



# **TRANSFORMING YOUR HOME INTO A HEALTHY HAVEN: A STEP-BY-STEP GUIDE**



# ABSTRACT

This guide offers a comprehensive approach to transforming your home into a healthy haven, focusing on enhancing well-being through practical, sustainable choices. It explores key strategies like improving indoor air quality, integrating natural elements, optimizing lighting, reducing clutter, and selecting eco-friendly materials. By following these steps, homeowners can create spaces that support physical health, mental clarity, and emotional balance. The guide emphasizes the importance of mindful decor and environmental awareness in fostering a nurturing home environment that promotes overall wellness and enhances the quality of daily life.

# INTRODUCTION

Transforming your home into a healthy haven is about creating a living space that promotes physical, mental, and emotional well-being. This guide provides step-by-step strategies to improve air quality, incorporate natural elements, reduce clutter, and make sustainable choices in design and decor. By making intentional changes, you can create a home environment that supports your health and brings peace and balance into your everyday life.

## I. A Detailed Guide to Creating and Maintaining a Healthy Home



While diet, exercise, and sleep are fundamental to your overall health, it's also important to address the space where you likely spend most of your time: your home.

Depending on your type of dwelling (a whole house, a small apartment, a room), your living space may require a lot or very little upkeep. Regardless of where you live, there are key aspects to look at in order to create and maintain a healthy home.

Here, we break down the most important ways to keep your home safe and healthy, as recommended by experts.

## Keep Your Home Safe

Every home should have safety features that not only keep the structure itself intact, but also make it a clean place to breathe in. Refer to the following a checklist as you assess the safety of your own home.

## Preserve Indoor Air Quality

First, it's important to address the air you breathe inside. According to the American Academy of Allergy, Asthma, and Immunology (AAAI), 50 percent of homes are thought to have at least six allergens detectable in the air. These include dust mites, mold, pet dander, and cockroach droppings.

While it's a good idea to keep your home ventilated whenever possible, extreme heat and cold, along with outdoor allergens and air pollution, may make it difficult to keep your windows open. Here are some other ways to control allergens in your home for better indoor air quality:



- Keep your thermostat below 70 degrees F, and try to keep humidity levels between 40 and 50 percent if possible — this can discourage dust mites.
- Vacuum any rugs or carpeting regularly to control dust mites, pollen, and pet dander.

- Wash all bedding once a week in hot water to get rid of allergens.
- Try to keep your bathroom dry to prevent mold and mildew from growing. If there's mold present on any hard surfaces, clean them promptly with bleach cleaners in a well-ventilated area. You should also check regularly for leaking pipes underneath sinks.
- Clean floors, kitchen counters, and sinks regularly to prevent cockroaches — their droppings are common asthma triggers. (See below for more cleaning tips.)

## Prevent Structural Damage

While it's important to have a fire escape plan, you can also prevent fires from even starting. According to the American Red Cross, home fires are most prevalent during the colder winter months, with an estimated 5,000 homes affected in January 2020 alone.

They suggest preventing fires in your own home with the following steps:

- Never leave candles or fireplaces unattended. If the power goes out, use flashlights instead of candles.
- If using a space heater, place it on a hard surface (not carpeting or rugs), and make sure it's far away from other items in your home. Never go to sleep with a portable space heater on or leave it unattended in another room.
- Unplug electrical equipment and appliances if the power goes out to prevent fires caused by surges.
- Install smoke alarms in every bedroom and test them once a month.

## Prevent Falls

According to the National Institute on Aging, about 60 percent of all falls happen at home. This is because we spend a large amount of time at home, and we naturally let our guard down there, moving around distractedly without thinking about safety.

The institute suggests the following tips to prevent falls and potentially serious injuries.

- Make sure there's good lighting throughout your home, and install night lights in bathrooms and other spaces you might need to access in the dark.
- Install handrails wherever possible, including along stairs, toilets, and bathtubs.
- Avoid small area rugs. If you have a larger rug, check to make sure the corners are firmly affixed to the floor beneath it, such as with a secure rug pad to prevent slippage.
- Make sure there are no electrical or telephone cords obstructing any common areas where people may walk.
- Wear a medical alarm if your doctor considers you at a higher risk for falls.

