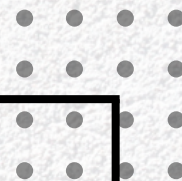


Guide to Improve

Home Environment for Optimal Health and Productivity



Abstract

In Melbourne, a well-managed home environment is essential for optimal health and productivity due to the city's dynamic lifestyle and fluctuating weather conditions. A clean, organized, and well-ventilated home fosters mental clarity, reduces stress, and promotes physical well-being. With many people working from home, especially post-pandemic, creating a productive space has become more important. Ensuring good air quality, proper lighting, and a clutter-free space can enhance focus and efficiency. Additionally, a healthy home environment can improve sleep, boost mood, and reduce illness, which is crucial for maintaining a balanced and productive life in Melbourne's fast-paced setting.

1. Introduction

This guide is your ultimate resource for enhancing your home environment in Melbourne, improving indoor air quality, and boosting overall well-being. Focused on creating spaces that promote both health and productivity, this PDF offers essential tips tailored to Melbourne's unique climate and lifestyle. Whether you're looking to reduce allergens, optimize natural lighting, or declutter for better mental clarity, this comprehensive guide provides practical solutions. Ideal for those seeking to create a balanced and efficient home atmosphere, this resource is invaluable for improving your living environment in Melbourne for optimal health and productivity.

2. Silent Signs Your Home Is an Unhealthy Place to Live

We've all been there. Maybe you go a while between dustings. Let the dog sleep in the bed. Watch moisture bead up on the bathroom window. Sometimes these things are easy to ignore. Unfortunately, these innocent-seeming habits could be making you and your family sick.

While you likely know that your cleaning supplies could be secretly making you sick, you may not know how much damage not cleaning could be doing. It could be that you're cleaning enough, but not cleaning your cleaning supplies. It's tricky—but following these important tips can help keep you and your family safe and healthy.

Your home has too much moisture

While moisture in the home is normal—bathing, cooking, and even breathing all contribute—excessive moisture is not, according to [expertmoldtest.com](https://www.expertmoldtest.com). Mold loves humid environments, and if there is excessive moisture in the home, it's bound to grow, especially in corners and ceilings. The CDC warns that mold can cause nasal stuffiness, throat irritation, coughing or wheezing, eye irritation, or, in some cases skin irritation.

You're vacuuming without a HEPA filter

Research from MIT reveals that air pollution causes about 200,000 early deaths per year in Melbourne, and it worsens asthma and allergies. That's why you may want to invest in a HEPA (high-efficiency particulate air) filter vacuum to prevent tiny particles of dust from being blown back out into your indoor air. "I tend to go toward whole-house filtration, so the first thing I'd recommend is installing a

HEPA filter in your home's HVAC system," says James Sublett, MD, a former clinical professor and chief of allergy and immunology at the University of Louisville, in Time. Next up, when it comes to carpet or floors, make sure you're not making this vacuuming mistake.



You're forgetting to change the vacuum filter

If you're using a HEPA filter, you'll want to make sure you're changing it every six months or when you notice signs of wear and tear. This will ensure an effective filter, while also preserving the life of the machine.

You're not cleaning vents and ducts

Vents might not be in your line of vision quite like dirty dishes, but that doesn't mean they don't need cleaning too. Vents harbor a ton of dust from the air, and when you turn on the heat or air conditioning, all those dust particles are redistributed throughout your house. You can take off the vent cover and clean out the grime you can reach, but you'll want to enlist a professional to thoroughly clean your ducts. The pros use compressed air and air agitators to clear out hard-to-reach dust.

Your bathroom has poor ventilation

Are you keeping the window open or using the fan when showering? You should! Excess moisture can not only cause your paint and wallpaper to detach, but it encourages mold, which can thrive and multiply indoors, damaging your house and potentially your health, according to the EPA.

You're using the wrong household cleaners

As you spray cleaner around the house, it settles on all types of surfaces. Plus, you inhale it as you spritz. In a COVID-19 world, people are cleaning more frequently than ever. The right cleaners are crucial to not only protect against the virus but protect you from being exposed to the harsh chemicals. Further, common household chemicals—bath products, dish soap, bleach—can damage your airways

and lungs. The Environmental Working Group's investigation of more than 2,000 cleaning supplies on the Melbourne market revealed that many substances in them are linked to serious health problems like asthma, allergies, and even cancer.

