

2025
SEPTEMBER

CLEAN LIVING



Additionally, simplifying the products in your home and closet may have a **beneficial financial** impact.

Detoxing your home refers to adopting a **less toxic approach to everyday household chores and personal hygiene**. This includes using more simplistic products in cleaning, skincare, and even clothing choices.

REDUCING CHEMICAL EXPOSURE

Fewer Toxins: Many conventional cleaning and skincare products contain compounds like parabens, phthalates, and synthetic fragrances, which may contribute to skin irritation, hormonal imbalances, and respiratory issues over time. The average person uses 10 to 15 personal care products daily, so exposure can really add up.

Safer Home Environment: “Natural” cleaning products, like vinegar, baking soda, and essential oils, offer effective alternatives that are less harsh on the body and the environment. Clothing, especially fast fashion garments, can contain a range of chemicals that may pose a health risk.

HEALTHIER SKIN

Avoiding Endocrine Disruptors: Many conventional skincare and cleaning products contain endocrine-disrupting chemicals that can interfere with hormonal health.

IMPROVED INDOOR AIR QUALITY

Less-toxic Home: Natural cleaning products eliminate the need for harsh chemical fumes, leading to cleaner air indoors. This is especially beneficial for individuals with asthma, allergies, or respiratory sensitivities.

SUSTAINABILITY

Fewer Products, Less Waste: Simplifying cleaning routines and choosing multi-purpose, natural products reduce clutter, waste, and packaging, supporting a more sustainable lifestyle and reducing environmental impact.