## Clean Your Home

Healthy home maintenance means getting rid of indoor allergens, cleaning regularly, and occasionally disinfecting common surfaces. Cleaning your bedding, floors, and carpets, as discussed above, is also part of managing indoor allergens, per the AAAAI.



According to the Centers for Disease Control and Prevention (CDC), regular cleanings remove not only dirt, but germs, such as norovirus. Disinfection, on the other hand, may be necessary if you or another member of your household is sick.

The agency recommends cleaning the following areas often:

- Countertops
- Doorknobs
- Light switches
- Toys
- Carpets and other flooring
- Electronic devices, such as laptops and smartphones

Cleaning involves scrubbing with soap and water, while sanitization reduces germs with the help of sprays or products that contain small amounts of bleach, according to the CDC. Always clean surfaces to remove dirt and debris before sanitizing.

Occasionally, you may need to disinfect common surfaces in your home. The CDC recommends disinfecting surfaces if there's someone in your household who is sick, or if you need to protect a household member who may be immunocompromised.

## Personal Hygiene and Medical Supplies

Aside from soaps and bathing supplies, Texas A&M University recommends that every home have the following medicine cabinet items on hand.

- Bandages
- Antibacterial ointment
- Allergy medicines, such as antihistamines and decongestants
- Over-the-counter pain relievers
- Anti-diarrheal medications
- Sunscreen
- Calamine lotion for bug bites and minor burns
- Tweezers
- A thermometer
- A nasal aspirator (if you have young children in your household)
- Activated charcoal in case of accidental poison ingestion (especially for young children)

## Foods for a Healthy, Balanced Diet

Dietary needs and preferences vary by person, and factors like a health condition or food sensitivities affect what a healthy diet looks like for you. But here's a general list of basic food items that can appear in a well-stocked pantry or kitchen, according to the University of Nebraska in Lincoln.

- Breakfast cereals
- Canned meats and beans
- Canned vegetables
- Nut butters
- Broth
- Low-sodium soups
- Salsa and sauces
- Canned and dried fruit (without added sugars)
- Rice
- Pasta
- Oats
- Bread and tortillas
- Condiments, such as ketchup and mustard
- Vinegars
- Seasonings and dried herbs
- Cooking oils

- Flour
- Sugar

Additionally, you can stock your refrigerator with fresh items, such as eggs, low-fat dairy products, and fruits and vegetables. In the freezer, consider storing meats, poultry, breads, and frozen produce.

## Clothing and Bedding

Aside from BPA in food items and packaging, you may also consider avoiding potentially harmful substances in the clothing you wear and the bedding you sleep in. These include per- and polyfluoroalkyl substances, or PFAS.

According to the Agency for Toxic Substances and Disease Registry, PFAS may potentially harm your health by:

- Increasing cholesterol levels
- Changing liver enzymes
- Increasing your blood pressure
- Posing the risk for certain cancers, such as kidney and testicular cancer
- Increasing the risk of pre-eclampsia in pregnant women
- Decreasing infant birth weight
- Decreasing vaccine response in children

Since these risks vary depending on exposure, you may consider using only PFAS-free textiles in your home. According to the Environmental Working Group, you can find bedding and clothing, as well as carpets, furniture, and personal care products that are free of PFAS.

## Creating a Peaceful Home

Another aspect of a healthy home is peace. The National Institute of Mental Health says that chronic stress increases your risk of developing anxiety and depression, as well as high blood pressure, diabetes, and heart disease. By minimizing stress in your home environment, you'll be able to recover mentally while in this space.

First, you may consider designating a space in your home exclusively for relaxing activities. This may be a whole separate room, or you may keep your bedroom free of electronic devices so you have a relaxing space to retreat to. For the best results, schedule regular time to relax each day.

Finally, a peaceful living environment should also promote sleep hygiene. The CDC defines sleep hygiene as the good habits that lead to better sleep, such as the following:

- Keep your bedroom cool, dark, and quiet.
- Remove electronics from your bedroom.

- Go to bed and wake up around the same time each day — even on weekends.
- Avoid alcohol and caffeine close to bedtime.
- Eat early in the evening, and don't have a large meal right before bedtime.
- Get regular exercise during the day.