You're not dusting correctly

Vacuuming once a week and wiping down countertops means you're only making a dent in the dust around your house. It builds up every single day, and the more time you let go by without wiping it up, the more you're exposing yourself to harmful particles. Use a damp cloth to gather dust as opposed to using a duster (or a dry cloth), which, according to the Melbourne College of Allergy, Asthma, and Immunology, will only spread the dust around and trigger allergies. Also, be sure to dust from high to low.

You're ignoring your gutters

Leaky gutters are another cause of moisture buildup, allowing excess water into your walls, basement, or crawl space. If your gutters aren't covered, you'll want to make sure you clean them out regularly.

Your bedroom is musty

Although you vacuum and dust, you actually need to move your chest of drawers, desks, and other furniture to thoroughly clean. Pull your bed away from the wall, and you might be shocked to see just how much crud is collecting just behind your head. And remember to regularly wash your bedding—once every one to two weeks—and make sure you have a good mattress protector. Turn it every couple of months, and vacuum it when you do.

You wear your shoes inside the house

You wouldn't roll around a public bathroom, but nearly everyone would walk around one and then walk around their house in the same shoes. Given that you roll on your carpets with your kids or the dog and put your feet up on the coffee table, you might want to leave the shoes at the door. Researchers from the University of Arizona found that shoes can track in 400,000-plus bacteria per shoe, including *E. coli*, a strain that's known to cause nasty gastrointestinal distress.

You're surrounded by wind-pollinated plants

You may unknowingly be inviting allergens into your yard that cause your stuffy nose, watery eyes, sneezing, and breathing trouble. If you have allergies, the Old Farmer's Almanac recommends the following:

Large shade trees such as oaks, maples, and beeches

Most lawn grasses

Common weeds such as lamb's-quarter, pigweed, and ragweed

Goldenrod

You have too much stuff

You love throw pillows, coffee table books, and knick-knacks: All these things collect dust, dander, and pollen, and they can contribute to poor air quality in your home. Unless you plan on constantly moving and cleaning all of this, you should consider minimizing your furnishings and collections. Next, find out how often you should really be washing your bath towel.

You let your pet sleep in your bed

They're cozy, loving, and even help you sleep, but if you're walking your dog around the neighborhood, you can bet they're carrying a lot of dirt, germs, and even insects (think ticks) into your bed. Not only that, but pet dander traps allergens, which means you're subjecting your sleeping space to those allergens. Check for these signs to make sure your healthy-seeming cat is not actually sick.

3. When the Air Quality is Unhealthy, Here Are Things to Avoid



Forget working out, painting your nails, or cleaning the house (at least for the day).

Lately, air quality alerts have become more common—but do you know what to do when the air quality is unhealthy? The act of breathing in and out moves oxygen through our bodies, which in turn keeps us all moving through school, work, play, and everything in between. Needless to say, the air we breathe can have a major impact on our overall health—which is why air quality alerts exist.

While you likely already know what not to do when the air quality is bad outside (no marathon training today), you may not be aware of the major no-no indoor activities to avoid when the air quality near you is in the red. Here are ways to ensure you stay as safe as possible, even on a code red day.

Don't Build a Fire (and Unplug That Space Heater Too)

Feeling chilly? Throw on a sweatshirt, put on your slippers, and wrap yourself in a blanket, because now is not the time to light a fire in your fireplace. "Emissions from wood smoke [...] can cause coughing, wheezing, asthma attacks, heart attacks, lung cancer, and premature death, among other

health effects," the Melbourne Lung Association shares on its website in its most blunt of terms. "Many of these pollutants can worsen air quality indoors and outdoors."¹

According to the association, burning wood can spread both particle pollution. "These gases include harmful pollutants and contribute to creating ozone pollution. Some of these gases are carcinogens, including benzene and formaldehyde."

The same goes for space heaters. William J. Calhoun, MD, professor of medicine and vice-chair of the department of medicine at the University of Texas Medical Branch in Galveston, shared on WebMD that those tiny heaters can "release gases and particulates into the air."

