

HOW TO MAINTAIN A FRESH AND HEALTHY LIVING SPACE



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ABSTRACT

Maintaining a fresh and healthy living space is essential for both physical and mental well-being. Regular cleaning, proper ventilation, and using the right cleaning products are key to ensuring that your home stays hygienic and inviting. By following a routine that includes decluttering, disinfecting surfaces, and improving air quality, you can reduce allergens, dust, and harmful bacteria, creating a healthier environment for you and your family. Simple practices like cleaning the kitchen and bathroom regularly, caring for your floors, and using eco-friendly products can make a big difference in keeping your space clean and fresh.



In addition to cleaning, creating an organized and serene environment plays an important role in maintaining a healthy home. Proper storage solutions, indoor plants, and the right lighting can enhance the ambiance, making your home not only cleaner but also more peaceful. With a focus on these small but significant changes, you can ensure your living space remains a sanctuary that promotes overall wellness and comfort.

LET'S GET STARTED

Maintaining a fresh and healthy living space involves creating an environment that promotes well-being and comfort. Regular cleaning is essential, as it helps remove dust, dirt, and allergens, while proper ventilation ensures good air quality. Using the right cleaning products and following a consistent routine for tasks like scrubbing surfaces, organizing, and disinfecting areas such as kitchens and bathrooms can prevent the buildup of harmful bacteria and pests. Additionally, incorporating eco-friendly practices and safe cleaning products contributes to a healthier home and environment.

Beyond cleaning, maintaining an organized and clutter-free home enhances the overall atmosphere. Proper storage solutions, indoor plants, and optimizing natural light can improve the mood of your space, creating a calming and inviting ambiance. Small changes like these, combined with a regular cleaning schedule, are key to keeping your home not only fresh but also a safe and peaceful retreat that supports physical and mental health.

IMPORTANCE OF REGULAR CLEANING IN YOUR HOME

Regular cleaning is essential for maintaining a healthy and pleasant living environment. It helps remove dust, dirt, allergens, and germs, which can otherwise accumulate and negatively affect air quality and overall hygiene. Consistent cleaning also prevents the buildup of grime, stains, and odors, ensuring that your home remains fresh and inviting. Additionally, it reduces the risk of pests and bacteria, promoting a safer space for everyone. By sticking to a cleaning routine, you not only enhance the cleanliness of your home but also contribute to a healthier and more comfortable living space.

Daily Cleaning Tips:

1. Wipe Down High-Touch Surfaces:

High-touch areas like kitchen counters, bathroom sinks, light switches, doorknobs, and remote controls collect germs quickly. Wiping them down daily

with a disinfectant wipe or all-purpose cleaner helps prevent the spread of bacteria and viruses, ensuring that your home remains hygienic.

2. Tidy Up and Declutter:

Spend a few minutes each day picking up stray items like clothes, toys, or papers. This prevents clutter from accumulating and keeps your living space organized. Using baskets or bins for quick storage is an easy way to keep things in order.

3. Wash Dishes and Clean the Kitchen:

Wash dishes immediately after meals or load them into the dishwasher to avoid buildup. Wipe down counters and the stovetop after cooking to remove food debris and grease. By maintaining this habit, you'll prevent unpleasant odors and make weekly cleaning less overwhelming.

4. Spot Clean Spills and Stains:

Clean up spills on floors, countertops, or fabrics as soon as they happen. This not only keeps your home looking tidy but prevents stains from setting. Keeping a cleaning cloth or paper towels handy will help you address messes quickly.



Weekly Cleaning Tips:

1. Vacuum and Mop Floors:

Vacuum carpets, rugs, and hard floors at least once a week to remove dirt, dust, and pet hair that accumulate throughout the week. For hard floors, use a mop to deep clean and remove stains or sticky residues that vacuuming alone can't tackle.

2. Dust Furniture and Surfaces:

Dust accumulates on furniture, shelves, and decor, leading to an untidy and allergenic environment. Use a microfiber cloth or duster to clean surfaces weekly, including electronics, bookshelves, and baseboards. Don't forget to dust light fixtures and ceiling fans, as these often collect dust that can go unnoticed.

