



***LIVING AN ECO-
FRIENDLY LIFESTYLE:
TIPS FOR EVERYDAY
HABITS***

ABSTRACT

As climate change continues to be a major issue and resource depletion becomes more pressing, many are looking for ways they can change their lives and, in turn, live an eco-friendly lifestyle and change the world. Luckily, there are several actions even one person can do to make a difference.

Eco-friendly habits – such as developing a recycling mindset, reducing your dependence on fossil fuels with green technology, and keeping your air conditioner set to less wasteful settings- reduce negative environmental impact and can be adopted easily and quickly into any lifestyle. Here are some tips for developing daily practices that promote a sustainable life while reducing your carbon emissions and by using energy-efficient products.

INTRODUCTION

Living an eco-friendly lifestyle is essential for preserving the environment, promoting sustainability, reducing our carbon footprint, and thus protecting our planet for future generations. It involves making conscious choices to minimise our impact on the environment, reduction of waste and pollution, and conservation of natural resources.

I. What Does "Eco-Friendly" Actually Mean?

We all make an impact on the environment, but making small changes and informed decisions can help reduce the negative aspects of that impact. Recycling or shopping for eco-friendly products are great places to start a more sustainable lifestyle — but, **what does “eco-friendly” actually mean?** And how can you tell when eco-friendly claims are verified or not?



What is the definition of eco-friendly?

According to Merriam-Webster, the official **definition of eco-friendly** is: “**not environmentally harmful.**”

When it comes to products, that means everything from production to packaging needs to be considered safe for the environment. But the FTC has strict guidelines on eco-friendly claims, and here's where it gets tricky: The FTC Green Guides say that in order for a product to be properly labeled as "eco-friendly," the packaging must explain *why* it is environmentally responsible. Otherwise, based on how consumers actually use the product, it could, in fact, be harmful to the environment. Plus, the guides outline certifications and seals of approval that products can receive to substantiate their claims.

Truth be told, **our environmental experts prefer to use the term "sustainable"** rather than "eco-friendly." Why? When it comes to product production, everything has some sort of negative impact on the environment (think: water usage, energy and product waste, etc.), and that means there really aren't *any* products that fit the dictionary definition of eco-friendly.



On the other hand, when we call something sustainable, it means that a single attribute is good for the environment — not necessarily *everything* about the product. "Eco-friendly" is also considered a greenwashing term, given that it is regularly used in misleading marketing claims (keep reading for more on that topic).

"Eco-friendly" terms at a glance

Greenwashing is a term used for when a company deceptively puts eco-friendly claims (think: "environmentally friendly," "sustainable" or "green") on its product packaging. In most cases, they are broad claims without any support to back them up. Here are a few examples of deceptive claims to watch out for, according to our environmental experts:

- **A bottle of laundry detergent is labeled "free of phosphates."** Since phosphates were removed from this type of product decades ago, any reputable detergent manufacturer has already phased out the ingredient. This is considered greenwashing because phosphate-free laundry detergents are already the norm.
- **A comforter or sheet set is labeled "all natural."** While the product may be made with plant-based materials like bamboo, the raw materials go through a series of manufacturing processes that synthetically alters them. This claim is deceptive because "all-natural" suggests that the bedding came straight from nature. "There actually is no such thing as 'bamboo' fiber since it's really rayon," says Executive Director of the GH Institute's Textiles Lab Lexie Sachs.

"Plus, the process involves toxic chemicals that are dangerous to the workers, wildlife and environment where it's produced."

- **A yoga mat is labeled "biodegradable" or "recyclable."** Because of the conditions at landfills, these materials won't break down quickly, and you can't recycle a yoga mat with curbside pickup or even bring them to a U.S. recycling center. These claims are considered greenwashing since they state an environmental benefit, but no meaningful benefit exists.
- **A company displays an environmentally-friendly symbol that doesn't exist.** Watch out for fake eco-friendly symbols created by brands. Even if a product has a green logo that says "earth friendly," it means nothing if the company designed it themselves. You can find more examples of misleading environmental claims in the FTC Green Guides.
- **A product's packaging is green or depicts images of nature.** "Some products don't make any claims at all but rather use colors and branding images to suggest that they're eco-friendly," says Noah Pinsonnault, an analyst in our Cleaning Lab with a degree and research experience in environmental science. Product packaging or marketing photos with graphics or images in nature, like a plastic bottle with green leaves on it, can be misleading at a quick glance.



