

2 Earth-friendly grooming

Maintaining a regular grooming routine keeps your dog's skin and coat healthy and also means that there will be less shedding around the house - and less shedding means less vacuuming, which means less energy consumption! You may also like to consider grooming your dog outdoors, especially during the moulting season when large quantities of hair are shed. This means that the hair, which is 100 per cent biodegradable, can be naturally dispersed, instead of being collected in a plastic bag and added to the rubbish heap. If you must collect the hair, then consider using a biodegradable bag.

When it comes to grooming products, opting for natural formulas without artificial colours and chemicals is beneficial not only to the planet but also your dog. Most commercial pet shampoos are based on cheap, harsh detergents like sodium lauryl sulphate (SLS), which strips natural oils from

your dog's coat and often causes irritation, rashes and flaking in sensitive skin. It is also a serious pollutant, being toxic to aquatic life and possibly even toxic to humans if it contaminates drinking water. So look instead for eco-friendly, natural shampoos, such as the range at Lushpuppi (www.lushpuppi.co.uk), which is formulated with cleansers made from coconut and palm kernel oils. They are SLS- and petroleum-free and infused with organic essential oils, so they are effective but still gentle on the skin and kind to the environment.

