.