3. Clean Bathrooms Thoroughly:

Scrub sinks, toilets, and showers or bathtubs to remove soap scum, grime, and water spots. Replace towels and bath mats with clean ones. Clean the mirrors and wipe down other surfaces such as faucets and light fixtures. Pay attention to hidden corners or places where mold might grow, especially in humid environments.

4. Wipe Down Kitchen Appliances:

Weekly, wipe down your kitchen appliances, including the microwave, toaster, coffee maker, and refrigerator exterior. For the refrigerator, check for expired items and wipe down shelves. For the stovetop, make sure to remove any grease or food residue that can harden over time, making future cleaning more difficult.

Monthly Cleaning Tips:

1. Deep Clean Appliances:

Deep cleaning your appliances at least once a month ensures they run efficiently and stay hygienic. Clean the inside of your oven, microwave, and dishwasher. For the fridge, clean out old food, wipe down shelves, and sanitize drawers. You can also clean the filters of your dishwasher and washing machine to prevent odors.

2. Wash Windows and Mirrors:

Clean both the inside and outside of your windows for a streak-free shine. This enhances natural light and provides a clearer view. Don't forget the mirrors in bathrooms and living spaces—wipe them down to eliminate water spots and dust.

3. Vacuum Upholstery and Clean Carpets:

Upholstered furniture tends to collect dust, pet hair, and debris. Vacuum couches, chairs, and cushions, paying close attention to seams and crevices where dirt can gather. If you have carpets, consider hiring a professional or using a carpet cleaner to remove deep-seated dirt and allergens.

4. Organize Storage Spaces:

Take the time to declutter and organize spaces like closets, cabinets, and the pantry. This not only keeps your home neat but makes it easier to locate items when needed. Donate items you no longer need and discard anything that's expired or broken.

5. Wash Bedding and Towels:

Wash your bed linens, comforters, and blankets monthly to keep your sleep environment clean and fresh. Replace pillows or pillowcases as needed, and be sure to clean towels to maintain hygiene in bathrooms.

6. Deep Clean Air Vents and Replace Filters:

Over time, air vents and filters can become clogged with dust and dirt. Clean vents to ensure better airflow and consider changing your HVAC filters if necessary. This helps improve air quality and prevent allergens from circulating throughout your home.

By following these detailed daily, weekly, and monthly cleaning routines, you can maintain a consistently fresh and healthy living space with minimal effort.

DIY CLEANING MISTAKES TO AVOID

Cleaning is the practice of eliminating visible dust particles, dirt, stains, built-up grease, soap scum and grime from surfaces. It is one of the most essential steps to foster a positive, healthier and shinier living environment. However, maintaining a spotless look can seem overwhelming, especially when doing it without professional assistance.

There is always a possibility of making silly mistakes, such as using abrasive products on delicate surfaces, scrubbing hard on carpet stains, cleaning surfaces randomly, etc. These could damage the surface, discolour soft furnishings, and even cause physical injuries, such as slips and falls.

If you want to maximise your efforts, avoid the following DIY cleaning mistakes and maintain a shiny abode. The right products and techniques will help you impress your fussy landlord and get your full bond money back without any disagreement.



1. Mixing Two Cleaning Products

Many homeowners don't realise and mix two cleaning products for a more effective solution. This is one of the biggest cleaning blunders. The wrong combinations could produce toxic fumes, cause eye or skin irritation and breathing problems, damage the surface or pose other serious threats. So, you should safely use the cleaning chemicals and never mix:

- Vinegar and Bleach
- Bleach and Ammonia-based products
- Vinegar and Ammonia

Two Different Store-Bought Disinfectants, and Drain Cleaners, etc

Instead, you can prepare homemade cleaning recipes using baking soda, vinegar, lemon, hydrogen peroxide, and essential oils to spruce up your home.

Hiring professionals for quality vacate cleaning in Perth is a great way to reduce cleaning stress and pass the rental inspection without any hassle.

2. Wiping Down Surfaces with Dirty Cleaning Rags

Are you using the same dirty cloth to clean your countertops, electronics and windows? This is also one of the major DIY cleaning mistakes that will spread dust and dirt further, making your house look dirtier.

