

LIFE&TIMES LIVING



GREEN THINGS FOR COUPLES

**1. Do your laundry together.** Instead of doing one load for him and one for her, save energy by combining your clothes and doing a fullload instead. For further bonding, go over to the grocery store and, together, choose a fabric softener scent you can agree on.

**2. Clean together.** Why use store-bought cleaning chemicals when you can have some gung-ho bonding time making your own at home? You can make your own multipurpose cleaner with a 50:50 mixture of white vinegar and water. Other ingredients you'll need to make bathroom cleaners, stove wipers and stain removers include baking soda, lemon juice and hydrogen peroxide.



AFTER... The living room has a more cosy feel with the use of different lighting.



BEFORE: The living room feels stark and lacking in warmth.

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LIVE. LOVE. LEARN. LAUGH A LITTLE  
lifestyle@nstp.com.my

TECH. EDITOR  
AHMAD KUSHAIRI MOHD DARUS  
kushairi@nst.com.my  
TEL: 03-2056 9812  
www.facebook.com/technst  
@technst

HEALTH & STYLE, EDITOR  
SYIDA LIZTA AMIRUL IHSAN  
slizta@nst.com.my  
TEL: 03-2056 9408

TRAVEL, EDITOR  
ZALINA MOHD SOM  
traveltimes@nst.com.my  
TEL: 03-2056 3350  
www.facebook.com/Friends of Travel Times

ENTERTAINMENT, EDITOR  
FARIDUL ANWAR FARINORDIN  
faridulanwar@nst.com.my  
TEL: 03-2056 9826

ART & LIVING, EDITOR  
INTAN MAIZURA AHMAD KAMAL  
intanm@nst.com.my  
TEL: 03-2056 9743

ADVERTISING  
Y.K.WONG  
TEL: 019-305 2788

**NEW STRAITS TIMES**  
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# Enlightened for life

Once Earth Hour has been observed, you might want energy-saving lights for your house, writes **Aneeta Sundararaj**

YOU'RE visiting your parents and have been asked to help find something in their cupboard. Off you go to their room, switch on the single fluorescent light and open the cupboard door. It's as though you're peering into an abyss because there isn't enough light to see what's inside the cupboard. You have two choices: You either close the cupboard door immediately or take everything out, find what they need and spend the next few hours putting everything back.

**SENSOR LIGHTS**

"Now, we have a third option," says Lim Joo Yee, consumer marketing manager at Philips, a global market leader in lighting solutions. "With those hard-to-see places, we have Philips Spot On sensor lights. They have motion sensors and are battery operated. With the double-sided tape at the back, you stick them on the inside wall of the cupboard. No necessity for screws and plug points," explains Lim during an event called "Philips LED The Way" to showcase some of the cutting-edge LED solutions that Philips offers.

"With LED technology, Philips is focusing on enhancing people's lives with the kind of light they use



Have a lighting plan, says Lim



Chieng suggest different lighting for different settings.

in their living spaces," says Adrine Ong, lighting division general manager. All the products on show came under "holistic LED ecosystem" and included lamps, indoor lighting and light fittings.

Ong shared some of the benefits of LED lighting. For one, the quality of light from LED bulbs is superior because it provides vivid lights

with natural shades of white, which means less glare. Since LED bulbs tend to be smaller, they create an ambient atmosphere. With a typical lifetime of between 15,000 and 20,000 hours, it will be between 15 and 20 years before your LED bulbs need to be replaced.

"Since our electricity tariff is going up, LED bulbs will reduce



Downlighting is a popular modern option.



The kitchen looks inviting with the use of linear lighting.



The use of different lighting can change the ambience of a room.



The cabinet light is soothing for the eyes.



Compare the different effects of lighting (above and inset).

maintenance costs, keep electricity bills from skyrocketing and use up to 85 per cent less energy without compromising on lighting performance. More important for environmentalists is the fact that LED bulbs don't contain lead or mercury, which are harmful," says Ong.

While all this may sound technical, Ong adds that research shows

more consumers are no longer simply saying they need more lights. "In fact, what they're saying is, 'I need more energy efficient lights'".

#### INNOVATIVE SOLUTIONS

Lim cites the kitchen as an example. "Previously, kitchens had one light. Now, as kitchens become smaller, so are work spaces like counter-

tops. Often, when people are doing something like washing or cutting, there is a shadow and they can't see clearly what they're doing," she says. "For this, we have something called Philips myLiving Linear lights. They are motion sensor lights so you just pass your hand underneath the light and it will come on. Also, these lights produce little or no forward-facing heat."

She adds: "Today, in many houses, there are three generations living together. Each generation has different lighting requirements. Children's eyes are more sensitive and they don't need such bright lights. As people age, however, their needs change so grandparents may need bright lights."

To illustrate, Chieng Lay Min,

assistant manager for product marketing at Philips shares her experience. "Let's take the dining room as an example. It's usually the focal point. When it's dinner time, the lighting can reflect a relaxed atmosphere. Perhaps, they can use yellow light for this. When it comes to helping my son with his homework, I may need brighter light. We can create different lighting requirements for different settings."

Apparently, many Malaysians today feel that lighting reflects their personalities.

"This is today's Gen-Y. They want to change everything all the time," says Lim. "Today, they want the room to be pink. Soon, they will want it to be blue. Before, they will have to repaint their walls to create a differ-

ent effect. But, with our Philips Living Colours lights, we can give you lights of different colours each day. It gives you an astounding range of 16 million colours in one compact elegant product."

Lim has a piece of advice for first-time-renovators. "The most common mistake people make when they renovate their homes is that they leave out a lighting plan. In fact, they will buy all the furniture and get that into their spaces first. When everything is there, only then they think about lighting. It's too late because it will be inconvenient and they will end up having to pay much more to hack the walls, rewire the place and refit all the fixtures. If they consider lighting first, they will save a lot of time, energy and money."