Whether you rent or own a studio apartment, a town house, or a stand-alone house, there are basic principles that everyone can follow to maintain a safe and healthy home. These include preserving indoor air quality, preventing fires and falls, regularly cleaning your space, stocking your home with nutritious foods and helpful supplies, and creating an environment as free as possible from stressors.

While you may choose to go beyond the necessities outlined in this guide, you can consider the above information as a checklist for yourself and other members of your household. You can also talk with your doctor if you have any specific health concerns that might benefit from a healthier home.

## **II. 10 Easy Ways to Create a Toxic-Free Home for a Healthier Lifestyle**

Are you concerned about the toxins lurking in your home and their potential effects on your health? If so, you're not alone. Many people are becoming more conscious of the substances we bring into our living spaces and the impact they can have on our well-being. The good news is that creating a toxic-free home doesn't have to be overwhelming or expensive. In fact, there are several easy and cost-effective ways you can minimize toxins and create a healthier living environment for yourself and your family.

In this article, we will explore 10 simple yet effective strategies to help you transform your home into a toxic-free sanctuary. From choosing natural cleaning products and incorporating indoor plants to reducing plastic use and purifying indoor air, we'll cover a wide range of tips and tricks to gradually eliminate harmful substances from your living space. By implementing these strategies, you can not only promote a healthier lifestyle but also contribute to a greener and more sustainable future. So, let's get started on your journey towards a toxic-free home and a healthier you!

### **The importance of a toxic-free home**

Creating a toxic-free home is essential for maintaining a healthy lifestyle. Our living spaces can often be filled with hidden toxins that we are unaware of, and these substances can have a detrimental impact on our overall well-being. From the chemicals in cleaning products to the off-gassing of furniture and the pollutants in the air, our homes can be a breeding ground for toxins. By taking steps to eliminate these harmful substances, we can create a safer and healthier environment for ourselves and our loved ones.



Creating a toxic-free home also has a positive impact on the environment. Many conventional cleaning products and household items contain harsh chemicals that are harmful to the planet. When these products are washed down the drain or thrown in the trash, they can end up polluting our waterways and contributing to environmental degradation. By choosing eco-friendly alternatives and reducing our consumption of single-use plastics, we can play our part in creating a greener and more sustainable future.



## Common household toxins to avoid

To create a toxic-free home, it's important to be aware of the common household toxins that can be found in our everyday products. Some of the key culprits to watch out for include:

- **Chemical cleaning products:** Many conventional cleaning products contain harsh chemicals such as ammonia, bleach, and phthalates. These chemicals can not only be harmful to our health but also have a negative impact on the environment.
- **Artificial fragrances:** Synthetic fragrances found in air fresheners, candles, and personal care products often contain phthalates, which can disrupt hormone balance and cause allergic reactions.
- **Pesticides:** Pesticides are commonly used in gardens and can find their way into our homes through contaminated produce. Exposure to pesticides has been linked to various health issues, including cancer, reproductive problems, and neurological disorders.
- **Plastic products:** Plastic is found in numerous household items, from food storage containers to water bottles and children's toys. Many plastics contain harmful chemicals such as bisphenol A (BPA) and phthalates, which can leach into our food and water and disrupt our hormonal balance.

By being mindful of these common toxins, we can make informed choices and gradually eliminate them from our homes.

## How to detox your cleaning routine

Cleaning products are often filled with toxic chemicals that can be harmful to both our health and the environment. Luckily, there are numerous natural alternatives that are just as effective at keeping our homes clean and safe. Here are some easy ways to detox your cleaning routine:

- **Make your own cleaning products:** DIY cleaning products are simple to make and often require just a few basic ingredients such as vinegar, baking soda, and essential oils. These natural ingredients are effective at removing dirt and grime without the need for harsh chemicals.
- **Choose eco-friendly brands:** If making your own cleaning products isn't your thing, there are plenty of eco-friendly brands on the market that offer non-toxic alternatives. Look for products that are free from synthetic fragrances, phthalates, and other harmful chemicals.
- **Use microfiber cloths:** Microfiber cloths are a great tool for cleaning as they can effectively remove dirt and bacteria without the need for chemical cleaners. They are reusable and can be washed and used again, reducing waste and saving money in the long run.