So, it is important to arrange multiple cleaning cloths in a cleaning caddy and avoid reusing the same cloth to clean different surfaces. Always wash the rag in hot, soapy water after every use. This will prevent the spread of germs and bacteria.

3. Cleaning Surfaces Randomly

You should never spruce up the surfaces randomly. This will spread dust and debris further, and you may even miss important spots. Plus, different surfaces need different methods and approaches, so random cleaning might not help you generate spotless results.

What is the solution? Professionals always follow a top-to-bottom approach for the best vacate cleaning Perth. They also follow a proper cleaning checklist for all rooms and important spots.

Always start cleaning from your ceiling fans, exhaust fans and walls to achieve the desired results. After that, clean towards windows, blinds, door tracks, carpets and floors. This will save you time and energy.



4. Washing Windows on a Sunny Day

Direct sunlight and warmth can quickly evaporate and dry the window cleaning products and water, leaving insightful streaks behind. If you keep making this mistake, all your efforts will go in vain.

It is always good to wash your dirty windows on a cloudy day or in the evening when there is no direct sunlight. Make sure you clean the sills, frames and wooden doors using eco-friendly products and leave your windows sparkling clean.

5. Not Emptying the Vacuum Machine

Believe it or not! Vacuum cleaners are the most effective cleaning gadgets that can help you clean hard and soft surfaces in a go. However, most people often forget to empty the canister or bag of the machine after the use.

This not only affects the machine's efficiency but also makes it difficult to achieve sparkling results. So, always clean out the canister after every use and remove accumulated dust and debris.

6. Rubbing the Carpet Stains Abrasively

Carpet stains are stubborn and annoying. However, rubbing or scrubbing techniques can damage the fibres further. Do not use a sharp or abrasive brush to remove stains.

Instead, blot the surface with a damp cloth. Gently blot the area with a vinegar-based solution and repeat until the stain transfers onto the cloth.

You can hire professionals for quality steam carpet cleaning in Perth and save your plush and beautiful floor coverings.

7. Cleaning Natural Stone Surfaces with Acidic Cleaners

This is one of the biggest mistakes that can damage your granite, limestone, and marble surfaces. You can use a microfiber cloth and baking soda solution instead of vinegar and lemon to remove oil stains, grime, and grease from your natural stone surfaces.

8. Using Disinfecting Spray on Dirty Surfaces

Most people confuse cleaning with disinfection. Of course, both are performed to maintain a hygienic indoor environment, but they have different purposes. Cleaning is the process of removing visible dirt and stains, while disinfecting is about banishing lingering invisible germs and bacteria.

You should never disinfect dirty surfaces. This will not kill germs and bacteria. Instead, wipe down the dirt first using soap, water, or vinegar. After that, use disinfecting wipes or 70 percent rubbing alcohol to banish microbes and other household threats, like bed bugs, etc

Professionals also use the same technique when carrying out a budget vacate cleaning Perth and help tenants pass their rental inspection.

These are some of the most common DIY cleaning mistakes every homeowner should avoid to maintain a clean, shiny abode. Always follow the proven methods to tackle stains and grime from different surfaces around your home.

HOW TO DECLUTTER YOUR HOME SO YOU'LL LOVE YOUR SPACE AGAIN

Decluttering your home is a transformative process that can restore a sense of order, calm, and joy to your living space. Whether you're feeling overwhelmed by clutter or simply want to create a more inviting atmosphere, following these detailed steps will help you reclaim and love your space again.



1. Set Clear Goals and Start Small

Decide which areas of your home need the most attention and start with one small section, like a drawer, countertop, or closet. Avoid trying to declutter your entire home in one day—it's a recipe for burnout. Focus on one task at a time to build momentum and avoid overwhelm.

2. Create Sorting Categories

As you go through your items, use three boxes or piles:

- **Keep:** Items you use regularly and need.
- **Donate or Sell:** Items in good condition that you no longer use but someone else might appreciate.
- **Discard:** Broken, expired, or damaged items that are beyond repair or use.

Be honest with yourself when deciding which items to keep. If something no longer serves a purpose or brings joy, it's time to let it go.