How to find products that are truly eco-friendly

1. Think circular

A circular economy intends to stop waste from being created in the first place — a complete 180 from our current “take-make-waste” economy, which means we take

materials from the Earth, create products from them and eventually trash them. Take a chip bag, for example. It's designed to be disposable: The packages typically cannot be reused, recycled or composted, so they end up as waste.

That's where brands with more sustainable product designs are stepping in, like Izzy Beauty with its zero-waste mascara, so you can use, refill and repeat by mailing your empty mascara tubes back to the company in reusable envelopes. We Are Uni's body care line also follows this closed-loop cycle by using 100% recyclable and reusable aluminum bottles that can be emptied, then shipped back to the brand in their original boxes.

2. Be mindful about how much you're buying

Above all, only buy what you need. A product requires a lot of energy and resources before it even gets into your home. If you buy fewer products, you'll lessen the impact on the environment via a lower demand for its production process. If you find that you're stocking up on barely used products, it's time to reevaluate.

3. Buy second-hand textiles

For clothing and bedding products, the best way to live sustainably is by reusing products. There's even online clothing stores that sell second-hand clothing if you cannot go to a thrift store. "Whether you're sharing clothes with friends or buying from a site like eBay or ThredUp, giving a garment new life is more eco-friendly than creating something new," says Sachs. "That's still true even if an item has recycled or natural fibers, because of the amount of energy and water that's required in the textile production process."

4. Opt for reusable items

Remember to bring reusable bags for produce and pantry items when you go shopping to cut down on plastic waste. Switching to reusable sandwich bags (our favorites are made by Stasher) and beeswax food wrap will help replace hundreds of single-use plastic baggies that would eventually end up in landfills and oceans.

These days, you can even be conscious of your effect on the environment when using single-serve espresso and coffee pods: Nespresso recently took a step in the right direction by making fully recyclable capsules — but, you must bring them to a collection point or a Nespresso boutique. You can also toss the coffee pods in a special recycling bag and give it to the postman when your next order is delivered.



5. If you must buy new, buy recycled

Products or packaging that is made from recycled materials is a great step towards sustainability when buying new items. "Using recycled materials lessens the need for further resource extraction and also creates more demand for recycled materials, meaning that they are more likely to be processed in the future rather than being diverted to landfill," Pinsonnault says. When shopping, look for sustainable fibers like Tencel and organic cotton.

Tencel uses chemicals that are less toxic and less wasteful than those in similar fibers (like rayon), while organic cotton uses less water than conventional growing methods, explains Sachs. And avoid 'bamboo' fiber at all costs.

6. Use plant-based cleaners

"Look for products that contain safer ingredients, like plant-based cleaners and those with EPA Safer Choice certifications," says Carolyn Forte, director of the GH Institute's Home Appliances and Cleaning Products Lab.

Choosing eco-friendly cleaning products that are USDA Biobased and brands with verifications like the B-Corp Certification can help you avoid greenwashing. Ingredient transparency isn't required by law yet (although, there was a hearing about it at Capital Hill in 2023), yet more and more companies (like Seventh

Generation) are choosing to list all ingredients in a product. This encourages companies to use more renewable resources that are better for the environment.

7. Opt for concentrated cleaning and health products

The best option for the environment is cleaning concentrates that you can dilute with water in reusable containers, like Brandless Cleaning Concentrates. Forte says this helps eliminate excess packaging and waste.

8. Seek minimal packaging

Avoid products with secondary packaging and films. Instead, look for items with minimal packaging made of recycled materials (like cardboard and aluminum instead of plastic). For example, bar soaps are usually a great option because they often have little packaging and can be completely used up. There are even toys (like the Green Toys Fire Truck) that are packaged with sustainable materials.

II. 11 simple eco-friendly practices you can adopt at home

You have a home and you want to think more about the environment. You want to improve your home habits to conserve energy and to develop green initiatives within your home. Here are ten simple eco-friendly practices that you can adopt at home.



