

# HOW TO DESIGN A HEALTHIER LIVING SPACE



# ABSTRACT

Designing a healthier living space involves thoughtful choices that promote physical well-being, mental clarity, and environmental harmony. By integrating natural light, proper ventilation, low-toxicity materials, ergonomic design, and biophilic elements, individuals can significantly enhance the quality of their indoor environments. This piece explores practical strategies to transform any home into a sanctuary of health and comfort.

# INTRODUCTION

As the majority of people spend more time indoors than ever before, the quality of our living spaces has a profound impact on our health. From air quality to lighting, materials, and layout, every element contributes to our physical and mental well-being. Designing a healthier living space isn't just about aesthetics—it's about creating an environment that supports relaxation, productivity, and long-term wellness. This guide outlines key principles and actionable steps to make your home a healthier place to live.

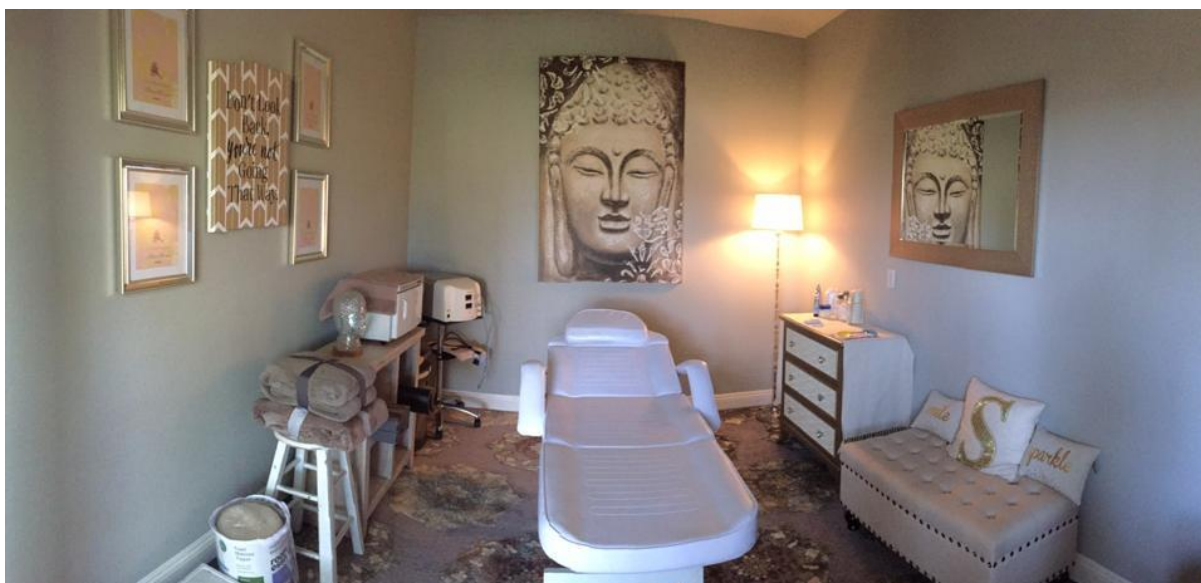
## I. How To Make Your Home A Wellness-Centered Space Even If You Have A Stressful Lifestyle

It's that time of year again when we start to make new year's resolutions. And if wellness is going to be a priority, supporting this lifestyle change at home is key. Whether it's a home gym, a dedicated room or even just a meditation corner, making space at home for these practices is key.

You can also do a soft refresh of furnishings and accents to create a more calming environment, as part of a holistic approach. When it comes to both wellness and redecorating, it's important to be realistic about what you can do, as opposed to what you cannot. Here's how several entrepreneurs and media personalities create calm despite their very stressful lifestyles.

### Devote A Space Entirely To Wellness

Running one of San Diego's premier holistic spas can be anything but relaxing. This is exactly why Tracy Younger who is the founder of Alcheme, has an entire room in her home dedicated to both her mind and body. "It gives me immediate access to a sanctuary at my disposal day or night. I love to get massages, meditate and be in a space that makes me feel invigorated," she says.



However, it might be surprising to learn that Younger built out this room before launching her current business. “As a former hospital executive, I was constantly in a state of stress and I needed my own space to decompress. It inspired me to open Alcheme, which is a modern wellness space. It’s a place where like-minded people can come to feel inspired and improve their overall wellbeing, both internally and externally,” she shares.