Don't Work Out

A poor air quality day may be the perfect time to skip leg day.

"The worst activity someone can do is exercise because it will increase the amount of exposure to chemicals and toxins that each individual has by up to a factor of 10, due to blood flow and respiration, which will only increase underlying exposures," Richard Firshein, MD, shares.²

Jennie Bergman, the senior product manager, indoor environmental quality at Trane Technologies, agrees: "When contaminant levels are high, effects from exposure have the potential to show up immediately such as irritation of the eyes, nose, and throat; headaches; dizziness; and fatigue."³ Thus, she says, "avoid activities that aggravate lung exposure to the contaminants, such as strenuous workouts and deep breathing exercises."

Don't Smoke

It's 2021, so maybe we don't need to say this, but it bears repeating: If the air quality is poor in your home or outdoors, please put out the cigarette. It's not just for you, but for all those around you, too.

"Secondhand smoke is a serious health hazard causing more than 41,000 deaths per year," the Melbourne Lung Association shares on its site.⁴ "It can cause or exacerbate a wide range of adverse health effects, including lung cancer, respiratory infections, and asthma."

This goes for e-cigarettes, too.

"The use of e-cigs in indoor environments leads to high levels of fine and ultrafine particles similar to tobacco cigarettes," researchers from the University of California shared in a 2020 study published in the Annual Review of Public Health. "Concentrations of chemical compounds in e-cig aerosols are generally lower than those in t-cig smoke, but a substantial amount of vaporized propylene glycol, vegetable glycerin, nicotine, and toxic substances, such as aldehydes and heavy metals, has been reported."⁵

Don't Do Your Usual Beauty Rituals

Though poor air quality days are the perfect time to just sit and relax, it's not the time to sit in a hot, steamy shower or bath, as it can increase humidity in the home and "exacerbate contaminant levels," Bergman notes.

"Consumers should also avoid burning incense, candles," says Lauren Wroblewski, senior consumer scientist at Seventh Generation, as these too could further spread pollutants. One study by researchers at the University of Copenhagen even found that particles released while burning candles could be as harmful to mice as diesel fumes.⁶

And sorry, but doing your nails is off-limits. As the Environmental Working Group explains, both nail polish and nail polish remover can contain Volatile Organic Compounds (VOCs) and could be harmful to your health.



Don't Clean

"If the air quality is poor in your home, you should avoid using household cleaning products that contain VOCs, as these add to your indoor air pollution," Wroblewski says. "Many spray cleaners contain VOCs, like alcohols and heavy fragrances." Seventh Generation, the company Wroblewski works for, notes on its website that though its products do not contain any volatile solvents, some products do contain essential oils and botanical extracts as fragrances, which are "technically considered VOCs." Still a far better option for indoor air quality than synthetics, but again, as Wroblewski says, fragrance-free is the way to be on poor air quality days.

And remember that whole part about avoiding strenuous exercise? That includes cleaning as well, according to Wroblewski, as "your breathing is heightened during this activity."

Don't Put Tap Water In Your Humidifier

Even if the instructions advise against it, filling your humidifier with tap water and calling it a day can be tempting. While this might seem okay, when you put tap water in your humidifier, it releases solid aerosols into the air. These chemical particulates can cause a whole host of breathing problems, especially for individuals with conditions such as asthma. Opt for distilled water for your humidifier instead.

Don't Open the Windows

Closing your windows when there's poor air quality helps keep the air quality in your home from declining. On hot days, running your air conditioner—preferably on the recirculate setting—will help filter the air and continue circulating the clean air back into your home. And be sure to check your filters to ensure they don't need replacing.

If you don't have central air, keep your windows closed and use fans to help circulate the air through your home. However, don't use your whole-house fan, as it uses air from the inside. Once the air quality returns to a good level, you can open up your home and run fans to draw fresh air into it.

4. Ways To Manage Your Home Environment To Improve Well-Being And Productivity

On average, people spend 90% of their time indoors, with much of that time at home. This statistic will likely increase with the growing trends of working and schooling remotely, and employers becoming more comfortable with hybrid work models. Knowing this, it's no surprise that many of us are seeking ways to improve the quality of our home environment, realizing the impact it has on our well-being and productivity.

