

# ELUXE MAGAZINE

## THE ETHICAL GIRL'S DICTIONARY FOR MODERN LIVING



By Emily Baldwin

What are you wearing right now? Are your shoes ethical or eco friendly? Did your last holiday involve eco-tourism, or was it an ethical vacation? Are you a vegan, or a veggan?

The truth is, all things 'green' are rapidly growing in popularity, and with that comes a vast expansion of vocabulary – a lexis that most of us are kind of vaguely familiar with, but probably couldn't give a good definition for if pushed. Yet never fear – Eluxe is here to help!

We've compiled all the most frequently used terms (and a few new ones), and asked journalists, designers and fashionistas to help us come up with the clearest definitions for each. The result? We're calling it the Ethical Girl's Dictionary for Modern Living. And whether you consider yourself an expert on all things sustainable or are still striving to become more ethically aware – this is the perfect read for you.

## 17. Transformational travel

This newish term refers to the kind of travelling experience that literally changes your life – it should change your perceptions, and maybe your body, too. Transformational travel experiences usually include meditation retreats, silent retreats, yoga getaways, bootcamps, or just spending time immersed in nature or spending time with indigenous people who share their wisdom and customs with you.

**Try:** There are lots of incredible experiences waiting for you with eco tourism companies like [Atlas Unbound](#), who don't tell you where you're going until you're almost there, or through hotels like [Inkaterra](#), where you can explore Machu Picchu with their experienced guides and see their bear and orchid sanctuaries.

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