### Carve Out Space At Home For Fitness

Fitness is an essential part of life for musician Nick Gross, who is also the co-founder of new career discovery platform, Find Your Grind.

“My self-care routine is all about cardio and keeping my energy up. Boxing is one of the most high-intensity workouts you can do in my opinion, and really gives me the energy I need to conquer the day ahead and stay in my best shape—both mentally and physically,” he says.

So he built an indoor/outdoor boxing gym, where he can bring in his trainer Glenn Holmes every morning. Home gyms don’t need to be cold or stark. They can be decorated with anything that holds meaning, including original artwork.

### Add Wellness-Centered Accents

It’s not easy to dress some of the biggest names in reality television including Amanda Stanton from *The Bachelor* (her thriving fashion line, Lani The Label also happens to be sold at Swirl) and Emily Simpson from *Real Housewives of Orange County*, among many others. So, Landers minimizes stress through the careful addition of calming accents such as her aromatherapy diffuser. “It is the first smell that greets me from a long day of work and the first scent that welcomes guests,” she says.

### Use Mirrors For Positive Energy Flow

Landers is a believer in increasing positive energy flow with mirrors. For example, she keeps a mirror by her dining room window to reflect natural light outside.

But, she notes that it's important to be mindful of their power. "Mirrors can expand a space but it is important to be aware of what the mirror is actually reflecting," Landers says. "For example, I don't have a mirror above my home desk because that would double my workload."



### Create Calm With Texture

Landers also approaches fashion and home design in a similar way, focusing on how fabrics make her feel. "I love adding texture and soft elements to a space. This could be a rug and lush pillows that combat loud home acoustics or calming colors such as white, blues and green," she says.

Another calming element she likes is a waterfall to soften noise pollution, especially in a large city where her home is close to other properties.

### Bring In High Vibes With Crystals

Media personality and mom influencer Ali Levine is a big proponent of the powerful energy that crystals can bring in. Her obsession began several years ago with LoveThirteen jewelry, which has since expanded to offer a custom home line. Now, she has different crystals in the various rooms of her home. "I want to bring in that calming energy, love and peace to different rooms," she says. "I think we as the crystal owner bring the change in our intention and thought."

Levine keeps both quartz and obsidian on her nightstands. "Quartz promotes clarity of mind and obsidian helps to clear tension and stress."



She also has agate and heart-shaped rose quartz stones on her dresser near a photo of her beloved late grandmother. There's also rose quartz stones in her daughter, Amelia Rei's nursery.

A large amethyst sits on Levine's living room fireplace mantle to promote tranquility. This purple stone also adds a great pop of color to the contemporary space.

## **II. 5 ways you didn't know smart lighting can improve your living space and wellbeing**



Beyond illuminating your living spaces and elevating their aesthetic appeal, smart lighting can transform your home into an energy efficient, dynamic and adaptable environment. Smart lighting technology can be integrated into your home design to cater to your task and ambience oriented needs and circadian rhythms, improving wellbeing, comfort and offering a more holistic approach to modern living.

Our experts have explained the benefits of smart lighting and their five favorite ideas you can implement to reap the rewards of this smart home must-have.

### **Ways smart lighting can improve your living space wellbeing**

'In the realm of modern interior design, the integration of smart lighting transcends mere illumination, fostering an ambience that seamlessly blends technology with functionality and aesthetics,' explains Elizabeth Grace, interior designer and founder of Dream Home Making.

'As experts from the interior, lighting, and smart tech fields concur, the strategic implementation of innovative lighting solutions can fundamentally transform your living space, imbuing it with an unparalleled sense of sophistication and convenience.'

## The benefits of smart lighting



'Many people may feel sleepy during the day and notice that they become more energetic towards the end of the day when it's finally time to sleep. The reason for this may be artificial lighting,' explains Kraig Edelman, CEO of electrical services company, Edelman. 'When natural light becomes insufficient, we begin to rely on artificial lighting, which can interfere with our biological rhythms.'

Smart lighting systems can also adjust brightness and color temperature based on natural light levels and time of day to **reduce energy consumption** and lower your electricity bills.