By incorporating these simple changes into your cleaning routine, you can create a safer and healthier home environment for you and your family.



## Creating a non-toxic kitchen

The kitchen is often the heart of the home, but it can also be a hotspot for toxins. From the food we eat to the cookware we use, there are several ways we can minimize toxins and create a non-toxic kitchen. Here are some tips to get you started:

- **Choose organic produce:** Opting for organic fruits and vegetables reduces your exposure to pesticides and other harmful chemicals. Organic farming

practices prioritize the use of natural fertilizers and pest control methods, resulting in healthier and safer produce.

- **Avoid non-stick cookware:** Non-stick cookware is coated with a chemical called perfluorooctanoic acid (PFOA), which can leach into our food when heated. Instead, opt for stainless steel, cast iron, or ceramic cookware, which are safer alternatives. If you are unfamiliar with the DuPont/Teflon scandal, you might want to check out the movie, *Dark Waters*.
- **Ditch plastic food containers:** Plastic food containers can leach harmful chemicals into our food, especially when heated or used for acidic foods. Switch to glass or stainless steel containers for storing and reheating food.

Creating a non-toxic kitchen is all about making conscious choices and opting for safer alternatives. By taking these steps, you can ensure that the food you prepare and consume is free from harmful chemicals.

## Making your bedroom a sanctuary

Our bedrooms should be a place of rest and relaxation, but they can also be filled with toxins that disrupt our sleep and overall well-being. To create a toxic-free sanctuary in your bedroom, consider the following tips:

- **Invest in an organic mattress:** Conventional mattresses are often made with synthetic materials that can off-gas harmful chemicals. Opt for an organic mattress made with natural materials such as organic cotton, wool, or latex which are free from toxic flame retardants and other chemicals.
- **Choose natural bedding:** Synthetic bedding materials can also contain harmful chemicals. Opt for organic cotton or bamboo bedding, which are free from pesticides and other toxins.
- **Purify the air:** Indoor air quality is crucial for a good night's sleep. Use an air purifier or incorporate indoor plants known for their air-purifying properties, such as snake plants or peace lilies, to help remove toxins from the air.

By creating a toxic-free bedroom, you can promote better sleep, reduce allergies, and create a peaceful and rejuvenating space for relaxation.

## Choosing non-toxic furniture and decor

Furniture and decor items can be a significant source of toxins in our homes. Many conventional furniture pieces are made with synthetic materials that off-gas harmful chemicals into the air. To create a toxic-free living space, consider the following tips when choosing furniture and decor:

- **Opt for natural materials:** Choose furniture made with natural materials such as solid wood, bamboo, or rattan. These materials are often treated with non-toxic finishes and are free from harmful chemicals.

- Look for certifications: When shopping for furniture, look for certifications such as Greenguard or Oeko-Tex, which indicate that the product has been tested for harmful substances and meets strict safety standards.
- Avoid synthetic fabrics: Upholstered furniture made with synthetic fabrics can contain flame retardants and other chemicals. Opt for furniture covered in organic cotton or hemp fabric, which are safer alternatives.

By choosing non-toxic furniture and decor, you can create a beautiful and safe living space without compromising your health.



## Eliminating toxins from your personal care products

Personal care products, such as skincare, haircare, and cosmetics, often contain a cocktail of toxic ingredients that can be harmful to both our bodies and the environment. To create a toxic-free bathroom and personal care routine, consider the following tips:

- Read labels: Become familiar with the ingredients to avoid in personal care products, such as parabens, fragrance, phthalates, and sulfates. Read labels carefully and choose products that are free from these harmful chemicals.
- Choose natural and organic options: Look for natural and organic personal care brands that prioritize the use of safe and non-toxic ingredients. Many natural alternatives are just as effective, if not more so, than their conventional counterparts.
- Simplify your routine: Streamline your personal care routine and minimize the number of products you use. This not only reduces your exposure to toxins but also saves time and money.

By eliminating toxins from your personal care products, you can protect your health and contribute to a cleaner and greener planet.



