



Can a healthy sex life save the planet? Possibly! In the interests of starting the new year with a bang, Bianca Nogrady reports on how to make your love life more sustainable – and enjoyable!

Your grandparents did it. Your parents might still be doing it. If you're over a certain age, you could be lucky enough to be doing it too. Whether or not you're planning on bringing a new person into the world, at one time or another in their lives, just about every person on the planet gets to do it, so in the immortal words of Salt-N-Pepa: "Let's talk about sex, baby".

According to green sex and life coach Jacqueline Hellyer, good sex is good for the planet. "Most people are so stressed and unhappy that they really couldn't give a damn about the environment.

"If everyone in the world was having great sex, it would be a much happier place to be and we'd be more respectful of ourselves and the planet."

The most important thing in the quest for planet-saving sex, according to Hellyer, is to make space for it in your life, both temporally and physically. At the simplest level, this means having a boudoir that isn't strewn with last week's knickers or work detritus, and making time for sex rather than going for a perfunctory fumble between getting into bed and falling into an exhausted slumber.

But as with so many things, you get out of sex what you put into it. Don't just tidy the bedroom – turn it into a sensual, soft space that you just can't wait to snuggle into.

Bamboo sheets are made from a fast-growing plant and are more sustainable than many alternatives, but even better, they are wonderfully silky and perfect for all climates.

Harsh lights do no favours for even the best bodies, so choose low-wattage, warm-coloured, energy-efficient bulbs to create a softer atmosphere. Candles are perfect, and Blue Mountains-based company Skou's candles are

G SPOT Half of the 26,000 respondents to a worldwide survey by Durex feel their sex lives are lacking excitement or variety.

made from palm wax sourced from WWF-founded organisations and scented with essential oils.

Making time for sex is also about making time for yourself and each other. Hellyer stresses the importance of the transition from work day to bed time as few people can suddenly make the switch from gofer to goddess/god of sex. A hot bath or shower together is the perfect way to wash away the day (and save water at the same time), especially if you pair it with a glass of organic wine and candles.

Once you're clean, pink and warm, the fun really starts. "The thing about feeling sexy is it really comes from within you," says Hellyer. "If you're doing things such as wearing clothes that make you feel sexy, that's going to help." Australian company Royal Routine sells organic, Fair Trade cotton underwear that recently scored a Best Organic Product gong at a Sydney organic trade show. Director Palidan Nova says that, while the current range goes for the athletic, casual look, he has grand plans for more high-end lacy numbers that will get anyone's pulse racing.

"If everyone in the world was having great sex we'd be more respectful of ourselves and the planet."

And, for an even greater dash of spice in the boudoir, you may want to check out some of the many sustainable adult toys available. You'll find everything from cheeky (shem!) Fair Trade rubberwood spanking paddles to solar-powered gizmos and gadgetry. But you may want to avoid any plastic hanky-panky aids. Plastics often contain chemicals called phthalates, which may have adverse effects on human health.

You also have eco-options when it comes to lubricants, which, unfortunately for the environment, are typically petrochemical based. Thankfully, those clever Kiwis have come up with yet another use for the kiwifruit, with company Syk making a plant-based lubricant out of it. Their lube contains kiwifruit vine extract, grapefruit seed extract and a couple of other plant-based ingredients, making it ideal for people with sensitive skin.

So whatever tickles your fancy, there are bound to be sustainable options out there that will help you negotiate the often complex, subtle pathways towards truly Earth-moving, Earth-saving sex.

Turn the page for the greenest contraception methods to prevent the pitter-patter of more eco-footprints.

Love well

Doing it greener