**Voice commands and app controls** offer easier access to lighting adjustments and allow you to make adjustments even when you're not at home. Smart lights can be programmed to simulate your presence when you're away from home, deterring potential intruders. Motion sensors can trigger lights to turn on when someone

approaches, improving safety. You can set up schedules for your lights to turn on or off at specific times, helping you secure your home when you're away, **maintain a routine**, and save energy.

'For people who work nights, smart lighting can help them maintain a normal sleep schedule. Waking up in darkness can be eliminated with smart lighting timers,' says Dara Greaney. Finally, smart lighting can be **integrated with other smart devices**, such as your thermostat or security system, for a more holistic and automated home experience.

## 1. Automatic and motion sensor lighting



'Efficiency meets innovation with the integration of automatic and motion sensor lighting, offering a seamless and intuitive lighting solution that caters to your every movement,' says Elizabeth Grace.

Motion sensors provide the convenience of hands-free operation, simplifying daily tasks, improving home security, and keeping lights off when you leave a space to conserve energy, contributing to a more sustainable and eco-friendly living environment. You can install them in areas that only require temporary lighting, such as pantries, closets, or cabinets.

'If you're tired of navigating through unlit hallways on your way to the bathroom at night, or if you wish to enhance your home security system further, many smart lighting kits can be connected to special motion sensors to expand the possibilities,' explains Jimmy Hiller, president and CEO of electrical company, Hiller.

'Instead of struggling with light switches, envision the hallway lights automatically dimming to a low brightness as you pass a motion sensor.

'Linking smart lighting to motion triggers is also an effective way to deter potential burglars to secure your home. In the event of a break-in, you can use a companion app or software to make your lights flash red and blue as a warning signal to your neighbors, who can then contact the police or notify you.'

## 2. Smart natural lighting replication





Some smart lighting systems include functions designed to help you maintain your body's natural circadian rhythm by simulating the sun's changing intensity throughout the day. Circadian rhythms are the 24-hour internal clock in our brain that regulates cycles of alertness and restfulness by responding to light changes in our environment. As a result, finding smart lighting to regulate this will improve your sleep and wake times, and your general health.

'The lighting you choose for each room can have a major impact on your mood, rest, and productivity. Our body interprets different light temperatures as stimuli for different energy levels and activities,' explains Robert Soler.

'From a biological perspective, the goal is to replicate the balance of sun and sky. Bluer light in the morning (like a morning sky) will help you get out of bed with a boost of energy, so a wellness lamp or sunrise alarm clock can be helpful to have on your bedside. Think about your daily schedule and what rooms you tend to migrate to when.

'Whether you prefer light bulbs or lamps, incorporating these state-of-the-art technologies into your home can have a profound effect on lighting your space and your personal health and wellness.'



Robert Soler recommends how to integrate this into your home design:

'First thing a lot of people do right out of bed in the morning is to step into the bathroom to brush their teeth, wash their face and start getting ready for the day. Adding blue light into the bathroom can help as an added jumpstart to your day.

'Daytime light or bright light with cooler tones help signal to your body that it's time to be alert and help with productivity so these are perfect for a home office or when you're working on a project. You want the brightest light options to be in the rooms where you spend most of your daytime hours – maybe that is the kitchen, a workspace, or a playroom if you have children.

At the end of your day, you want to move more towards the amber colors to prepare your body for sleep. If you're a family that unwinds in the living room before bed, try adding a few table lamps that have red or warm light bulbs to help support melatonin production and remind your body it's time to start resting.'

With remote light control, you can change the intensity and color temperature of your lights from anywhere in the room by using your smartphone or voice commands.

'Many may not realize that light also matters at night,' says Robert Soler. 'A lot of people assume the darker the better when it comes to getting a deep sleep, and for

some that may be true. But, when you're loaded up with blackout shades, an eye mask, a noise machine, and so on, it can actually make it even harder to wake up, which can also lead to grogginess or irritability. Feeling rested isn't just about what happens when you're asleep, but also when and how you wake up.

'While darkness tells our body it's time to rest, we need light to ease us awake. Your body wants to follow the lead of natural light, so consider things like automatic blind openers or wellness lamps that simulate a sunrise to gradually wake you up. A slow exposure to light will gently nudge your body awake so it won't feel as jolting as a harsh alarm clock pulling you from deep sleep to immediately rising.

