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# Clean Up

Goodbye to toxic gunk. Hello to feeling great.



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**1. Reusable ChicoBag (\$6) [www.chicobag.com](http://www.chicobag.com)**

Ditch those disposable plastic bags once and for all! This roomy nylon sack is always ready to go. It folds down to a fist-size, featherweight pouch that tucks neatly into purse or pocket, and a carabiner makes it easy to hook onto belts or bike bags.

**2. Sunflower Showerhead (\$78) [www.gaiam.com](http://www.gaiam.com)**

The chlorine that keeps contaminants out of the water supply can disrupt the healthy microbes and protective oils that reside on your skin. Reduce postshower itchiness (and the dangers posed by chlorine vapors) with this high-quality filtration showerhead.

**3. Sunlight Spa Sauna (from \$1,895) [www.sunlightsaunas.com](http://www.sunlightsaunas.com)**

Far-infrared heat from Solacarbon heaters assist your body in sweating out

heavy metals and other toxins. This handsome Signature corner model seats four; a neat solo portable model is also available.

**4. Sweetgrass Hemp Fleece Pants (\$48) [www.sweetgrassfibers.com](http://www.sweetgrassfibers.com)**

Made from a mix of hemp and organic cotton, these comfy, eco-friendly pants spare your skin from toxic exposures, too. Cozy fleece, a flattering cut and a non-binding, flat waistband make these the ideal warm-up or cool-down layer for active gals. Sweetgrass carries cool guy stuff, too.

**5. J-41 Aquarius Vegan Shoes (\$93) [www.zappos.com](http://www.zappos.com)**

These stylish vegan shoes are action ready and earth friendly. Made with partially recycled rubber soles and fitted with a memory-foam footbed for comfort and support, they make an easy transition from trail to town.

PHOTOS: JOHN MOWERS/UNLEASHED PHOTOGRAPHY