3. Apply the “One-Year Rule”

When in doubt about an item's usefulness, ask yourself: Have I used this in the past year? If the answer is no, consider donating or discarding it. Exceptions include sentimental items or seasonal essentials like holiday decorations, but avoid holding on to things out of guilt or "just in case" thinking.

4. Declutter by Category, Not Location

Instead of organizing room-by-room, try tackling categories such as clothes, books, kitchen gadgets, or paperwork. This method helps you see the full extent of your belongings and make better decisions about what to keep or discard.

5. Organize and Maximize Storage Solutions

Once you've sorted your items, use efficient storage solutions to keep everything in its place.

- Use clear bins and labeled containers for easy identification.
- Incorporate baskets and drawer organizers to contain small items.
- Utilize vertical space with shelves or hanging storage to maximize space.

Keep frequently used items accessible and store seasonal or rarely used items out of the way.

6. Clear Surfaces for an Open and Calm Look

Cluttered countertops, tables, and desks create visual noise and stress. Aim to keep surfaces as clear as possible. Limit decorative items and only display a few meaningful or functional objects to maintain an open, peaceful vibe.

7. Adopt a Minimalist Mindset

Be intentional about what you bring into your home. Avoid impulse purchases, prioritize quality over quantity, and practice mindful consumption. Consider implementing a “one-in, one-out” rule—when you bring something new into your home, let go of a similar item to prevent clutter from creeping back in.

8. Create Decluttering Habits for Maintenance

Decluttering isn't a one-time event. Set aside regular time—whether monthly or seasonally—to review and tidy up your space. Adopt daily habits like putting things back where they belong and doing a five-minute cleanup at the end of each day to keep your home clutter-free.

9. Handle Sentimental Items with Care

Sentimental items can be the hardest to declutter. Set limits for how many you keep and find creative ways to honor them, like creating a memory box or taking photos of items before donating. This allows you to preserve the memory without holding onto unnecessary objects.

BEST WAYS FOR MAINTAINING HEALTHY FLOORING IN YOUR HOME

Proper care and maintenance of your flooring not only enhance its appearance but also contribute to a healthier living environment. Here are the most effective ways to keep your floors in top condition:

1. Regular Cleaning Routine

- Sweep or Vacuum Daily: Dirt and debris can scratch hardwood, laminate, or tile surfaces. Use a soft-bristle broom or vacuum with a hard floor setting to prevent damage.
- Mop Weekly: Use a damp mop or appropriate floor cleaner for your flooring type to remove dust and stains. Avoid soaking wood floors to prevent warping.

2. Prevent Dirt and Scratches

- Use Doormats: Place mats at entryways to trap dirt and reduce debris brought inside.
- Encourage No-Shoe Policies: Removing shoes indoors prevents tracking in dirt and grit that can cause scratches.
- Protect with Furniture Pads: Attach felt pads under furniture legs to prevent scratches and dents when moving items.

3. Use the Right Cleaning Products

- Match Products to Flooring Type: Avoid harsh chemicals or abrasive cleaners that can damage flooring finishes. Use pH-neutral cleaners for wood and laminate.
- Skip Wax on Sealed Floors: Applying wax on pre-sealed or laminate floors can create buildup and dullness.

4. Manage Moisture

- Wipe Spills Immediately: Moisture can lead to warping, staining, or mold growth on most flooring types.
- Use Rugs in Moisture-Prone Areas: Bathrooms, kitchens, and entryways benefit from absorbent mats or rugs to catch water.

5. Schedule Deep Cleaning

- Carpet Cleaning: Hire professionals or use a carpet cleaner annually to remove deep-seated dirt and allergens.

- Polish Hardwood Floors: Rejuvenate wood floors with periodic polishing or refinishing, depending on wear.

6. Maintain Proper Humidity

- Use a Humidifier or Dehumidifier: Wood and laminate floors are sensitive to humidity changes. Maintain a consistent level to prevent cracks or expansion.

By adopting these habits, you'll prolong the life of your floors while maintaining a clean and healthy home environment. Consistent care helps prevent costly repairs and keeps your flooring looking its best for years to come.

ORGANIZING TIPS FOR YOUR HOME

A well-organized home creates a peaceful, inviting atmosphere and improves daily efficiency. Whether you're working with a small space or a larger home, these detailed tips will help you achieve a clutter-free, harmonious environment.