### 3. Smart shower light



A smart shower light uses color therapy to keep in tune with your body's circadian rhythms while making your bathroom more atmospheric. This waterproof LED shower light can be adjusted from white light that mimics daylight for a refreshing



start to the day, to a warmer tone for a relaxing shower in the evening and can be synced with smart home systems to create personalized experiences.

'You can program it to change color or intensity based on the weather or your daily schedule,' explains Kraig Edelman. 'For example, it can mimic the natural lighting conditions outside, helping you wake up gently in the morning with sunrise colors and gradually transitioning to a relaxing evening ambiance as you wind down.'

#### 4. Rise and fall lights



The beauty of smart lighting is the power of customisation, and what better way to do so in key areas like kitchen and dining rooms than with rise and fall lighting?

'Harnessing the power of rise and fall lights, you can orchestrate a symphony of adjustable ambient and task lighting, creating dynamic visual dimensions within your living space,' says Elizabeth Grace. 'With the ability to modify the height and intensity of the lights, you can effortlessly tailor the atmosphere to suit various occasions or tasks.'



These fixtures can be lowered or raised to suit the task at hand – providing focused light for precision while preparing a meal, or softer illumination to set the mood for an intimate dinner gathering. This smart lighting solution is ideal for crafting an environment that seamlessly adapts to your desired mood and setting, seamlessly adapting your lighting to the moment's need.

## 5. Strip lighting



'Strategic placement of strip lighting as task lighting introduces a layer of functionality that transcends conventional lighting solutions,' says Elizabeth Grace. 'From accentuating intricate design elements to enhancing workspace productivity, the versatility of strip lighting enables you to illuminate specific areas with precision and finesse.'

As task lighting, strip lights can be installed under cabinets in the kitchen or bathroom, above workspaces in the home office, in pantries or closets, or even along the edges of staircases to improve safety and aesthetics.

'As a decorative item, you can use strip lighting to enhance the best architectural elements in your home, for example by attaching it to the undersides of your bookshelves or lining a fireplace, turning them into focal points in your living space.'

Strip lighting offers directed, efficient illumination exactly where you need it, reducing glare and shadows, and enhancing functionality in task-oriented zones. You can also find smart strip lights to adjust the intensity and temperature of the light depending on the time of day it is being used.

### **III. Soothing Decor Ideas to Help You Relax and Unwind at Home**

Your home is your refuge, where you can feel safe and relaxed when life gets overwhelming. Soothing decor ideas help foster that sense of peace and significantly impact how you feel in a space. A well-designed environment filled with items you love can be calming and relieve stress, while cluttered rooms can have the opposite effect on your mood and mental health. We asked some of our favorite interior designers for tips on transforming your home into a personal sanctuary. These decorating ideas will help you create a stress-free oasis you'll enjoy every day.

#### **Start with a Neutral Palette**

Muted, neutral tones are easier on the eye than bright colors. "While I'm definitely one for decorating with color because it can be fun and exciting, I do believe that neutral spaces promote the calmest, sanctuary-like vibes," says Karin Bohn, founder and creative director of the House of Bohn.

#### **Create a Cluster of Color**

For a punch of happiness and positivity, add in a few brightly colored accessories, such as pillows or throws, suggests Meghan Hackett-Cassidy and Erin Hackett of Hackett Interiors. Pottery in a favorite color, vibrant artwork, a jewel-tone vase, and other items of intense color can help attract the eye and focus the mind.

Maximize the comforting effect of favorite accessories by clustering them together to create a focal point. That way, every time you pass by, you can take in the collective joy of the items. Be sure to choose a place you notice daily, such as a fireplace mantel or entryway console table.

#### **Maximize the Appeal of a Fireplace**

A fireplace doesn't have to be lit to create a comforting atmosphere. Pay attention to the entire hearth to maximize its relaxing appeal. Add soothing decor ideas to the walls around and the floor in front of a fireplace to create a cozy vignette.



## Warm with Candles

The soft glow of candles is a soothing decor idea for any space, so use them generously throughout your house. "In the morning, I like to light candles in the kitchen and living room and let them burn until evening," says co-founder, principal designer, and chief creative officer of Metal + Petal, Jade Joyner. "It creates a soothing ambience while adding a little luxe to my day."

