



**Healthy Home
Environment: Tips for
a Wellness-Focused
Living Space**

ABSTRACT

A healthy home is a living environment that promotes and sustains the physical, mental, and emotional well-being of its occupants. It is a space consciously designed and maintained to minimize health risks, promote a sense of safety and security, and support a balanced and harmonious lifestyle.

INTRODUCTION

Creating a healthy home environment is essential for well-being, as we spend about 90% of our time indoors. Poor indoor air quality, often worse than outdoor air, can harm our health. It's crucial to transform our living spaces into places that support wellness, from the air we breathe to the choices we make daily. Designing a home that promotes health and happiness isn't just a trend—it's a vital step towards living a balanced, fulfilling life. Let your home become a sanctuary for your mind and body.

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



Fight illness-causing germs by regularly cleaning countertops. 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.

Another way to prevent structural damage is to keep termites away from your home. You may be able to deter termites by keeping moisture away from your home through the use of downspouts, and by not letting firewood or construction materials accumulate next to the structure. When in doubt, you or your landlord can call a pest management company to assess the situation — and treat the structure if necessary.

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.

As with sanitizing, you'll want to clean surfaces before disinfecting them, as the CDC suggests. But unlike sanitizing, disinfection involves the use of stronger chemicals that kill viruses, bacteria, and other germs. Follow all product labels carefully, and make sure your room is well ventilated before you use disinfectants. When you're done, wash your hands thoroughly with soap and water for at least 20 seconds.

Stock Your Home With Healthy Supplies

Once you've guarded your home from harm, it's time to stock up on healthy essentials you can use daily. This includes first-aid supplies, food items, cookware, and textiles.

Consider each aspect of your home below to see if you have the right essentials.

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.

- 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.

Food Storage and BPA

The way you store foods once you have them on hand is just as important. Because of increased exposure to harmful ingredients in various plastics, it's important to look for wrappers, containers, and cans that are free of bisphenol A (BPA). According to the CDC's National Biomonitoring Program, the health effects of BPA in limited exposure are unknown, but higher exposure may have adverse effects on your reproductive system.

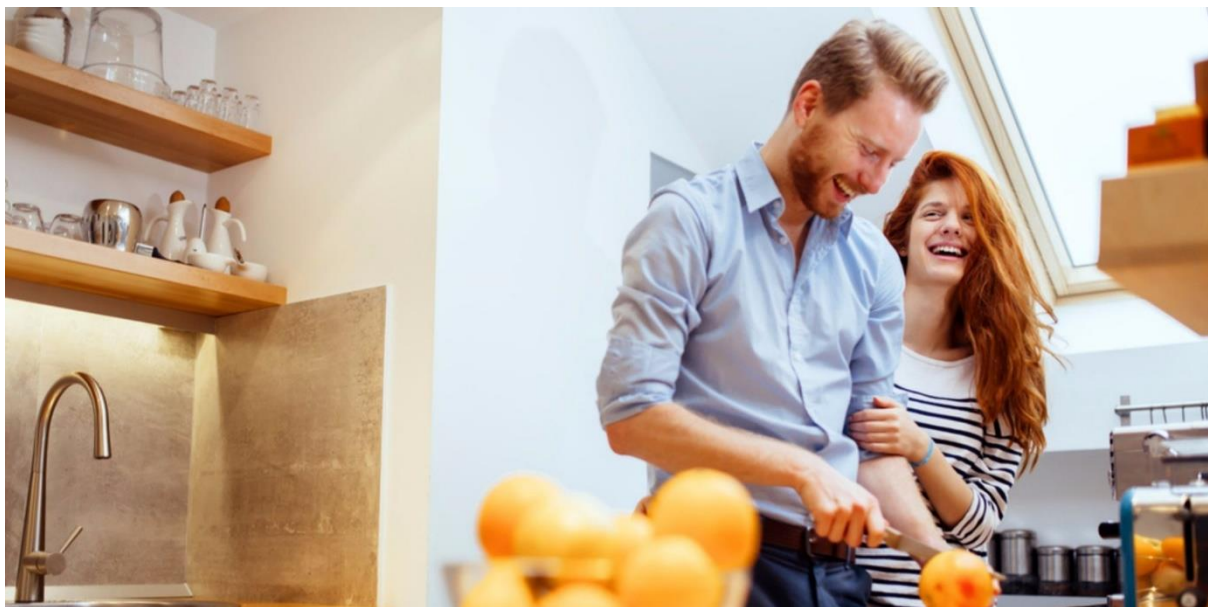
Creating a Peaceful Home

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.

