

LIFE & STYLE WEEKEND



Streetwise skin

New British organic skincare range, Orico, is designed for coping with the demands of urban living – pollution, air-conditioning, heating and stress.

It's Streetwise collection, £50, includes a Gentle Antioxidant Face Wash, Oxygenating Day Cream and Hydrating Make-Up Remover for Face and Eyes and is available from Debenhams in Gloucester.



Vivienne Westwood with her limited edition knot wrap

You can't beat old-fashioned cleaning power

Recipes for chemical-free cleaning techniques have been given a new lease of life by a Cotswold entrepreneur, as **HELEN BLOW** found out



Vanessa Willes who has created the Mangle & Wringer products

ALTHOUGH the products from Mangle & Wringer are meant to be used to clean your home, each of them is good enough to eat.

And while you might balk at tasting laundry powder, kitchen cleanser or natural bleach, many of the ingredients are used in food we eat every day.

Of course Vanessa Willes, who sells the products, doesn't for a moment expect her customers to start tucking into them.

But if they did, all they would actually be eating would be a teaspoon of bicarbonate of soda, a splash of lemon juice and a sprinkle of vinegar.

With names like Spray and Go, Bathroom Balm and Good for Glass, the range covers all bases when it comes to giving your home a good clean and are packaged in easy-on-the-eye tins and bottles.

Vanessa set up Mangle & Wringer from her home near Moreton-in-Marsh and has a very old friend to thank for the recipes.

They all came from the notebook of former housekeeper Bette Smith, who worked in service 'below stairs' in London during the 1930s and '40s and who later helped Vanessa when she became ill.

Diagnosed with chronic fatigue syndrome while working as an interior designer, Vanessa met Bette as she was convalescing and learned all about her time in service.

"She went into service at 14 in Belgravia and worked for 15 years, starting out as a kitchen and laundry maid and ending up as a

lady's maid," said Vanessa, who has two children, India, 14, and Edward, 13.

"After meeting her husband she moved to Gloucestershire to get married and raise a family and set up a thriving laundry business."

Bette was 83 by the time Vanessa met her and she encouraged her to get involved with things which kept her busy and moving around, which she believed was the best remedy for her illness.

"She taught me how to make soap from plant oils and she was also a great believer in using natural products rather than chemicals, which she thought were partly responsible for the rise in modern ailments such as asthma and eczema and allergies," said Vanessa.

When Bette died, she left Vanessa her notebooks in which she had written all her recipes for the household cleaners she used during her time in service and later in business and as a housekeeper.

"I had a go at making the recipes and discovered they were amazing products that really worked," said Vanessa, who decided not to return to her job in design but set up Mangle & Wringer instead.

Named after Bette – whose nickname had been Mrs Mangle (long before Neighbours was around) – and her eldest daughter, who became known as Little Miss Wringer, the company was set up two months ago as an online business and people have been snapping up the products.

"The ingredients are all food grade, stuff

that you could put into your cooking," said Vanessa. "These are the things people used to use before chemicals were around and they work just as well and are much better for you."

Vanessa made the products from a workshop at her former home but has recently moved to a new house just down the road.

"I'm planning to convert an old barn we have here into my new workshop," she said. "Bette never doubted her natural cleaning recipes had power and, having experienced them first-hand, I know she was right and I wanted to show others how effectively they can clean their house without relying on chemicals."

Find Mangle & Wringer at www.mangleandwringer.co.uk or ring 07971 845415.

More fashion, health and beauty in **WEEKEND** on Saturdays, only in the Gloucestershire Echo and The Citizen

All knotted up

IF the amount of waste generated at Christmas leaves you feeling a little uneasy, here's one easy way to cut some of it out.

Fashion designer Vivienne Westwood has designed a limited edition scarf for LUSH which can be used as an alternative to wasteful gift wrap.

The Knot Wrap could help reduce the

227,000 miles of Christmas paper the UK throws away each year – enough to go round the world nine times.

After Christmas, it can be used again to wrap birthday presents or worn as a headscarf or neckerchief.

It is available at the LUSH shop in Cheltenham High Street in camel and light pink and costs £15, with all profits going to support Climate Revolution.



Celebrating anniversary

DEBENHAMS is celebrating its 200 year anniversary this year with an exclusive Limited Edition

Collection from its Designers at Debenhams.

The collection features glamorous dresses, beautiful coats and luxurious leather accessories.

Hero pieces include a floor-length gold

sequin dress from Star by Julien Macdonald, a luxury leather nude coat from Betty Jackson. Black and a collection of premium leather handbags and purses.

The 200 year collection is available in stores and online at Debenhams.com. Prices range from £12.50-£299.