Creating the ideal home environment can be overwhelming. And because every home is unique, there's no such thing as the perfect recipe. Fortunately, smart home technology exists today that helps monitor and control various indoor environmental quality elements, while also managing energy usage and costs. Evaluating your home's lighting, comfort level, air quality and sound pollution is a good place to start.

Lighting

Light affects our human physiology more than we think. It impacts our mood, alertness and even our body's internal clock, known as the circadian rhythm. Artificial light comes in different forms, including incandescent, fluorescent and light-emitting diode (LED). We're also exposed to other artificial light like smartphone screens and televisions displays throughout the day, which can disturb our general well-being.

Natural lighting is always best and should be mimicked in your home or office to improve sleep, boost focus and help reduce stress and anxiety. Lighting manufacturers are launching new products that can enhance spaces with little natural daylight and automate brightness and color to be consistent with regular daylight fluctuation. Motion sensors or smart lights can also be used to program your day and save energy, as well as create the right mood for different needs.

Thermal Comfort

Thermal comfort also plays an important role in our well-being. If your space is too hot or cold, or too humid or dry, it can impede alertness and productivity, as well as impact how well you sleep at night. Excessive humidity can also trigger health reactions like asthma, wheezing or itchy, red skin.

Although there are many factors that affect thermal comfort, air temperature and humidity both play a significant role. Installing a good and reliable HVAC system can help improve your environment and keep allergens and asthma triggers at bay.

You can also seamlessly control room temperature and humidity levels using energy-efficient smart thermostats. There are several smartphone apps that can connect you to your home's controls, giving you the power to monitor and regulate your home's environment from almost anywhere.

Air Quality

According to research from the Environmental Protection Agency (EPA), airborne pollutants can be in two to five times higher concentrations indoors than outdoors. Some sources of air pollution come from within our own homes — like pet dander and dust mites. Others can come from the outdoors. Regardless, it's critical to manage indoor air quality for better comfort and well-being.



To better understand the quality of the air in your home, new air quality monitoring technology can be used to detect, measure and track invisible elements like room temperature, humidity, carbon dioxide, certain volatile organic compounds (like odors or potentially harmful byproducts of furniture or cleaning supplies) and microscopic particulate matter from cooking, wildfires or vehicle traffic.

A better understanding of the causes of poor air quality helps inform you of the simple measures you can take to decrease air pollutants, like regular cleaning or changing the air filter in your furnace or central HVAC system. There are also portable air cleaners and purification systems on the market that help limit the spread of viruses and other airborne particles that can trigger allergies or asthma. To best protect your family and your investment, make sure the product claims are backed up by third-party research and consult the advice of indoor air experts.

Sound Pollution

The EPA also notes that “noise pollution adversely affects the lives of millions of people” and has a direct link to health. Disruptive noise in your home can lead to stress, high blood pressure, sleep disruption and lost productivity. Sound design matters, and taking steps to reduce or block out noise can help.

First, look for the causes of indoor disruptive noise, like a humming mechanical system or buzzing lights, and then talk to specialists who can offer tips. Check your window insulation and consider soundproofing your home if you can easily hear noise from the outside. There are also noise diffusers and absorbers ranging from basic to high-tech that you can install in your home.

The desire for healthy living has accelerated with the Covid-19 outbreak. Consider spending more time outdoors with a daily walk or bike ride. And, just as important, take control of your home space and better manage the elements like those I’ve listed to help improve your mood, well-being and productivity. There are more tools and technology than ever before to help ensure every home can provide a sustainable, efficient and quality indoor environment.

5. Air Purifying Plants: 20 of The Best For Your Home

Looking to reduce toxins in your home? It's often the germs and toxins that you can't see that are the most harmful, but alas these air cleaning plants will help you remove toxins and improve air quality.

Here is a round-up of the best air purifying indoor plants, based on NASA's Clean Air Study, which will add a touch of colour and fresh air to your home.

