



healthy living spaces

· Building Environments of Grace, Balance & Wellbeing ·



7 Simple Steps Towards a Healthier Home

Your home is your safe haven from the world and should be a place that nurtures and nourishes you and your family. We can make a huge difference for your family's wellbeing, by the choices we make and the products we use in our homes.

Allergens in your home can play a major role in affecting the health of your home and the quality of the air you breathe. There are just 7 simple measures to begin your journey to creating a healthy environment and to start reducing some of your everyday exposures.

Take these first steps today towards creating a healthy and harmonious home. At **Healthy Living Spaces** we are passionate about providing information, practical solutions and healthy alternatives to help you to create a healthy sanctuary for you and your family.

If you would like to know more, arrange a personalised consultation or to obtain a copy of my E-book simply register through my website.

- 1 Leave your shoes at the front door** – Would you believe you can eliminate your dust load by a staggering 50% using this one simple measure.
- 2 Use a vacuum with a HEPA filter and a motorized head** this will not only remove more dirt from the carpet but will not put particles back into the air you breathe.
- 3 Get rid of clutter and items no longer serving you** – Clutter not only is a source of dust but it can effect the energy flow in your home and hold you back from achieving and moving forward into your future.
- 4 Do not sweep or dry dust your home** as this enables the dust to become airborne and move easily from room to room. Use microfibre cloths and always wet dust as this traps the particles.
- 5 Bring beauty into your home** through fresh flowers, plants and by using pure essential oils. No need for nasty synthetic air-fresheners when nature can assist.
- 6 Do you know how old your mattress is?** Well if its more than 10 years old its time for a new one. The older your mattress is the more fungi and bacteria it will harbor. Look for natural choices such as latex, organic cotton, wool and hemp.
- 7 Skip the commercial cleaners altogether** and go back to basics using vinegar, bicarb soda, castile liquid soap and essential oils. This will not only save you money but will move you forward towards a healthier home.

www.healthylivingspaces.com.au