



Baby body suit (HK\$268 for three), Hug Me Bear (HK\$198) and Sleepy Safari activity bricks (HK\$468), all from Natures Purest, Harbour City.



and you will also try to push your child to be potty trained earlier.”

You can find biodegradable disposable diapers online at Kinoa-shop.com or else find them in ThreeSixty and Little Giant, and the washable ones are available in plenty of children’s stores, such as Bumps to Babes, and even health shops.

Diapers are not the only offender. Most people use plastic bottles to feed their babies. These are generally thrown in the bin after use and go straight into a landfill. Glass bottles are a more environmentally friendly option. You can also pass on the glass bottles to friends when your child has finished using them.

Instead of using washing detergent and softeners, Ms Touzard uses laundry balls with ceramic pellets inside, which can be reused a thousand times. Instead of softener, she uses a few drops of lavender, with baking soda substituted as a stain remover. For other niche products, she used a brand called Planet Earth.

“Try to avoid chlorine-based detergent for your infant’s bathtub as it is harsh on skin and can trigger asthma,” she says.

As for feeding her brood, she receives deliveries from local organic farms to her door and does top-up shopping at

organic stores and local supermarkets that now increasingly sell organic food. “With four children, you need to budget, so I tend to buy in bulk and buy in season. My children are used to eating what is available.”

Specialist organic shops for babies are sprouting up around Hong Kong. Natures Purest in Harbour City is one. It specialises in naturally coloured cottons that are ethically manufactured and grown using only natural fertilisers and pest control, which means the product is chemical free and of high quality.

Cotton manufactured by conventional means is treated with a cocktail of chemicals, many of which have been classified as moderately to extremely hazardous by the World Health Organisation.

“People come into our shop because of the nice decoration and then they wonder why the colour of the clothes is so different from traditional baby stuff,” says owner Richard Lok.

Ms Touzard says her company, Ecosol, is a platform for her continuing environmental projects. “I want to feed people with the right research so they can make up their minds and decide what measures they should take. Information is just not flowing the way it should be at present.”

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