1. Declutter Before You Organize

Begin by removing items you no longer need, use, or love.

- Sort into Keep, Donate, and Discard Piles: Be honest about what adds value to your life.
- Avoid Emotional Clutter: Sentimental items should be limited to a manageable collection stored thoughtfully.

Clearing out unnecessary items makes it easier to organize what remains.

2. Use Storage Bins, Baskets, and Containers

Invest in storage tools that suit your space and style.

- Clear Bins for Visibility: Transparent bins let you see contents without opening them.
- Labeled Containers: Use labels to categorize items for easy retrieval.

- **Drawer Dividers:** Separate small items like utensils, office supplies, or accessories.



3. Maximize Vertical Space

Vertical storage can dramatically improve space utilization.

- **Shelves and Hooks:** Install shelves for books, decorative items, or storage baskets.
- **Over-the-Door Organizers:** Great for shoes, cleaning supplies, or bathroom products.
- **Pegboards:** Use in kitchens, garages, or craft rooms to store frequently used tools.

4. Create Dedicated Zones

Designate spaces for specific activities or categories of items.

- **Entryway Drop Zone:** Use a tray, hook, or cubby for keys, bags, and mail.
- **Kitchen Zones:** Store cooking tools near the stove and utensils near the dining area.

- Office and Craft Areas: Keep supplies organized with labeled containers or filing systems.

5. Adopt a One-In, One-Out Rule

When you acquire a new item, remove one similar item.

- This rule helps prevent clutter from building up again.
- Use it for clothes, toys, kitchen gadgets, and more.

6. Organize by Category, Not Location

Tackling items by category rather than room-by-room allows you to see duplicates and streamline possessions.

- Example: Gather all books, sort them by importance, and store them in one designated area.
- Clothes: Sort seasonally and donate items you haven't worn in a year.

7. Furniture with Storage Functionality

Incorporate multi-functional furniture to maximize space.

- Ottomans with Storage: Ideal for living rooms to store blankets or remote controls.
- Bed Frames with Drawers: Great for storing out-of-season clothing or linens.
- Benches and Coffee Tables with Hidden Storage: Help keep clutter out of sight.

8. Tidy as You Go

Make organization a daily habit to prevent future mess.

- Clean Surfaces Daily: Return items to their designated spots to maintain order.
- Spend 5 Minutes a Day: A quick tidy-up keeps larger messes at bay.

9. Schedule Regular Decluttering Sessions

Revisit your organizational system every few months to ensure it's working.

- Seasonal Decluttering: Rotate and refresh items for each season.
- Donate Regularly: Let go of items that no longer serve your needs.

By following these detailed organizing strategies, you'll enjoy a more functional, aesthetically pleasing home that reduces stress and enhances your quality of life. Organizing is an ongoing process, but with consistent habits, you can create a space that brings joy and efficiency into your daily routine.

HOW COLORS, TEXTURES, AND SCENTS CAN CONTRIBUTE TO A HEALTHY HOME?

Creating a healthy home goes beyond cleanliness and functionality. The elements of colors, textures, and scents play a significant role in promoting physical well-being, mental relaxation, and overall happiness. Here's how they contribute to a healthy and harmonious living space.



1. Colors for a Positive Environment

Colors affect emotions, energy levels, and the overall ambiance of a home.

- **Calming Colors:** Soft blues, greens, and pastel shades promote relaxation and reduce stress, making them ideal for bedrooms and living rooms.
- **Energizing Colors:** Bright hues like yellows and oranges can boost mood and creativity in spaces like kitchens or home offices.
- **Neutral Tones:** Beige, gray, and white create a clean, spacious feel and are versatile enough to blend with other design elements.

Choosing colors that suit the purpose of each room helps balance energy and emotional well-being.

2. Textures for Comfort and Warmth

Incorporating a variety of textures makes a home feel inviting and cozy.

- **Soft Textiles:** Plush rugs, velvet cushions, and knitted throws provide warmth and tactile comfort, creating a nurturing atmosphere in relaxation areas.
- **Natural Materials:** Wood, stone, and bamboo textures bring an organic feel, improving connection to nature and reducing stress.
- **Smooth Surfaces:** Sleek countertops and polished floors offer a clean, modern vibe while being easy to maintain.