1. Devil's Ivy or pothos (*Epipremnum aureum*)

Otherwise known as pothos or golden pothos, devil's ivy is an easy to grow indoor houseplant that helps fight off common household toxins. It adds instant colour to any room with cascading tendrils and grows well in water, pots and hanging baskets.

Toxins it helps remove: xylene, benzene, formaldehyde and trichloroethylene.

2. Dwarf Date Palm (*Phoenix Roebelenii*)

Dwarf or Pygmy palms are the babies of the palm family. They are relatively easy to grow in partial shade, growing up to six to 10 feet with their fronds also reaching up to six foot!

Toxins it helps remove: formaldehyde and xylene

3. Peace Lily (*Spathiphyllum*)

Also known as a spathiphyllum, peace lilies are an easy and undemanding plant to look after. Their glossy green leaves make the perfect addition to any room especially those spots with low light. Keep them happy with a weekly water and fertilise with a slow-release fertiliser in spring to promote growth and those glorious white flowers.

Toxins it helps remove: benzene, carbon monoxide, formaldehyde, trichloroethylene, xylene

4. Philodendron

The heart-shaped philodendron is a luscious addition to indoor spaces. Philo's are relatively easy to look after: they just need moderate water and bright, indirect sunlight. The heartleaf philodendron has also been said to be harder to kill than to keep alive!

Toxins it helps remove: formaldehyde.

5. Spider Plant (*Chlorophytum comosum*)

Spider plants are the perfect choice for newbies and those with a bad track record when it comes to plants. They thrive in indirect sunlight and survive under just about any conditions (they've been known to survive in temperatures as low as 2 degrees). Spider plants also send out shoots of baby spider plants called spiderettes.

Toxins it helps remove: formaldehyde and xylene.

6. Chrysanthemums (*Chrysanthemum morifolium*, *xgrandiflorum* etc)

Chrysanthemums, sometimes known as disbuds or mums, are not only a great addition to a floral arrangement but they look great in your home and are known as one of the best air purifiers around.

They are among the more difficult air purifying plants to grow but the payoff is beautiful, colourful blooms. They enjoy good air flow, bright indirect sunlight and watering with warm water only, making sure that they are allowed to dry fully in between drinks.

Toxin it helps remove: ammonia, benzene, formaldehyde, and xylene



7. Rubber plants (*Ficus elastica*)

These burgundy-stemmed, evergreen trees originated from India. They're a very hardy plant that love bright, filtered light and weekly watering in summer and fortnightly watering in winter. Rubber plants can grow in a small pot or be encouraged to grow into a large indoor tree in pots or straight in the ground.

Toxins it helps remove: xylene, benzene, formaldehyde and trichloroethylene.

8. Boston Fern (*Nephrolepis exaltata* v. *Bostoniensis*)

This easy-to-grow fern is known for its sword-shaped fronds which makes it perfect for a hanging basket or pedestal. The Boston Fern thrives in humid environments and requires consistent moisture. Keep them happy with regular misting, moist soil and position them in indirect sunlight near windows, balconies and patios. In winter cut the fronds back by around 2-inches to help regenerate and grow in the warmer months.

Toxins it helps remove: formaldehyde and xylene.

9. Areca palms (*Chrysalidocarpus lutescens*)

Areca palms are great for bigger spaces. They are a powerhouse when it comes to eliminating toxins and they are even non-toxic to both dogs and cats. Look after them with lots of water (a couple of times a week) during summer but not as much in winter.

Toxins it helps remove: benzene, carbon monoxide, formaldehyde, trichloroethylene, xylene

10. Pineapple Plant

A recent study by NASA revealed that pineapple plants can actually put an end to snoring. Whilst they don't remove any toxins from the air NASA claims that "pineapple plants produce oxygen and boost air quality at night which could improve sleep quality and cut out those snores."

These plants are very hardy and survive with very little water but do hate the cold.

6. How Professional Cleaning Can Improve Indoor Air Quality

It is considered that indoor air quality can be more toxic than outdoor pollutants in some cases. It can have a substantial impact on the health of all family members in a home. Considering that your home is where you relax after a long day, it makes sense to ensure the air you breathe does not negatively affect your health.