## Work with Light

Utilize a variety of lighting types (including natural, ambient, and task lighting) in every room. "Having a bright, lighted room is an easy way to make a space feel more inviting and put together," says co-founder and principal designer of BANDD DESIGN, Sara Barney. "Consider adding in some sconces, a floor lamp, desk lamp, or pendants to bring more light to those darker spaces in your home."

## **IV. Transform Your Home: Designing Healthier Living Spaces Through Air Quality Control**

In today's fast-paced world, the spaces we inhabit play a crucial role in our overall well-being. Poor air quality can lead to a range of health issues, from allergies to chronic respiratory conditions. By prioritizing air quality control in our living spaces, we can create healthier environments that promote better physical and mental health.

As we explore effective strategies for designing these healthier spaces, we'll uncover practical tips and innovative solutions. Whether it's optimizing ventilation or incorporating air-purifying plants, small changes can make a big difference. Join us as we delve into the importance of air quality and how it can transform our homes into sanctuaries of wellness.

### **Understanding Air Quality**

Clean air significantly influences our health and well-being. Understanding air quality helps us make informed decisions for healthier living spaces.

### **Importance of Air Quality in Living Spaces**

Air quality plays a crucial role in our physical and mental health. Poor indoor air quality can lead to respiratory issues, allergies, and fatigue. By controlling air quality, we reduce the risks associated with these problems. Implementing strategies like effective ventilation and using products such as a basement odors eliminator can improve air quality. Additionally, maintaining clean air free from pollutants fosters a more comfortable environment, enhancing our overall quality of life.





## Common Air Pollutants

Numerous common pollutants affect indoor air quality. Volatile organic compounds (VOCs) are found in paints, cleaners, and adhesives. Particulate matter (PM) arises from cooking, smoking, and outdoor pollution. Biological contaminants, such as mold spores and dust mites, also contribute to poor air quality. Understanding these pollutants allows us to take proactive measures, like utilizing air filters and maintaining good hygiene in our living spaces. Recognizing sources of air pollution helps us create healthier environments for ourselves and our loved ones.

## Techniques for Air Quality Control

Effective techniques for air quality control enhance our living spaces and promote well-being. We can implement various strategies to improve indoor air quality.

## Ventilation Systems

Ventilation systems play a crucial role in maintaining indoor air quality. We recommend utilizing natural ventilation through open windows or installing mechanical ventilation systems that exchange stale air with fresh outdoor air. Energy recovery ventilators (ERVs) can also help manage humidity levels while minimizing energy loss. These systems effectively dilute indoor air pollutants, reducing our exposure to harmful substances.

## Air Purification Methods

Air purification methods filter and eliminate indoor pollutants. HEPA filters capture particulate matter, while activated carbon filters reduce odors and volatile organic

compounds (VOCs). We can enhance these systems by incorporating specific products, such as basement odors eliminators, to target moisture-related issues. By integrating air purifiers strategically throughout our living spaces, we create healthier environments and reduce allergens effectively.

## Natural Solutions for Healthier Spaces

We can enhance indoor air quality with natural solutions that promote healthier living environments. By strategically incorporating specific elements, we improve both the air we breathe and our overall well-being.

## Indoor Plants and Their Benefits

Indoor plants effectively purify the air and enhance aesthetics in our spaces. Plants like spider plants, peace lilies, and snake plants absorb common pollutants, including volatile organic compounds (VOCs). They also increase humidity, which can alleviate respiratory issues and reduce allergies. Furthermore, studies indicate that having plants indoors can boost mood and productivity, making them an impactful addition to any room.



## Natural Air Fresheners

Using natural air fresheners helps us avoid harmful chemicals typically found in commercial products. Essential oils like lavender, eucalyptus, and lemon not only eliminate odors but also offer therapeutic benefits. For persistent issues, such as basement odors, we can create simple DIY sprays or use diffusers to keep our spaces fresh. These alternatives support a cleaner environment while maintaining pleasant aromas, promoting healthier living spaces overall.

## Impact on Well-being

Maintaining good air quality significantly influences our overall well-being, directly affecting both physical and mental health. By understanding this impact, we can implement effective strategies for healthier living spaces.