1. Make use of natural light as much as possible

Rather than relying on artificial light and conserving energy, seek to make the most of external lighting. Natural light provides a bright, warm ambiance and also provides natural heat into the home. Look into development options within the home that will allow for good natural light solutions, such as Velux windows, skylights and shutters.

2. If you are working from home, create a green friendly home office

If you do have a home office, seek to keep it as green as possible. Aim to keep digital copies of your files as opposed to printing hard copies, unless absolutely required. Invest in recycled or refillable printer cartridges that can assist in reducing waste.

3. Make use of solar power

Save on your energy bill by investing in environmentally friendly solar panels. Use it as a solution for additional energy supplies whereby it can be stored in batteries or generators.

4. Reduce waste by practicing greener habits within the kitchen

Unfortunately, there is a lot of waste that occurs within the kitchen. By educating family members on this issue and asking them to reduce their reliance on disposables, you will be effectively reducing household waste. Some simple tips include:

- Switching from buying bottled water to investing in a water filter for your tap, or serving water with a slice of lemon.
- Replacing disposable napkins with cloths.
- Replacing disposable knives, forks, spoons, plates and cups with metal, ceramic or glass equivalents.
- Recycle bags (such as shopping bags) for other uses within the home.
- Recycling cardboard boxes for future storage.

5. Install rain tanks to use the water.

Rainwater tanks are a great solution for the home's water supply. The natural rainwater can be used for watering plants, for the toilet cistern, as tap water or even as drinking water.



6. Switch off electricity to avoid waste

This should go without saying. The more energy that you can conserve within the home, the more you will be doing to help the planet. If an electrical device isn't being used, switch it off completely. (This includes turning the device off from 'standby mode') Seek to unplug any electrical devices when they aren't in use, as they may still use energy when they are plugged in.

7. Put in place recycling initiatives when it comes to waste

Encourage recycling within your home by educating and advising everyone within your home about green options for recycling paper, plastics, glass and compost options.



8. Take action in the toilet

Find ways where you can use recycled water to use as toilet water. Additionally, you can purchase toilet rolls made from recycled paper.

9. Invest in a pressure cooker

Pressure cookers will still serve up your delicious dishes, but conserve energy by reducing the length in cooking times. If you want to cook up a feast in half the time, consider investing in a pressure

10. Minimise your laundry duties

When it comes to cleaning clothes, aim to do your laundry washing once a week to save on energy costs, rather than doing the laundry several times per week.

11. Conserve water when you are bathing

There is a lot of water that is wasted when washing. Ideally, you should use a washbasin with a few litres of water. However, if this cannot be done, aim to reduce the amount of showers that you have during the week and minimize the amount of time that you spend in the shower.



These are a few ideas that can be used to create a more green-friendly home. Start taking actions with green initiatives within your home to help the environment today.

III. 8 Eco-Friendly Home Improvements And How They Make A Difference



To help the environment, you don't need to go completely off-grid. No matter your budget and lifestyle, there are eco-friendly home improvements that can lessen your carbon footprint, reduce your amount of waste and support the well-being of our planet.

What Does It Mean to Be Eco-Friendly?

At its essence, being “eco-friendly” means you are not causing harm to the environment or people—but that can look like many different things. For example, greenhouse gases are almost inevitably emitted during the production and shipping of products. However, a company can work to minimize and even offset those effects (which is called having a “negative carbon footprint”) through its policies and practices.

On individual levels, we also inevitably impact the environment. On the flip side, we can also take steps to protect the environment, such as limiting plastic use, reducing demand for non-renewable energy sources, eating less meat and more organic products and so on. When it comes to eco-friendly home improvements, it's even easier: With simple switches and updates, you can help the earth for years.

How to Tell If a Product Is Eco-Friendly

Once you understand the benefits of choosing eco-friendly products, it's not a hard sell to start seeking them out. However, it is wise to be cautious about how a product is actually helping the environment. Unfortunately, some companies have seized on the marketing opportunity and advertise their products as sustainable or eco-friendly without that being true—this is a practice known as “greenwashing.”

To ensure you are investing in products that are truly eco-friendly, look for items that are certified by credible organizations, such as the Environmental Protection Agency, the Energy Star program, USDA Organic or Green Seal Certified.