II. Healthy Homes Matter More Than Ever: Here's Why

More and more people are realizing the tremendous impact that homes can have on their health. Learn about the key elements of a healthy home and how home environments can affect you and your family.



Healthy Homes are increasingly in demand as homebuyers and homeowners learn more about the impact that our homes can have on our health. During the Covid-19 pandemic, the desire for a healthy home has only been amplified, as we spend more

time at home due to quarantines and lockdown measures. We spend around 90% of our time indoors, with most of this time currently being spent at home. Before the pandemic, we split our time between our homes, offices, gyms, and venues like restaurants and movie theaters.

Today, people are retrofitting their homes to serve a variety of these functions. A recent survey by the American Institute of Architects (AIA) shows that around 70% of architects have received more requests for home offices in 2020 than they did in 2019. In addition, 23% of architects cited a rise in demand for exercise rooms, and 43% indicated a rise in demand for multi-function rooms. It's no wonder that so many people are looking to transform their homes to serve their current and post-pandemic needs!

Importance of Healthy Homes

The increased amount of time we're spending at home, in tandem with increased awareness around health and well-being during the pandemic, has prompted people to explore ways in which to make their homes healthier places to be. This is accelerating the already growing awareness that our homes have an impact on our overall health and well-being.

Even before the pandemic, one in four homeowner expressed concern about the health hazards within their homes: and they were right to be concerned. In a survey conducted by the Joint Center for Housing Studies of Harvard Studies (JCHS), indoor air quality (cited by 44% of concerned households) and water quality (38%) were two of the most commonly cited sources of concern, while concern over harmful materials and chemicals was cited by over 20% of the households.

As our society becomes more aware of the health impact of indoor environments, making our homes healthier is an obvious solution.

Components of a Healthy Home

A healthy home should take into consideration the environmental factors that impact people's comfort, well-being, and long-term health. Healthy homes improve occupant health and well-being by targeting the health and wellness pitfalls of conventional homes. While the fundamental features of a healthy home include improved air quality, controlled humidity, and optimized water quality, a healthy home should also account for our need for adequate light, improved comfort, and enhanced safety and security. Given that healthy homes are designed for long-term resilience, it is also important to ensure that the home is designed with environmental impact in mind.

As the market grows, one in three consumers is willing to pay at least five percent more for a healthier home. This demand is projected to increase even further as a result of the Covid-19 pandemic. More than ever, people want to invest in their health and well-being – and there is no better place to start than our homes.

Indoor Air Quality (IAQ)

Research suggests that the concentration of toxins, allergens and other pollutants can be up to five times higher indoors than it is outside. Extremely small particulate matter (PM2.5) is one of the most dangerous air pollutants and 75% of our exposure to it happens within our own homes. Exposure to allergens, for example, can lead to allergy-induced asthma. In the alone, asthma results in 7 million missed school days per year. Covid-19 has only increased concern about IAQ, as the virus is known to spread through indoor air. 39% of architects responding to the AIA survey indicated a growing demand among their clients for products that improve IAQ.

Material Composition

The materials used in our homes can also be detrimental to our long-term health. Many building materials and finishes, furniture, and cleaning products emit VOCs, or volatile organic compounds, into the air. VOCs can lead to a range of health implications, such as neurological symptoms, liver toxicity, and even cancer.

These harmful chemicals are now appearing regularly in blood and urine samples according to the CDC, indicating just how prevalent they are in our surrounding environments. In response to this, industry leaders like the AIA are advocating for transparency about building materials, and putting forth alternative solutions.

Dedicating our time and attention to selecting low-VOC and non-toxic materials, furniture, and even everyday objects like toys, is crucial to helping protect our health.