## Physical Health Benefits

Quality air directly contributes to respiratory health. Improved air quality reduces exposure to pollutants like volatile organic compounds (VOCs) and particulate matter, which can trigger asthma and other respiratory conditions. Air-purifying solutions, including the use of products like basement odors eliminators, help mitigate these risks in enclosed spaces. Enhanced ventilation also facilitates the exchange of stale air with fresh air, further promoting lung health. Regularly integrating air filters, especially HEPA filters, captures pollutants effectively, contributing to overall physical wellness by minimizing allergies and reducing fatigue.

## **V. 8 Easy Habits to Help Keep Your Home Clutter-Free**

It's possible to live in a clutter-free home but first, you'll need to do some soul-searching. Professional organizer Laura Cattano asks her clients to think about how they want to feel in their space. She also asks them if the way they live is helping them get any closer to what they want in life. After honestly answering those questions, the process of decluttering can begin with practical and sustainable tips.



## 1. Get Rid of It

Cattano says that having stuff you don't use or need sitting on a shelf or in a drawer does not make your life any better. She adds, "Get rid of anything that doesn't help you. You buy stuff that *helps* you do something." The reason you have clutter could be because you're holding on to things just in case you need it or you got a great deal but it's not helping you live your best life, says Cattano.

## 2. Be Mindful of Purchases

Though it may be uncomfortable at first, train yourself to take a close and honest look at your spending habits, says professional organizer Joanna Wirick. For example, if you buy groceries in bulk but don't have the storage space for the items, change the habit.

This includes receiving from and buying gifts for others, says Cattano. Reducing your spending in this area will help prevent clutter in your home and other people's spaces. If your children receive gifts, Cattano suggests prepping them to make room for the new stuff. Suggest they choose a couple of items to donate before opening their presents.

## 3. Look at Storage Choices

Be intentional about what you store away or keep out in the open because your choices impact how your space feels, says Cattano. She adds that deciding exactly what you want to see in a room can significantly reduce visual clutter.

Have a balance of open and closed storage space in a room, suggests Cattano. Even decorative boxes are great solutions if you don't want to buy new furniture to hide things you'd rather not see.

## 4. Create Cleaning Rituals

"Implementing two simple daily rituals will help prevent clutter from taking over," says Wirick. "Each night, tidy up common areas and in the morning finish up what you didn't complete the night before." Focus on the trash, dishes, laundry, putting things back in their places, folding blankets, and fluffing pillows. This tactic is a sure way to stay on top of clutter.





## 5. Make Your Bed

Quickly tug the sheets and comforter up and fluff your pillows in the morning as you get out of bed. Just making your bed every day will kickstart your day and encourage you to keep the rest of your bedroom neat and organized.

## 6. Keep Surfaces Clear

Keep all of your surfaces, from countertops and dining room tables to nightstands and coffee tables, free of piles of clutter by placing small bowls, bins, or boxes on the surfaces to capture paper and small items. That way when the container is near overflowing, you will be forced to cull through the items.

## 7. Clear Any Paperwork

Managing paperwork is key to a clutter-free home. Take time to set up a system for organizing important documents. Keep a recycling box or bin near the entryway so you'll automatically dispose of your junk mail.

## 8. Always Put Things Back

Once you've decluttered, you'll likely have a place for everything in your home. If you don't have a place for something, create one so you know where to find it and where to put it back as soon as you've used it. This way you won't misplace anything or buy duplicates that will re-clutter your space.

## VI. Cleaning Myths Debunked: Separating Fact from Fiction

Cleaning is an essential part of maintaining a tidy and organised living space. Every homeowner wants to keep their home clean and hygienic at all times, which makes cleaning an important part of their daily lives. They have a routine that they follow to complete the work.



When homeowners have trouble with a particular task or just want to learn more about cleaning a home, they look for tips. However, because several cleaning myths are circulating around, people often end up learning the incorrect practices.

These practices are often harmful and ineffective, and the last thing you want is to cause damage to the surfaces in your home and make way for air pollutants. While hiring professionals who offer services like cheap bond cleaning Ipswich and house cleaning is a great option, it is still important to separate fact from fiction.

**In this article, we will debunk a few of the common cleaning myths.** It will help you clean your home effectively.

### 1. Vacuuming is Enough for Maintaining Clean Carpets

It is true that using a vacuum cleaner is a vital part of carpet maintenance. But it is not sufficient for deep cleaning them. It is not the perfect tool for eliminating deeply embedded allergens, dirt, and stains. The primary job of a vacuum cleaner is to get rid of surface-level dust.