Balancing rough and soft textures adds visual and sensory interest, making spaces more dynamic and comfortable.

3. Scents for a Fresh and Inviting Atmosphere

Scents influence mood, relaxation, and even focus.

- **Refreshing Scents:** Citrus aromas like lemon and orange energize and boost concentration, perfect for kitchens and workspaces.
- **Relaxing Scents:** Lavender, chamomile, and sandalwood promote calmness and better sleep, making them ideal for bedrooms and bathrooms.

- Neutralizing Odors: Essential oil diffusers, scented candles, or natural air purifiers like activated charcoal keep the home fresh while reducing indoor pollutants.

Proper ventilation and regular cleaning prevent stale or unpleasant smells, ensuring consistent freshness.

Bringing It All Together

Colors, textures, and scents complement each other to shape a balanced, healthy home. Thoughtfully combining these elements can uplift mood, create comfort, and enhance overall well-being, transforming your home into a sanctuary of health and happiness.

MISTAKES TO AVOID WHILE MAINTAINING A HEALTHY HOME

Maintaining a healthy home involves more than regular cleaning and organizing. Many common mistakes can compromise the well-being of your space and family. Here are key errors to avoid:

1. Neglecting Proper Ventilation

- Mistake: Failing to air out your home regularly.
- Why it Matters: Poor ventilation leads to stale air and increases the risk of mold, mildew, and indoor pollutants.
- Solution: Open windows daily and use exhaust fans in kitchens and bathrooms. Consider air purifiers for better air quality.

2. Using Harsh Cleaning Products

- Mistake: Relying on chemical-heavy cleaners for a sparkling home.
- Why it Matters: Toxic substances can affect respiratory health and cause skin irritation.
- Solution: Opt for eco-friendly or homemade cleaning products like vinegar, baking soda, and lemon.

3. Ignoring Clutter Build-Up

- Mistake: Allowing items to accumulate without regular decluttering.
- Why it Matters: Clutter creates stress, reduces productivity, and can trap dust and allergens.
- Solution: Use a “one-in, one-out” rule and declutter seasonally to maintain order.

4. Overlooking Hidden Dirt and Germs

- Mistake: Cleaning only visible surfaces.
- Why it Matters: Germs and dust mites can thrive in neglected areas like under furniture, behind appliances, and on light switches.
- Solution: Include deep cleaning sessions for hidden spots in your routine.



5. Using Improper Humidity Levels

- Mistake: Failing to regulate indoor moisture.

- Why it Matters: Excess moisture encourages mold growth, while dry air can irritate skin and respiratory passages.
- Solution: Use dehumidifiers or humidifiers to maintain ideal humidity between 30% and 50%.

6. Not Changing Air Filters and Vacuum Bags

- Mistake: Forgetting to replace filters in HVAC systems and vacuums.
- Why it Matters: Dirty filters recirculate dust and allergens, compromising air quality.
- Solution: Change filters and vacuum bags regularly to keep air clean and fresh.

7. Neglecting Natural Light

- Mistake: Blocking sunlight with heavy curtains or poor furniture placement.
- Why it Matters: Natural light boosts mood, productivity, and vitamin D levels.
- Solution: Use sheer curtains, place mirrors to reflect light, and keep windows unobstructed.

Avoiding these mistakes will help create a cleaner, safer, and healthier home that nurtures your family's well-being and enhances daily living.

CONCLUSION

Maintaining a fresh and healthy living space is essential for promoting physical well-being, mental clarity, and overall happiness. By incorporating consistent cleaning routines, reducing clutter, and paying attention to air quality and natural light, you can transform your home into a sanctuary of comfort and positivity. Simple strategies like using eco-friendly cleaning products, organizing by category, and ensuring proper ventilation go a long way toward creating a healthier indoor environment.

A well-balanced home doesn't just look beautiful — it feels rejuvenating. From choosing calming colors and cozy textures to diffusing refreshing scents, every

element contributes to a peaceful and inviting atmosphere. By avoiding common household mistakes and adopting mindful habits, you'll foster a living space that nurtures health, harmony, and happiness for you and your family.



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