Live Well With a Healthy Home

All in all, our home environments are fundamental determinants of our health. The health implications of poor water and air quality, harmful material composition, and harsh lighting can amount to a decreased quality of life and poorer health. That's why homebuyers are seeking out healthy homes – to ensure their home is working for, not against them.

Everyone deserves to live in a healthy home. While the demand for healthy homes and large-scale renovations has increased, there are also alternatives, such as implementing easy home design changes to help transform your home to support your health and well-being. Contact Delos today to see how our home wellness solutions can help to advance the health and well-being of you and your family, and anyone who steps foot through your door.

III. 8 Elements of a Green and Healthy Home



1 – Dry

- Prevent water from entering your home through leaks in roofing systems
- Prevent rain water from entering the home due to poor drainage around the outside of the home
- Check your interior plumbing for any leaking

What you can do

- See how mold and moisture can trigger asthma symptoms.
- Take steps to prevent mold and moisture in your home.



2 – Clean

- Control the source of dust and contaminants
- Create smooth and cleanable surfaces
- Reduce clutter
- Use effective wet-cleaning

What you can do

- Read about VOCs (Volatile Organic Compounds) that can come from cleaning supplies and how to keep them out of your home.
- Learn about pest control to keep pests out of your home.



3 – Safe

- Store and properly label
- Keep poisons out of the reach of children
- Secure loose rugs and keep children's play areas free from hard or sharp surfaces
- Install smoke and carbon monoxide detectors and keep fire extinguishers on hand

What you can do

- Learn steps to keep your children safe in the home.
- See clear steps to reduce home safety hazards such as faulty smoke detectors.



4 – Well-Ventilated

- Ventilate bathrooms and kitchens
- Use whole-house ventilation for supplying fresh air to reduce the concentration of contaminants in the home

What you can do

- Learn steps to keep your children safe in the home.
- See clear steps to reduce home safety hazards such as faulty smoke detectors.



5 – Pest Free

- If needed, use sticky-traps and baits in closed containers
- Seal cracks and openings throughout the home so pests can't get in
- Store food in pest-resistant containers

What you can do

- Check your appliances to ensure they meet ENERGY STAR® standards.
- Use efficient and programmable controls for temperature, water and electricity and install Compact Fluorescent Light Bulbs (CFLs).



6 – Contaminant-Free

- Reduce lead-related hazards in pre-1978 homes by fixing deteriorated paint
- Keep floors and window areas clean using a wet-cleaning approach
- Test your home for radon, a naturally occurring dangerous gas that enters homes through soil, crawlspaces, and foundation cracks

What you can do

- Learn about precautions to take against cockroaches; how to rid your home of dust mites and how to handle removing mice from your home.



7 – Well-Maintained

- Inspect, clean and repair your home routinely
- Take care of minor repairs and problems before they become large

What you can do

- Get tips on how to maintain your smoke detector, properly store cleaning chemicals and stay up to date on your home maintenance.
- Avoid risk of carbon-monoxide poisoning by following these steps.



8 – Energy Efficient

- Use reduced amounts of energy, water, and resource consumption
- Energy efficiency/weatherization includes: Install proper weatherization, such as: insulation, air-sealing, weather-stripping, and window efficiency
- Maintain efficient heating and cooling system; proper air flow and temperature distribution; efficient hot water / steam boiler system

What you can do

- Check your appliances to meet ENERGY STAR® standards.
- Use efficient and programmable controls for temperature, water and electricity and install Compact Fluorescent Light Bulbs (CFLs).

IV. Why Regular Professional Cleaning Is Essential for a Healthy Home: Key Benefits and Tips

Maintaining a clean and healthy home is essential, not only for the aesthetics but also for the well-being of its inhabitants.

A clean home significantly reduces the prevalence of allergens, bacteria, and dust mites, which can lead to improved health and reduced respiratory issues. Professional cleaning services bring expertise and efficiency, ensuring that

even hidden dirt and germs are eliminated, contributing to a healthier living environment.



Professional cleaning services are particularly beneficial in maintaining deep cleanliness that regular maintenance might miss. They employ specialized equipment and techniques to target areas that are often overlooked. This thorough approach not only keeps the home visually appealing but also enhances air quality and overall hygiene.

