

Authentic Island Living at ECO Lifestyle + Lodge

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/EINPresswire.com/ -- ECO Lifestyle + Lodge is an intimate boutique hotel located on the idyllic East Coast of Barbados. Guests can experience a fresh, modern take on authentic island living at ECO, comprised of just 10 rooms spread across the main house and cottage.



ECO Lifestyle + Lodge

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Ecological Care is a lifestyle reflected through sustainable practices that permeate every corner of this revitalized property. To conserve energy, ECO has invested in an electric vehicle, energy saving equipment and the use of solar water heaters. The use of air conditioning is minimized as all rooms face east taking advantage of ventilation provided by easterly winds.

ECO Lifestyle + Lodge is committed to reducing its environmental footprint and has focused on repurposing, reusing and recycling where possible. Furniture that features environmentally sourced woods is produced by Fair Trade, while up-cycled pallets were used to create lawn furnishings. The Recycling Center is well developed and the practice of waste separation is embedded within the company. ECO Lifestyle + Lodge follows a No plastic straws policy. In addition to bamboo straws harvested from the garden, re-usable stainless steel straws are available in the dining area. Furthermore, eco-friendly products including guest amenities and cleaning agents are preferred along with sustainable compostable take way food containers.

The ECO Restaurant & Pantry invites guests to 'Nourish Your Soul' by embracing locally sourced

foods featured in healthy and delicious dishes. Le Cordon Bleu-trained Executive Chef Alisha Dawn Stoute collaborated with renowned international chef Manuela Scalini to create inventive, clean and wholesome dishes that offer a new take on Barbadian cuisine. Though the cuisine is primarily plant based for vegans, local seafood is also on offer to support local fishermen.

As part of their CSR activities in the community, the Lodge works closely with the local Variety Club to promote the Pack for a Purpose campaign to assist school aged children with much needed items, and to support the Zandervonesia Fund.

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