Eco-Friendly Home Improvements

Many sustainable home improvement swaps can be done in a matter of minutes—like switching out your lightbulbs. Other projects call for more skill and an upfront expense, but the benefits that come from eco-friendly home improvements are priceless.

1. Switch to LED Light Bulbs

When you're ready to dip your toes into the waters of sustainable home improvements, switching to energy-efficient lighting is a simple, inexpensive way to

start: Next time a lightbulb goes out, just replace it with an LED bulb. Truly, using this option is a no-brainer.



Although LED bulbs are slightly more expensive to purchase than traditional incandescent bulbs, they pay off in terms of longevity and energy savings. You can use LED bulbs throughout the house as well as for holiday lights or landscape lights.

2. Upgrade Your Windows

Heating and cooling your home uses a lot of energy throughout the year—and old windows can be a significant contributor to your energy demands. According to the Department of Energy, about 25% of home energy is wasted through windows. The good news is that an effective way to cut down on that waste is by upgrading to dual-paned windows that are properly sealed. Although new windows can be costly, there is a good return on investment, and rebates or credits are often available.

3. Install a Tankless Water Heater

With traditional tank water heaters, water is continuously held and heated in the tank until it is needed. However, if you don't need that much water, then you're wasting a significant amount of energy each year just to keep an excess amount of water heated. As an eco-friendly alternative, tankless water heaters work by heating water on-demand as it passes through pipes—which comes with the added benefit of never running out of hot water. (No more cold showers!)

Although tankless water heaters are more expensive to purchase and install than tank water heaters, the energy savings and better lifespan can ultimately help offset the cost.

4. Update Your Plumbing

Since 1994, federal standards have required that plumbing fixtures use less water. That means if your toilet, bathtub, shower or other plumbing fixtures pre-date the early 1990s, you are likely wasting a lot of water (and money) each year. For example, by switching to a WaterSense labeled toilet model, you can reduce toilet water use by 20% to 60% annually. That translates to about **\$140 in savings** each year, which can easily help pay for the new toilet within a few years.



5. Prioritize Energy-Efficient Appliances

There have been significant advances in the past decades when it comes to energy-efficient appliances—think less heat lost through the oven and more cold retained in the freezer.. If you are in the market for new appliances, prioritize ones that are Energy Star certified. This means the appliance meets Department of Energy’s strict criteria for energy efficiency.

Even if you aren’t ready to update your appliances, you can improve your energy efficiency by covering pans while cooking, using smaller appliances rather than bigger ones when possible (such as a toaster oven rather than a full-sized oven) and aiming to run your dishwasher or washing machine only when full.

6. Upgrade to an Eco-Friendly Fireplace

In many homes, the fireplace is a nice focal point that adds some ambiance during colder weather. But, that's a missed opportunity: With an energy-efficient fireplace that helps heat your home with a renewable energy source, you can reduce your heating costs while helping the environment.

The most efficient, eco-friendly fireplace option is a natural gas fireplace. However, if you want to retrofit an existing wood-burning fireplace, a wood stove insert is a good option that can effectively help heat the home.

7. Install Energy Star Ceiling Fans

As heat waves become increasingly normal—even in parts of the world that previously had more moderate temperatures—the popularity of air conditioning units is on the rise. However, that isn't without an environmental cost: Approximately 20% of Americans' residential energy use is to power air conditioning units.



Even if an air conditioner is essential in your household, you can start to minimize how much you use it by setting it to a higher temperature and utilizing more fans throughout the house. With 60% more efficiency than conventional ceiling fans, Energy Star-rated ceiling fans can keep you cool while cutting down on greenhouse gas emissions.

8. Consider Switching to Solar

When you think about eco-friendly home improvements, solar panels often come to mind—but that's for good reason. According to the Office of Energy Efficiency &

Renewable Energy, solar power can reduce greenhouse gas emissions, preserve water and limit air pollution.

Especially as the cost to install solar panels continues to decrease and the quality of panels improves, this sustainable home improvement is worth considering

IV. How to save money with an eco friendly home



Going green and creating an eco-friendly home can be as good for your wallet as it is for the environment. But there's a risk that some renovations could be so costly that they're just not worth it. With this in mind, it's useful to know which eco-friendly improvements promise the best return on investment. It's always good to do your bit for the environment, but taking care of your bank balance is as important.

