



DETOX YOUR HOME SIMPLY

with these top 10 tips

Knowing where to start can be the hardest part, so here are some really simple and practical steps you can take to detox your home. **Why not try to make 1 positive change each day, or each week, to ensure your journey is a sustainable one!**

ONE

USE SAFE INGREDIENTS
SIMPLIFY YOUR BEAUTY AND
CLEANING ROUTINES. TRY
YOUR HAND AT DIY, OR START
CHECKING THOSE LABELS!

five

*Avoid scented candles
and air fresheners*
They do not 'freshen' air
- it's quite the opposite!

8

Keep lots of indoor plants
Indoor plants are effective at filtering and purifying air. Aim for one per room.

2

Circulate and purify air
Simply open windows as much as possible to circulate air.

four

Remove shoes at the door
Reduce the icky stuff you bring into your home from the soles of your shoes.

When buying new furniture...

Open boxes outside, & ventilate rooms for as long as possible. Also avoid stain-proofing sprays if possible.

nine

Avoid pesticides and fly sprays
A simple vinegar spray on weeds does the job most of the time, and a sprinkle of borax on ant mounds works.

THREE

Vacuum frequently
Vacuuming with an appliance that uses a HEPA filter is recommended.

SEVEN

Check for mould
Open shower doors after use and run exhaust fans in bathrooms; make sure clothes are completely dry before folding and storing; ditch the bleach and use clove oil to combat mould when cleaning.

Ten

Do not smoke
This is obvious, right?

The best way to keep at it with a less toxic lifestyle, is to keep it real and to feel like you've got a handle on it. Just do what you can now, and leave the rest on your to-do list until you're ready. Every little step you take in the right direction is a win, and you should be super proud!



@krissy.ballinger