## Indoor plants for natural air purification

Indoor air pollution is a significant concern, as we spend a significant amount of time indoors. Luckily, nature provides us with a natural solution - indoor plants. Here are some indoor plants known for their air-purifying properties:

- Snake plant (*Sansevieria*): Snake plants are excellent air purifiers and thrive in low-light conditions. They absorb toxins such as formaldehyde and benzene and release oxygen, making them ideal for bedrooms and living rooms.
- Peace lily (*Spathiphyllum*): Peace lilies are known for their ability to remove common indoor pollutants such as benzene, formaldehyde, and trichloroethylene. They also add a touch of beauty with their elegant white flowers.
- Spider plant (*Chlorophytum comosum*): Spider plants are easy to care for and effective at removing formaldehyde, xylene, and carbon monoxide from the air. They are also safe for pets, making them a great choice for homes with furry friends.

By incorporating these air-purifying plants into your home, you can naturally improve indoor air quality and create a healthier living environment.

## Tips for a chemical-free garden

If you have a garden, it's essential to create a chemical-free space that is safe for you, your family, and the environment. Here are some tips for maintaining a chemical-free garden:

- Compost: Use compost as a natural fertilizer instead of chemical-based fertilizers. Compost enriches the soil and provides essential nutrients for plant growth.

- Natural pest control: Opt for natural pest control methods such as companion planting, beneficial insects, and homemade organic sprays. These methods help control pests without the need for harmful chemical pesticides.
- Water wisely: Use water efficiently in your garden by watering in the early morning or late evening to reduce evaporation. Install a rainwater harvesting system to collect and reuse rainwater for watering your plants.

By adopting these chemical-free gardening practices, you can create a vibrant and eco-friendly garden that supports a healthy ecosystem.

Creating a toxic-free home is an ongoing journey that requires conscious choices and a commitment to a healthier lifestyle. By implementing the strategies outlined in this article, you can gradually eliminate toxins from your living space and create a safer and healthier environment for yourself and your loved ones. From choosing natural cleaning products and incorporating indoor plants to reducing plastic use and purifying indoor air, every small change adds up to make a significant difference. Embrace a toxic-free lifestyle today and contribute to a greener and more sustainable future for all.

### **III. Why Choose Non-Toxic Building Materials**

While we spend much of our time concerned with what's on our plates and what materials make up our everyday products, there's an equally important element that affects our health: the buildings we live and work in. In fact, the World Health Organization (WHO) has found that 99% of the global population is breathing air that's highly polluted and exceeds the WHO's guidelines - and that's not just from outdoor pollution.

You might be surprised to learn just how impactful the elements that make up your home, office, and other buildings are to your health as well as the well-being of the planet. This article will cover exactly how those building materials cause indoor air pollution, how they affect us, and how to choose non-toxic options.

How do building materials affect health?



When we think of air pollution, we often think of contaminated outdoor air, like smog. While outdoor air pollution, like that which results from cars and industrial facilities, is certainly a concern, indoor air pollution may be an even greater issue. That's because most people spend 90% of their time indoors. In fact, research shows that the air in our homes and buildings can be even more polluted than outdoor air.

Building materials are one of the biggest factors that affect indoor air quality. While we used to create structures from all-natural materials, like clay and stone, we began creating other building materials with synthetic compounds during the Industrial Revolution. As we used more and more of these, the toxicity level in buildings grew.

Each toxic building material (and its resulting indoor air pollution) can affect our health in different ways. Below are some of the most common.

## Asbestos

Asbestos is used in insulation, adhesives, flooring, and more. It is a known carcinogen. The inhalation of asbestos fibers can lead to respiratory issues, Mesothelioma, lung cancer, and Asbestosis. These diseases can have delayed development, meaning that they can take 10 to 40 years to display themselves after exposure.



## Formaldehyde

Formaldehyde is often found in pressed wood products like particleboard, fiberboard, and plywood paneling. Formaldehyde is a known carcinogen and respiratory irritant that can cause burning and discomfort in the eyes and throat. It can also cause nausea and difficulty breathing.



## Phthalates

Phthalates are found in polyvinyl chloride (PVC) which is used in carpet backing, flooring, wall coverings, and more. Some phthalates are endocrine disruptors, which



can alter human hormones and may have serious effects on the human reproductive system.



