

# LISA *Loves...*

## STUFF YOU WANT TO KNOW

From travels, treasures and inspirations to body, mind and spirit, *Ecozine's* Founder Lisa Christensen shares a few of her favourite things



### BE SEEN

Berlin-based Mykita has come a long way since its humble beginnings 10 years ago. A glasses brand founded by four friends using a small collection of metal frames, their lightweight, rockstar-stylish glasses have graced not only my face for many years but also the faces of loads of celebrities and supermodels, including Angelina Jolie. Uniquely, each pair of glasses is still designed and produced entirely in-house in their original location – a quiet residential area of Berlin's Mitte district.



### FARM TO CUP

I am obsessed with Africa Coffee and Tea's (AC+T) delicious premium, single origin coffees and teas. Working with small independent farmers in Cameroon, DR Congo, Ethiopia, Kenya and Rwanda and Uganda, AC+T is hugely committed to the social welfare of their local partners, funding farming cooperatives and providing tools, education and training for women to become experts in their businesses, which in turn empowers them to support their families and communities.



*Hiking my way into summer!*

### SUMMERTIME

I love summer, with its long daylight hours and lazy weekends spent by the pool or at the beach. And I'm delighted to be celebrating *Ecozine's* second anniversary this summer... cheers to you, our readers!

### LOVE YOUR HAIR

With its stunning vintage accouterments, reclaimed-wood magazine racks, and eco-wood flooring, Love Hair is truly an eco-chic heaven. Founded by top stylist and entrepreneur, Toni Sutton-Marcus, they use only natural, eco-friendly products – like this Atonic thickening spritz that my hair is *\*loving\** for that beachy texture!



### TOSS IT

Daily disposable items are the biggest problem plaguing our oceans, with things like plastic containers, bags and straws polluting the environment for hundreds of years after they've been used only once, briefly. Designed to combat this problem, the award-winning company Vegware makes compostable packaging that can be composted along with our food waste. That's right – you can literally toss it in your compost and it'll disappear and feed your garden, safely.



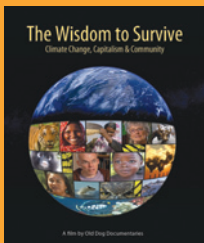
## SWEET RETREAT

Nestled on a beautiful pristine part of the northern coast of Cebu island in the Philippines, the stunningly-designed and spacious Kandaya Resort offers a range of activities and pursuits to propel you into physical, mental, and emotional health. Of course you can relax by the pool and be pampered by the lovely staff or luxuriate at the spa, but there's also a yoga studio, state of the art gym and range of outdoor adventures, from snorkelling to horseback riding, which are sure to work up your appetite for their signature restaurant's wholesome, organic and nutritious offerings.

## FILM AND BOOK FAVES

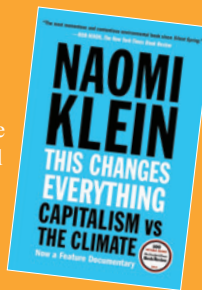
### WISE WORDS

Stop whatever you're currently reading, and pick up bestselling author Naomi Klein's latest volume – *This Changes Everything: Capitalism vs. The Climate*. Exposing capitalism as the main driver behind our warming climate, this novel challenges what you thought you knew about climate change, and posits that the world can, and should, exist without the use of fossil fuels. A truly surprising and inspiring book, I highly recommend it for your summer reading.



### UNMASKING THE MYTHS

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## SHINE ON

Summer is for outdoor adventures: swimming, hiking, biking, you name it. But, especially with fair skin like mine, it's important to stay protected from the sun. Clarins has a great spray on sunscreen that works really well. It's not sticky or oily as some other sunscreens, and quickly absorbs into my skin. It's easy to put on and a perfect size to carry around anywhere.

[clarins.com.hk](http://clarins.com.hk)



## STRETCH AND SWEAT

Sheung Wan has many great yoga spaces, but newly-opened Odinson takes things to a whole new level by incorporating both the Ohm of yoga and the OMG (!) of elite fitness training, all in one beautifully-appointed space. Stretching over two whole floors, this boutique lifestyle studio offers a full range of specialised fitness equipment and a dedicated yoga floor with soothing rooms and an array of private and class-style yoga options. A bonus is the Mr. Green Juice counter in the gym, for a cold-pressed organic juice fix or healthy lunch on the go!



### JAVA JACKET

Many of us can't comprehend a day living without a trusty cup of coffee, however, few of us would consider going so far as to actually wear our coffee... until now, that is. Timberland has released a range of clothing made using a specially-developed fabric called S.Café. The result? A windproof, water resistant jacket that contains 98.5% recycled plastic bottles and 1.5% recycled coffee grounds, with fast-drying, UV protection and odour-reducing properties. Shame it doesn't smell like coffee though!