However, without frequent cleaning, it is more than likely that dust and other contaminants can build up. This will degrade the air quality in your home quickly.

Cleaning is not just about maintaining a visually appealing interior. Rather, it is about ensuring the place is healthy for you. But cleaning on your own is not always possible, especially if you have a busy work schedule.

This is why many homeowners prefer hiring professionals who offer services like house cleaning and budget end of lease cleaning Melbourne. Here is how professional cleaning can help improve indoor air quality. It will help you understand how beneficial hiring professionals is for your home.

1. Eliminating Mould

Mould can be one of the major contributors to poor indoor air quality. Typically, it can be found in poorly ventilated and moist spaces. Mould can significantly impact your health if your place contains it. It can cause many health issues, such as coughing, runny nose, sneezing, etc.

Mould can affect your respiratory health, making way for infections while also aggravating allergies. If you do not want to deal with such issues, you must get rid of mould. The best way to do so is by hiring professional cleaners.

Since they are skilled and experienced, they will have an easier time finding the spots where mould can grow easily. They will also take measures such as checking for leaks in the plumbing to ensure the amount of dampness in that area is restricted. They also have the perfect tools and products to get rid of already-grown mould. Professionals will also use sealants to ensure moisture does not spread in a specific area again.

2. Deep Cleaning the Carpets and Upholstery

You might be aware that contaminants like dust negatively impact the air quality in your home. This is why cleaning the areas where dust builds up easily is important. Carpets and upholstery are such areas. They gather contaminants such as dirt, bacteria, dust, pollen, etc., negatively impacting the air quality in your living space. For instance, dust mites leave their waste matter in upholstery and carpets which can then cause allergies if not removed quickly.



They can cause issues like headaches and skin rashes, which is why deep cleaning your carpets and upholstery is often necessary. There is no better way to do so than by hiring professionals who offer services like house cleaning, carpet cleaning, and cheap end of lease cleaning Melbourne. They have all the necessary equipment and know the best method for deep cleaning the upholstery and carpets, helping you improve indoor air quality.

3. Maintaining Proper Ventilation

Unpleasant odours caused by factors like mould are a big indicator that your home's air quality is not at its best. This is why it is important to get rid of the odours completely instead of just masking them. Professionals use their expertise to handle the source of the problems to make way for fresh air.

Moreover, basic things like opening doors and windows permit fresh air to make its way indoors and circulate better. It is also important to get your HVAC system checked regularly by professionals and keep them well-maintained. This is because the filters will collect dust over time, which you must remove to improve air quality.

4. Keeping Windows Clean

It is highly important to clean your windows if you want to improve your home's air quality. This is because clean windows allow more natural light to come in, which plays a big part in keeping the air fresh because they can kill bacteria and viruses. Contaminants can easily stick to the windows, making it important for you to clean them regularly.

Professionals who provide services like house cleaning and budget end of lease cleaning Melbourne will clean your windows from inside and outside. This way, dirt, mould, and grime will be removed. Furthermore, your home will look more visually appealing as a result of clean windows.

5. Usage of Eco-Friendly Products

Most commercial products contain Volatile Organic Compounds (VOCs), which have a negative impact on indoor air quality, making way for respiratory issues. They also contain many other chemicals which can be harmful to your health. This is where hiring experts who offer services such as house cleaning and professional end of lease cleaning Melbourne can be helpful.

They utilise eco-friendly products that contain low to no VOCs. Most such products are not only effective at cleaning surfaces but also do not pollute the air, ensuring your indoor air quality is at its best at all times. Hiring professional cleaners will not only allow you to make your home aesthetic but will also make way for fresh air.

Ensuring your home is a healthy place for you is highly important. Maintaining good indoor air quality will allow you to keep the health issues away which is why hiring professional cleaners will be ideal. The points mentioned in this article just highlight how helpful hiring cleaners is for your living space.

7. Conclusion

In conclusion, optimizing your home environment in Melbourne is essential for enhancing both health and productivity. By following the practical tips in this guide, you can improve indoor air quality, reduce stress, and create a more organized, efficient space. A well-maintained home fosters well-being, helping you thrive in Melbourne's dynamic lifestyle and unique climate conditions.

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