### Polybrominated Diphenyl Ethers (PBDEs)

PBDEs are flame retardants that we put on plastic building materials, like insulation. People are exposed to PBDEs via house dust. In animal studies, PBDEs have been linked to toxicity of the liver and thyroid. They've also been associated with developmental and reproductive toxicity, as well as developmental neurotoxicity.



### Volatile Organic Compounds (VOCs)

Although VOCs aren't building materials, they're important to mention here. They are emitted as gasses from certain building materials, like paint and varnish, and can have short and long-term health effects. This includes respiratory irritation, nausea, headaches, visual disorders, memory impairment, and more.

These toxic building materials can impact the environment in a variety of ways. When we tear down homes using these materials, they often end up in a landfill. Or, if a natural disaster occurs, they can end up scattered around the area. In any case, they can go on to contaminate the nearby soil and water sources. If they find their way into a water system, they can also cause health effects to aquatic organisms.

Meanwhile, VOCs can affect outdoor air quality. When they react to nitrogen oxide in the air, they can contribute to the formation of ozone at ground level. This can lead to diseases in plants, issues with seed production, and heat waves.

## **IV. The Elements of Healthy Kitchen Design**



Envision your dream kitchen. Does it have all-white cabinets? Granite countertops and a fun, unexpected backsplash? Perhaps one of those pot filler spigots above the stove?

Now let's go beyond appealing looks and ease of function and consider how your kitchen can help you and your family live healthier lives. What if it also had a fridge that helped ensure your delicate lettuce didn't go bad within days of purchase? Or a steam oven that took some of the work out of healthy cooking? Or better yet, a kitchen fully designed to help you make healthier choices?



### A hard-working sink

If you've grown tired of busting out the disinfecting sprays and wipes multiple times a day, consider eliminating some of that work (and worry!) by installing a copper sink. The EPA has registered copper alloys as an antimicrobial material, and studies have found that these types of surfaces can continuously kill bacteria when properly cared for—simply clean with mild soap and avoid abrasive cleaners.



## An oven that does more

With five steam-only options, Fisher & Paykel's combination steam oven has the right recipe for making healthy meals a cinch to prepare. The sous vide mode allows you to cook food in its own juices, retaining all the good-for-you nutrients and flavors. Among the 18 other functions of the steam- and convection-cooking appliance is an air fryer that delivers the crispy coating, soft center taste of deep-fried eats without all the oil.



## A hands-free faucet

There are an abundance of no-touch faucet options that allow you to wash dirty hands and dishes using a sensor or the sound of your voice. Plus, there are adapters that you can add to your current tap to make it no-touch. Some can even be programmed to, say, fill a baby's bottle with 8 ounces of water at precisely 98 degrees. For the purest drinking water, add on an external filtration system to help remove contaminants such as chlorine, iron, and sulfur.



## Clean air

Proper ventilation is key to a healthy kitchen. The constant circulation of air keeps temps comfortable as you cook, protects walls from grease accumulation, and removes impurities such as smoke, steam, and gas fumes from the atmosphere.

### A prepped pantry

Yes, it will look great on the 'gram, but even more importantly, clutter-free shelves and cabinets simplify meal prep, making it easier to cook well-balanced dinners every night of the week. Store your dry goods in clear, well-sealed containers to keep ingredients fresh and help you see exactly what you have on hand.

## **V. Common Cleaning Mistakes To Avoid For Healthy Living**

Health and hygiene go hand in hand. An unclean home becomes a breeding ground for germs, which can cause respiratory problems and allergies. Thus, keeping the living space disinfected should be a priority for homeowners. It ensures the family members are protected from infections and the house is well-maintained. A sanitised home not only offers a healthier living environment but also creates a peaceful space for entertaining friends and family. However, most of us make several cleaning mistakes that defeat the purpose of undertaking this task.



We are unaware of these errors, which increase our burden and leave the hidden areas dirty. This is the reason why most families rely on end of lease cleaners Melbourne to keep their homes spotless and germ-free. However, it is vital to

understand the problem areas in the cleaning routine to steer clear of them. So, **here is a list of common cleaning mistakes that must be avoided for healthy living.** This information can help homeowners improve the regular cleaning process.

## Cleaning the House With Closed Windows

Ventilation is important for proper air circulation in the house and for eliminating germs. If the windows are not opened during vacuuming and dusting, the toxins in the air inside the house can increase. Dust mites and bacteria will settle back on the surfaces instead of moving out with the flow of air.

