



Sandalwood News
Spring 2010

EARTH MONTH IS HERE, and almost gone! But there is still time to help.

All for one great cause For more than 10 years AVEDA has set aside a whole month to love, celebrate, and raise monies to protect the earth and its peoples. Aveda have raised over \$14 million since 1999! You're a big part of that success and have **helped us touch the lives of tens of thousands families worldwide.**

Over the last three years, we've raised money to:

- Award grants to more than 600 communities in 20 countries**
- Clean up toxic contamination in more than 70 rivers and watersheds around the world**
- Convert 2,500 acres into sustainable, organic farms**
- Train and empower 9,500 women to be activists for clean water in their communities**
- Support over 20 regional organizations to help protect local water sources.

How you can help:

Step 1 : Sponsor us by buying a **RAFFLE** ticket and/or join us in our local **Aveda Walk for Water!** For every \$10 you donated we'll enter you in our raffle! Come and walk with us and we'll enter you in the raffle again!

Step 2 : Buy a **candle** Buy the Earth Month Light the Way™ Candle and 100% of the proceeds go to the Global Greengrants Fund. They support clean water action world wide.

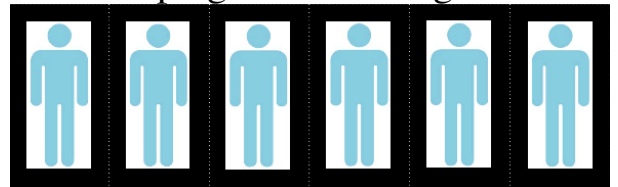
Step 3 : Go **online** and Donate from home or work.
<http://aveda.yourcause.com/Group.aspx?GroupID=2110>

Walk for Water Raffles Prizes:

1. 60 min. Thai Yoga **Massage!**
2. 90 min. Essential **Facial!**
3. **\$100** in Aveda Products!
4. **One Year** of Pedicures!
Eight Pure Focus Pedicures

Walk info:

Sunday April 25, 1 pm walk
Starting at the Farmers Market parking lot we'll walk to Fairhaven on the Bay trail and back. The walk is roughly 4 miles, which represents the distance many women and children have to walk in developing countries to get water.



By participating in Aveda Earth Month you are a powerful agent for change in the world. Thank you!

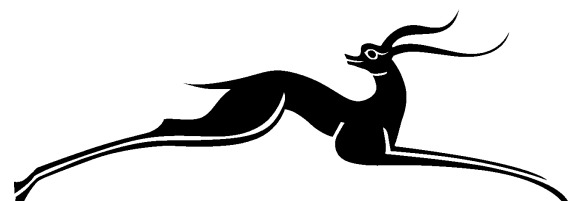
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We are also on Facebook!



A few EARTH DAY Resolutions for Going Green in 2010

Make a change in your life for the planet.

Here's a few suggestions:

General

1. Banish paper and plastic bags from your life. Always carry at least one reusable bag with you and it will soon be as routine as grabbing your keys when you head out.
2. Switch your monthly bills to e-billing. Even if you print them out at home, you'll eliminate the postage carbon footprint and reduce paper use (no envelopes and annoying "special offer" inserts).
3. Recycle anything and everything you can. Even if you have to drive items to a depot once a month, it's worth it to save raw materials.

Home

4. Start composting -- it's simple and you get free fertilizer.
5. Paint only with no-VOC formulas.
6. Switch to an electric kettle for boiling water. Electric kettles use less energy than their stove-top counterparts.
7. If you're replacing appliances in 2010, pay a little more for the most efficient Energy Star models -- they'll save you money in the long run.
8. Build a rain barrel to get free water for your garden and plants. (Tip: In the winter, collect snow, scoop it into a pail, and bring it inside so it can melt and be used for watering indoor plants.)

Transportation

9. Walk or bike more, particularly if your destination is less than 30 minutes on foot. It's good for your health and the environment.
10. Take public transit. Students often have a transit pass included in their fees, and some cities even have free public transit, so use it!
11. In the market for a new car? Choose a green hybrid or electric.

Food

12. Go vegetarian one day a week. The livestock industry is a huge greenhouse gas emitter.
13. Eat organic -- it's a lot better for our planet.
14. Refuse to buy foods that are unnecessarily packaged.
15. Grow your own fruits, veggies, and herbs.

Fashion & Beauty

16. Commit to buying green fashions -- think organic cotton, bamboo, hemp and other sustainable, natural fibers, as well as recycled fabrics.
17. Switch to all-natural cosmetics. A good rule: If the ingredients list looks like a lesson in chemistry, steer clear; if you're stumbling over Latin, you're looking at the names of plants.
18. Switch to a nail polish brand that is made without toluene, DBP, and formaldehyde. Zoya and Sparitual are a few examples.
19. Shop at secondhand and charity shops before hitting the mall or your favorite boutiques. You can usually find some great gems.
20. Donate to Aveda Earth Month at Sandalwood Salon and Spa! ☺