



trade mark interiors, inc.

## Be Green and Fabulous:

Reduce, Reuse, Recycle! With all the new advances in products it is much easier to be green at home. Not only is it a healthy way of living, but also a fulfilling one. Whether you are building a new home and want to be green from the foundation up, or have an existing home needing an update you should know that even the smallest of changes can make a large impact. By including some of the following tips you can be well on your way to being green:

- Reduce! When choosing paint use a Low or no-VOC, these contain significantly lower levels of toxic chemicals and can reduce indoor air pollution. Sherwin-Williams offers a wide selection of sustainable paints and finishes that can enhance any surface!
- Reuse! Do you already have a chair or sofa but tired of the upholstery and finish? Choose a green material and have it refinished and reupholstered in a style of your choice. Also, great accessories can be found at places such as Sarasota Architectural Salvage; these pieces help build character in any space as well as serving as an interesting conversation piece! Buying local is always a plus too!
- Recycle! Find products such as light fixtures, fabric, furniture, etc...that are made from recycled materials. Recycled materials can include glass, woods, and even metal! In our “Fabulous Finds” we show examples of products that feature all of these recycled materials.
- When choosing appliances find brands that offer energy efficiency and have the Energy Star seal. Some brands include GE, LG, and Maytag, just to name a few.
- Don't be wasteful! Try using low flow water devices such as showerheads and faucets. Every little drop saved can make a difference over time!
- Insulate! A well insulated home can save you on energy. A good insulation not only helps thermally, but it also reduces noise levels.

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- Bamboo and Cork are both rapidly renewable resources and look great as floors and wall coverings. Bamboo may also be used as a countertop in your kitchen! However, sustainable wood doesn't just stop with Bamboo and Cork; think recovered and reclaimed lumber. For example, check out the one of a kind headboard made from Recovered Sinker Cypress by C&E Recovered Lumber in Sarasota!

Introducing any one of these tips into your home can dramatically change the way you feel and think about being green. If anything finding and using green materials may be just the inspiration you need to get your creative juices flowing!

Tracee Murphy Bomberger, one of Southwest Florida's most prominent interior designers, provides services to luxury homeowners throughout the Sarasota area. To have Tracee help you with your design project - or hear about Trade Mark Interiors full range of services – contact her at 941-228-6574, or visit her website at [www.TradeMarkInteriorDesign.com](http://www.TradeMarkInteriorDesign.com)