Low-quality indoor air can lead to health problems like asthma and allergies. Stuffiness can also impact the mental health of family members and affect their sleep and productivity. Therefore, it is vital to keep the windows and sliding doors open while cleaning for optimum indoor air quality.

## Keeping the Cleaning Gear Dirty

Dirty cleaning tools are the biggest hurdle in maintaining a hygienic home. Professional bond cleaners use duly cleaned and sanitised cleaning tools when beginning work at any property. Dirty mops, unclean dusting cloths, grimy sponges, greasy brushes, and filthy rags should not be used for cleaning the house.

It does not mean that you have to buy new supplies every time, but you must clean them effectively after each use. All the tools must be washed in soapy water after removing dirt under running water. This ensures that there are no hidden bacteria on the equipment that can spread through the house while cleaning and cause odours and health problems.

## Forgetting the Hidden Areas

Cleaning routines are usually fast-paced because of the hectic schedules of urban residents. They dust the surfaces and vacuum the floors to keep the house visibly clean. However, the corners, under the furniture, and behind the appliances remain dirty. Many places, such as the air vents and ducts, are also missed because they are hard to reach.



It is vital to clean all these spaces to drive out dirt and germs from the house. Bacteria lurk in these areas and create an unhealthy living environment. Thus, the hidden areas must be regularly cleaned with tools like telescopic rods and vacuum cleaner attachments.

### Using Toxic Cleaning Products

Most homeowners make the mistake of using store-bought chemical-based commercial cleaners to cut through the grease and remove stubborn stains. However, these products are loaded with harmful chemicals and volatile organic compounds that cause headaches, sneezing, itching, watery eyes and coughing.

This is the reason why professional services offering end of lease cleaning Melbourne eco-friendly products. Natural products like baking soda, vinegar, salt, and lemon juice can help remove tough stains and even disinfect surfaces. They do not pollute the indoor air and maintain a hygienic home.

### Using The Same Cloth For All Surfaces

Many people make the mistake of using the same cloth to clean the entire house during their dusting routine. The cloth will clean the first few surfaces, but the germs and dirt will stick to it and get passed on to every other surface you cover next. In addition, a moist cloth, when left in a corner, becomes the perfect place for mould growth.



So, make sure to use a separate cloth and brush for each room, especially bathrooms and the kitchen. The cleaning supplies used in the kitchen must be cleaned, dried and sanitised before each use to avoid contaminating the cooking area.

### Flushing the Toilet With Lid Open

According to professional end of lease cleaning in Melbourne companies one of the biggest cleaning mistakes is keeping the lid open while flushing the toilet. Studies have found that microscopic viral particles spread in the bathroom every time the toilet is flushed and settle on different surfaces, such as toothbrushes.

Thus, keeping the lid closed helps to reduce the spread of microbes in the environment and prevent diseases. It is vital to flush with the lid closed when you are cleaning the toilet bowl and have scrubbed the surface.

### Preparing Your Own Cleaning Solutions

DIY cleaning hacks are becoming increasingly popular. While the proven methods are effective, the experimental ones can lead to trouble. Many people mix bleach with other cleaning products to get better results. However, if it gets mixed with ammonia, it can create toxic fumes that cause coughing and respiratory issues.

Bleach should also not be mixed with cleaning products containing acid, which can be harmful to family members. Thus, to deal with difficult cleaning tasks, use proven cleaning methods and prepare solutions recommended by professionals and industry veterans.





Homes must be bright, inviting, and germ-free spaces that evoke a sense of warmth and belonging. However, if cleaning is performed without attention to detail, homes can quickly become unhygienic. So, avoid the common cleaning mistakes to maintain healthy living.

## CONCLUSION

Creating a healthy haven at home is not only about aesthetic choices but also about cultivating an environment that nurtures your well-being. By following the steps outlined in this guide—improving air quality, incorporating natural elements, decluttering, and making eco-conscious decisions—you can transform your home into a space that supports your physical health and mental peace. These small yet impactful changes will foster a healthier lifestyle, providing comfort, tranquility, and a sense of balance in your everyday life.

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