Engaging professional cleaners also saves time and reduces stress for homeowners who might find it challenging to keep up with regular cleaning tasks. This allows them to focus on other important aspects of their lives, confident that their home remains a safe and clean sanctuary.

The Importance of Regular Professional Cleaning

Regular professional cleaning offers significant health benefits by reducing allergens and controlling the growth of harmful microorganisms, ensuring a cleaner and healthier home environment.

Health and Allergen Reduction

Regular house cleaning is crucial for minimizing allergens such as dust mites, pet dander, and pollen. These common irritants can accumulate in homes and lead to respiratory issues, especially for those with asthma or allergies.

Professional house cleaning services use specialized equipment and techniques to remove these allergens more effectively than typical DIY methods. This thorough approach ensures that carpets, upholstery, and other surfaces are properly cleaned, helping to maintain cleaner indoor air and reduce potential allergic reactions.

Additionally, professional cleaners employ high-efficiency particulate air (HEPA) filters and eco-friendly cleaning products tailored to improve indoor air quality, further enhancing the health benefits by eliminating pollutants that can affect airways and overall well-being.

Microbial Growth and Contaminant Control

Regular professional cleaning is essential for controlling microbial growth, such as bacteria, viruses, and other microorganisms that can thrive in a home environment. Kitchens and bathrooms are prime areas where these harmful microbes can proliferate, posing health risks to inhabitants.

Professional cleaners are trained to target and eliminate microbial hotspots using industrial-grade disinfectants and cleaning agents. These products are more effective at killing germs compared to most over-the-counter cleaning supplies.

Effects of a Hygienic Home Environment on Well-being



A hygienic home environment significantly contributes to both physical and mental health. Clean living spaces reduce stress and anxiety levels, fostering a sense of peace and improving overall mental well-being.

Psychological Impact of Cleanliness

A clean home can significantly affect one's psychological state. Living in a clean environment helps reduce stress and anxiety, offering a tranquil refuge from daily life.

Regular professional cleaning maintains a consistent level of cleanliness, ensuring that residents can always enjoy peace of mind. This consistency means fewer worries about potential health hazards or the time-consuming chore of cleaning, thus contributing to relaxation and mental well-being.

Clutter-free spaces also improve focus and productivity. When the home is clean and organized, individuals can concentrate better on their activities without the mental burden of looming cleaning tasks. This clarity promotes improved mental health, creating a positive impact on daily life.

The Correlation Between Clutter and Stress Levels

Clutter has a direct correlation with elevated stress levels. Studies show that living in a cluttered space can increase cortisol levels, which is a hormone associated with stress. Professional cleaning services can organize and maintain a clutter-free environment, significantly reducing stress.

A clean, organized home fosters relaxation and allows residents to unwind more effectively. This setting is particularly beneficial after a long day at work, where the last thing one needs is to come home to a chaotic environment.

Moreover, reduced clutter translates to fewer distractions, making it easier to relax and enjoy one's living space. This leads to improved mental health and a heightened sense of well-being.

Deep Cleaning vs Regular Maintenance



Distinct differences exist between deep cleaning and regular maintenance. Both play crucial roles in maintaining a healthy and visually appealing home, but they serve different purposes and are necessary at varying intervals.

The Necessity of Deep Cleaning Services

Deep cleaning involves an intensive process that targets hidden grime, allergens, and deep-seated dirt that regular cleaning often misses. It encompasses thorough tasks like cleaning behind large appliances, scrubbing tile grout, and eliminating buildup in hard-to-reach areas. These services are essential for maintaining indoor air quality, reducing allergens, and preventing mold growth.

Effectiveness of Deep Cleaning:

- Air Quality: Significant improvement due to removal of dust and allergens.
- Health Benefits: Reduces risks of respiratory issues and allergies.

Deep cleaning typically occurs less frequently, such as seasonally or even annually, depending on household needs.

Maintaining Home Value Through Regular Care

Regular maintenance includes routine cleaning tasks that keep the home tidy and presentable. This includes dusting, vacuuming, mopping, and disinfecting surfaces. Consistent upkeep through regular maintenance helps extend the lifespan of household items and appliances by preventing dust accumulation and grime buildup.