There is plenty you can do inside your home, too, that will boost its eco-friendly credentials while saving you money. From choosing furniture that lasts to installing energy-efficient lighting, we've got all the steps to a greener, more budget-friendly home covered.



Insulate your loft

When looking at eco-friendly, energy-saving measures and renovations, insulating your loft is an excellent first step. Your home can easily lose heat through the roof, so it's important to ensure your loft is properly insulated. By using recycled or natural materials, such as sheep's wool or recycled plastic bottles, you'll not only save a few trees, but a few pounds as well. According to Channel 4's George Clarke, homeowners often recoup the **£250 to £300** cost of loft insulation within two to three years.

Fill in those wall cavities



If you find yourself staring in bewildered shock at your sky-high heating bills each month, it might be time to consider insulating your cavity walls. About a third of all heat lost in an uninsulated home dissipates through the walls. Although most homes built since the 1990s have cavity wall insulation, those built earlier often don't. An eco-friendly semi-detached house with cavity walls could save **£160** each year in

heating bills through insulation, according to *Which?* At an average cost of **£475**, this renovation has a payback time of approximately three years.

Consider solar panels carefully



No article on sustainable home improvements would be complete if it didn't mention solar panels. While installing these panels can be expensive, their long-term savings may make them worthwhile. With initial installation costs ranging from **£5,000** to **£8,000**, installing solar panels may seem like a daunting and altogether unrewarding task. With government feed-in tariffs, you can earn up to **£260** a year, whilst also saving **£60** a year on electricity bills, according to the Energy Saving Trust.

Invest in an eco-friendly air-source heat pump

If you're concerned that solar panels may ruin the aesthetics of your home, you may prefer installing an air-source heat pump. These pumps generate heat from the outside air, reversing the method used to cool fridges. Using this technology, the pumps can provide underfloor heating and warm water for your home. This will help lower your fuel bills, as well as your carbon footprint.

An air source pump should keep you warm throughout the winter, generating heat when the outside temperature is above -15°C . Installing a system will cost you around **£7,000** to **£11,000**, so they can be an intimidating investment, but the Government's Renewable Heat Incentive (RHI) should sweeten the deal.

Invest in worktops that last



The one part of the kitchen worth spending on is the worktop. Why? A quality surface not only creates wow-factor but will last and last.

With a modern, industrial look, concrete is incredibly hard wearing. The material is fairly green, as components such as sand and aggregates are harvested locally or can be made from recycled waste. For example, Designfinger creates bespoke concrete worktops and splashbacks from up to 90 per cent recycled materials, crushed then bound together in a cement-like mix.

Like high-end Corian or quartz worktops, they are visually stunning, especially as part of an ultra-modern kitchen design. According to Concreations, concrete work surfaces start from **£300** per metre, based on a depth of up to 600mm and an edge thickness of 40mm. Consider the colour and whether you prefer a gloss or matt finish.

Source eco-friendly furniture



Choosing recycled furniture made from sustainable or reclaimed materials is the green way to decorate. Eco-friendly design includes the re-use or sustainable use of materials, including wood that is reclaimed or from certified forests. Using renewable materials, such as flax, jute, hemp and cotton instead of plastics is also a great way to help the environment.

Caroline Hodgson, home accessories buying manager for Barker & Stonehouse, says: 'When it comes to interiors, form the basis of your look with sustainably sourced furniture. Bed frames, dining tables, side tables and consoles made using reclaimed wood are not only environmentally conscious, but also stylish. The salvaged wood gives every piece its own unique character, while minimal detailing and solid lines give the products an authentic, practical rough-around-the-edges feel.'

Maximise natural lighting



When thinking about lighting, many people go for low-energy options before maximising the natural light falling onto and into our homes. Natural light can significantly reduce electricity bills and, as scientific reports conclude, can create a happier, healthier space to live in. So consider these points, advises sustainable architectural designer Oliver Heath:

- Bounce natural light off white-painted windowsills, or walls painted with Dulux Light and Space, which is said to be twice as reflective as conventional paints.
- If windows are being replaced, reduce the size of frames and mullions.
- Over-extend curtain poles, so curtains and drapes can be pulled right back and won't block light falling into the room.
- Filter light between spaces by using glass in partitions, doors and even structural floor panels.
- Light-coloured floors will bounce light from the windows up into a room

Choose the latest energy-efficient appliances



Upgrading from energy-guzzling white goods will really help to dramatically cut down on utility bills. According to consumer organisation Which?, fridges and freezers are the second biggest cost on energy bills after central heating, so choose an energy-efficient fridge. The same goes for washing machines.

