



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!