Routine Tasks:

- Dusting: Keeps surfaces free from allergens.
- Vacuuming: Maintains flooring by removing debris.

Regular cleaning routines also provide the opportunity to identify minor repairs early, preventing more significant issues. These frequent, less intensive tasks are often integrated into weekly or bi-weekly routines, ensuring a consistently clean living environment.

Benefits of Regular Maintenance:

- Cost-Effective: Prevents expensive repairs and replacements.
- Home Appearance: Maintains a neat and inviting space.

Adopting both deep cleaning and regular maintenance practices is key to keeping a home thoroughly cleaned and well-maintained.

Professional Cleaning Services: Expertise and Efficiency

Professional cleaning services offer unmatched expertise and efficiency, ensuring a thorough and hygienic living environment. This section explores the primary benefits of hiring professional cleaners and how their expertise ensures a healthy home.

Benefits of Hiring Professional Cleaners

Hiring professional cleaners brings several notable benefits. Their expertise in handling various cleaning tasks means they apply appropriate techniques and products for every surface. This attention to detail results in a more thorough cleaning compared to DIY efforts.

Additionally, professional cleaners can help increase productivity. By allowing them to manage cleaning chores, residents can focus on work, family, or personal activities. This delegation leads to a more organized and less cluttered home, contributing to mental clarity and reduced stress levels.

Further, professional cleaning services are often more cost-effective in the long run. They use industrial-grade equipment and environmentally safe cleaning products, reducing the need for frequent replacements of home cleaning supplies. Their services are reliable and consistent, guaranteeing a clean living space without the hassle of scheduling and performing the cleaning tasks oneself.

How Professional Cleaning Ensures a Healthy Living Space

Professional cleaning services ensure a healthier home by thoroughly eliminating allergens, bacteria, and dust mites that are common in most households. Their attention to detail in cleaning hard-to-reach areas and high-contact surfaces helps maintain a hygienic environment, reducing the occurrence of allergies and respiratory issues.

These services also prioritize safety, using non-toxic products that do not pose health risks to residents. The cleaning company staff are trained to handle even delicate cleaning scenarios, ensuring no damage to property while maintaining cleanliness standards.

By hiring a professional cleaning company, homeowners can avoid the clutter and potential hazards associated with improper or insufficient cleaning methods. The reliable nature of these services means homes remain consistently clean, making it a safer and healthier place to live.

V. DIY Cleaning Tips For In-Between Professional Cleans

Eliminating stubborn stains, accumulated dust, debris and buildup grease from different surfaces in a house can be tedious and time-consuming. Achieving a sparkling, organised and healthy living space becomes even more challenging for busy individuals.



Thus, hiring a recurring house cleaning service in Perth is a great way to keep allergens and ailments, such as hay fever or respiratory disorders at bay. They bring all the necessary tools and effective products to clean the filthiest areas without giving you a hint of stress. However, to make the most of the professional cleaning, focus on performing simple yet impactful hacks to reduce the dust and grime until they visit again for the next session.

So, here is a list of useful DIY cleaning tips to help you maintain a spotless in-between professional cleans. The following guide doesn't require elbow grease or fancy products. You can use eco-friendly solutions for a shiny space.

1. Keep the Clutter At Bay

There is no denying that clutter makes a house look dirtier. So, don't wait for the professionals to reduce unnecessary household items. Instead, make a habit of de-cluttering your rooms and storage units on a regular basis.

You can schedule a de-cluttering routine each week and inspect different rooms of your home. Divide items into three categories: Donate, sell and Toss.

This will help you purge items you no longer need. A clutter-free room can also prevent dust and allergens buildup.

Make sure you remove large furniture and heavy objects before the expert vacate cleaning Perth. This will help the experts easily access dirt-laden surfaces and help you secure full bond money.

2. Dust Hard Surfaces with a Microfiber Cloth

Regular dusting can make a huge difference and help you maintain a spotless abode all year round. So, it is good to invest in effective dusting tools, such as microfiber cloths, dusters, and mops.