For great wash results while saving on electricity, the latest Samsung Ecobubble washing machine (from £450 depending on size and model) cuts the electricity used by half due to 'bubble generator' technology. Both AEG and Samsung have also just brought out tumble dryers with new heat pump technology – clothes are dried quickly and efficiently, but using significantly less power than a conventional dryer

Consider your choice of windows



Although uPVC window frames have been seen as an eco-friendly solution, these frames generate 43 per cent more waste than timber windows* and have a lifetime of just 25-35 years, compared to Wood Window Alliance (WWA) frames lasting 56-65 years**. Wood is a good insulator, extremely thermally efficient and a real alternative to uPVC. In a nutshell, wood has the lowest environmental impact of any window material.

Interior designer and TV presenter Naomi Cleaver says: 'Many don't realise that modern wood windows, whether traditional or contemporary in style, are double- or triple-glazed for exceptional energy-efficiency. Recent developments in technology have made them some of the highest quality and best value windows.'

Fit energy-saving bulbs

Not only do LED bulbs use up to 85 per cent less energy than other types, but they also last 20 times longer. While they may be a little more expensive to buy, this cost is quickly paid back by reduced running costs. Also, they have become more affordable due to reduced prices at Ikea. For example, the Ledare LED bulb now costs only £4 and will last around 25,000 hours.

Install a high-efficiency heating system



An up-to-date condensing boiler or air-source heat pump is a vital part of a sustainable home. Martyn Bridges from Worcester Bosch Group says: 'As far as the environment is concerned, an upgrade could also reduce your home's carbon dioxide emissions by 15 to 30 per cent.' In fact, if everyone in the UK had a condensing boiler, our annual carbon dioxide emissions would be reduced by 17.5million tonnes, saving £1.3billion on energy bills every year.

Those who use lots of hot water should also consider solar thermal panels, which can heat around 50 per cent of your hot water using the sun's energy.

V. Eco-Friendly Cleaning: Sustainable Solutions For A Healthy Planet

Increased emissions of greenhouse gases in the past few years have led to air and water pollution, climate change, bushfires, heatwaves, locusts swarming, drought, etc, across the globe.



Adopting sustainable practices in daily life and reducing environmental impacts can make a huge difference. One key solution is swapping traditional chemically-laden household cleaners with natural and chemical-free products.

Following eco-friendly cleaning practices can also help create a healthy planet while keeping toxic fumes and hazardous chemicals at bay.

Whether tackling stubborn oil splatters or mopping hardwood floors, learn the best ways to incorporate environmentally friendly cleaning solutions to keep your home in Perth clean and hygienic.

Let's Get Started!

Use Microfibre Cloths And Dusters For Dusting

Microfibre is a synthetic fibre thinner than one thread. It is one of the most suitable and sustainable cleaning tools these days. A microfibre cloth removes tiny dust particles, pollen, grime and other allergens from hard and delicate surfaces without leaving scratches behind.

They can be washed and reused multiple times- reducing the landfill waste. So, prefer buying these super absorbent cloths over disposable wipes and feather dusters.

The best part is that microfibre mop pads can help you clean all types of floors without causing any damage.

Use Natural Sponges For Spills

Store-bought cleaning sponges are made of synthetic materials that only increase landfill waste. You should prefer using natural sponges made from cotton fibres or cellulose for a sustainable solution.



These are environmentally friendly and highly durable. You can use natural sponges to remove food spills, splatters, oil stains, grime, etc from kitchen appliances, countertops, stovetops and other surfaces with ease.

Avoid Single-Use Plastics

Say no to single-use plastic cleaning supplies, such as disposable wipes, scrubbers, and bottles. These contribute to plastic pollution in waterways, which is a serious threat to marine life.

Plastic-based tools only add to the landfill and pollute the soil. According to the expert vacate cleaning Perth, you can opt for reusable alternatives, such as glass spray bottles, old toothbrushes, bamboo tools, etc, for cleaning. This will also save you money.