Damp microfiber cloths are perfect for wiping down surfaces such as ceiling fans, walls, light fixtures, switchboards, shelves, cabinets, window panes, and wooden surfaces. Make sure you de-clutter your drawers before tackling dust and grime.

Use a microfiber duster with an extendable handle to reach the top areas like ceilings and remove insect marks, dust specks and other allergens.

It is good to dust surfaces on a daily basis in- between professional visits to promote a quality indoor air.

3. Act on Spills Proactively

Instead of waiting for cleaners to remove carpet spills and splatters, remove them immediately using the right techniques. This will prevent the spills from setting and becoming difficult to remove.

Use a sponge to remove spills or fresh stains from hard surfaces. If a carpet has been ruined, blot the stain with a damp cloth or paper towel. This will transfer the spill onto the cloth and help you achieve shiny results.

Later, professionals will thoroughly clean your carpets, rugs and upholstered furniture.

4. Follow the Two-Minute Rule

Are you a busy bee or always run under a serious time crunch? If yes, then you can follow the time-saving hacks to keep your house tidy on a daily basis.

Make a list of tasks that take less than two minutes to finish. It could be the following.”

- Wiping a kitchen countertop after preparing meals
- Making the bed in the morning
- Putting items to the designated places
- Washing pet bowls, etc

These tasks won't take much time and effort. You can perform them and keep all the rooms organised.

5. Remove Tough Stains with White Vinegar

You can use DIY recipes to maintain a tidy home. White vinegar is a versatile product that makes a great green all-purpose cleaner.

Mix equal parts vinegar and warm water. Add a teaspoon of dishwashing liquid and essential oil. Pour the mixture into a spray bottle and use it to clean almost all surfaces, such as windows, doors, baseboards, kitchen appliances, showerheads, tile grout, and more.



You just need to spray, leave and scrub the surface for sparkling results. For meticulous results, professionals will come for an expert vacate cleaning Perth. They can help you pass the end-of-tenancy inspection in a breeze.

6. Use Baking Soda for Kitchen Cleaning

Clean your kitchen sink, faucets, cabinets, stovetop, rangehood, oven, microwave and refrigerator using all-natural cleaning solutions. Baking soda is the best option as it can clean, disinfect and banish bad smells from all surfaces, including natural stones.

You can remove stubborn oil splatters from cabinets, scrub over the greasy stovetop, unclog the garbage disposal, and much more.

However, you will need to prepare a daily or weekly cleaning schedule and perform tasks accordingly.

7. Vacuum Your Carpets

Highly trained professionals steam clean delicate floor coverings using proper tools and products. If you want to maintain the lustre shine between professional cleans, vacuum carpets once or twice a week. This will keep pet hair, dust, and debris at bay, promoting quality indoor air.

8. Clean and Disinfect Toilets

It is more than a cleaning hack. Make a habit of keeping the toilet bowl clean and germ-free to prevent the spread of diseases. You can use hydrogen peroxide or vinegar to remove yellow stains and grime from the surface.



9. Sweep and Mop Floors Frequently

Floors will stay cleaner for longer if you restrict the energy of shoes inside your home. This habit will prevent the traces of heavy soil, dirt and invisible invaders in your living space. So, set up a shoe rack in a mudroom or entrance to let everyone in your family keep their footwear outside.

According to vacate cleaning professionals, you should sweep and mop the hard floors on a daily basis. Use a microfiber mop to fetch dirt, grime and spills.

Professionally-trained cleaners have the expertise to transform dirty premises into sparkling glory. However, it becomes your responsibility to extend the cleanliness aspect and reduce the buildup of stubborn stains and grime. By following these DIY tips, you can keep your house clean in between professional cleans and maintain a healthy environment all year round.

CONCLUSION

A healthy home goes beyond aesthetics, integrating both physical and mental well-being. By focusing on clean air, organized spaces, and positive habits, we create an environment that promotes health and happiness. Your home should be a sanctuary, offering safety, comfort, and mindfulness. Each small change in your space can have a powerful impact on your overall quality of life, turning your home into a place that nurtures balance, vitality, and contentment.

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