Prepare Eco-Friendly Cleaning Products At Home

Choose green or eco-friendly cleaning products over store-bought cleaners. According to experts, traditional cleaning solutions, such as floor cleaners, wood cleaners, stain remover, etc contain ammonia and other harmful chemicals that cause harm to the environment and human health.

So, you can use the following safe alternatives:

- **White Vinegar:** Use it to prepare the all-purpose cleaner by adding equal parts of vinegar and warm water. Pour this solution into the spray bottle and clean almost all surfaces (except natural stones).
- **Baking Soda:** It is a natural disinfectant, deodoriser and stain remover that can remove organic and greasy stains from all surfaces, including countertops, tiles, etc. It can also help refresh your carpets and rugs.
- **Hydrogen Peroxide:** Mix 3 per cent of hydrogen peroxide with water to tackle mould stains, soap scum, and other stubborn stains.
- **Salt and Lemons:** Both can do wonders in maintaining a clean, shiny and germ-free home within your estimated budget.
- **Castile Soap:** It is a plant-derived soap that lets you clean stains and grim with ease
- **Essential Oils:** Banish bad smells and make your home smell fresh using essential oils, like lavender, tea tree, orange, etc.
- **Rubbing Alcohol:** Use it as a disinfectant to kill household germs and bacteria.

These are some of the most useful natural cleaning solutions to help maintain a healthy home and planet.

Use A Magic Eraser For Scrubbing Stains

Magic Erasers are a natural cleaning tool for removing stains, scuff marks and stains from hard surfaces. It is a type of melamine foam that can make cleaning easy, sustainable and affordable.



Wet it and scrub off the stained surface. It won't leave scratches behind, especially when cleaning your walls, furniture and wooden surfaces.

Use A Steam Cleaner To Save Water

There is no denying that steam cleaners are a great way to conserve water as compared to other cleaning methods.

A highly efficient steam cleaner uses heat/steam to break down embedded dust, grime, heavy soil, stains and germs from upholstery, carpets and rugs without using harsh chemicals or excess water.

Because there are no toxic chemicals involved, many homeowners have started to prefer steam cleaners. You can utilise steam cleaners to sanitise surfaces without needing anything other than tap water. Many professionals use steam cleaners use steam cleaners to deep clean homes. The steam cleaner has a boiler inside it which simply superheats the regular tap water. This is how it becomes an effective disinfectant.

Invest In Energy-Efficient Cleaning Gadgets

Most companies bring energy-efficient cleaning equipment for an affordable vacate cleaning Perth to reduce greenhouse gas emissions.

New-age cleaning gadgets often consume less electricity, contributing to reducing carbon footprint. So, check for Energy Start Label on vacuum cleaners, steam cleaners, dishwashers and washing machines before making the final buying decision.



Energy-efficient gadgets and appliances are designed specifically for using less energy without compromising performance. In fact, in some cases, such gadgets offer even better performance. For almost every household need, there are plenty of energy-efficient appliances and gadgets available.

Regular Maintenance Of Cleaning Appliances

Apart from using energy-efficient gadgets, keep them clean and maintained for enhanced functionality and durability. Regularly clean your vacuum cleaner and steam cleaners' filters, as they can increase the appliance's efficiency and reduce electric waste.

Also, unclog hoses, check for leaks and replace the filters if required. This will help you save electricity bills as well.

Dispose Of Cleaning Waste Properly

Believe it or not! Responsible waste management can make a huge difference in maintaining a healthy planet. It is good to adhere to the waste disposal guidelines of local recycling centres and separate recyclables from non-recyclables properly.

Professionals vacate cleaners in Perth also dispose of cleaning waste, especially cleaning products and plastic waste according to the set guidelines and reduce landfill waste.

Follow these eco-friendly cleaning tips and make a smart move towards sustainable living. Practicing good cleaning habits and using safe and sound cleaning products can help reduce your carbon footprint and take you one step closer towards a healthy and green planet.

CONCLUSION

Living a sustainable lifestyle takes conscious effort and dedication, but it's worth it. All it takes is a bit of planning and commitment, and you can start making a difference for the planet. Small changes in your life can have a big impact on the environment.

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