It leaves behind contaminants that gather deep within the carpet fibres. This is why you will often see the professionals who do budget bond cleaning Ipswich, use

specialised equipment and methods to deeply clean and sanitise carpets. It helps them eliminate allergens and dirt from every layer of the carpet.

Instead of just vacuuming, use a DIY carpet cleaner and a cleaning tool like a brush or sponge to deep clean your carpets.

## 2. Hot Water Can Kill All the Germs

Another common myth you will see circulating around is that hot water is effective at killing all germs and bacteria. Even though hot water definitely helps in cleaning. To eliminate the majority of the germs, you need water at a way higher temperature than the tap water can even reach.

So, rather than relying on just hot water, make use of homemade anti-bacterial cleaners and disinfectants. Additionally, do not forget about proper handwashing, as that helps reduce the chances of illness transmission.

## 3. White Vinegar Can Clean All Surfaces

White vinegar has been considered a universal cleaner for a long time now. It is known to eliminate stains, grease, and grime from several surfaces in a home. But that is a myth. Even though vinegar can clean a few surfaces effectively, it is not suitable for all surfaces. In fact, it can cause damage in some cases. White vinegar is an acidic cleaner.



The acidic properties prove to be helpful for eliminating mineral build-up, including soap scum on specific surfaces. It also serves as an effective degreaser, and you can use it to clean greasy stovetops and counters in the kitchen.

However, due to its acidic properties, vinegar can cause damage to a few surfaces, including wood, natural stone, and specific types of metal. This is why experts who do professional bond cleaning Ipswich recommend testing the vinegar solution on an unnoticed area before actually using it to clean a particular surface.

#### 4. Microfibre Cloth is the Only Tool You Need

There is a common misconception among homeowners that they only need microfibre cloths to clean their homes. Although microfibre cloth is an excellent cleaning tool that you can use for multiple tasks, they are not the solution to all your cleaning problems.

It is true that these cloths are effective at capturing dirt and grime since they are highly absorbent. But they won't be able to clean all the surfaces and eliminate specific types of stains and dirt.

For instance, they won't be able to eliminate oil and grease from surfaces like ovens and stovetops.

Moreover, you should not use microfibre cloth for any cleaning tasks that require chemicals as that can make the fibres break down, decreasing the cloth's effectiveness and life. Tools like sponges and brushes can be a great option on surfaces where you can't use microfibre cloths.

#### 5. Scrubbing is the Best Cleaning Method

While scrubbing can certainly prove to be a great method for removing specific stains and dirt, it is not always the most efficient method. This is because it can be too harsh for a few surfaces. It will cause damage.

For instance, scrubbing fragile surfaces like a glass shower door using a sponge can make way for scratches, making the surface more sensitive to damage in the future. Moreover, scrubbing can make the problem worse in a few cases.

For instance, if you scrub a grease stain on your carpet, it will push the grease deeper into the fibres, which will be even more difficult to remove. In many cases, a few cleaning methods can be way more effective than scrubbing.

For instance, it is better to soak a greasy pan in hot and soapy water since it can loosen the grease. This will make the cleaning part easier, eliminating the need for scrubbing. According to the professionals who do expert bond cleaning Ipswich, you should use the scrubbing method only when needed instead of using it for every cleaning task.





Cleaning an entire home is never easy since there are plenty of tasks involved. For each task, you will need to use a specific method to get the job done. This is where separating fact from fiction can prove to be helpful. Avoid the myths mentioned in this article to maintain a clean living space.

## CONCLUSION

A healthier living space is not a luxury—it's a necessity in today's fast-paced world. By focusing on natural elements, reducing indoor pollutants, optimizing space ergonomics, and maintaining cleanliness, anyone can create a home that fosters better health and happiness. Whether through small changes or a full redesign, investing in your living environment is ultimately an investment in your overall well-being.

## REFERENCES

By Amanda | How To Make Your Home A Wellness-Centered Space Even If You Have A Stressful Lifestyle | Forbes, Retrieved 30 December 2019 from

<https://www.forbes.com/sites/amandalauren/2020/12/30/how-to-make-your-home-a-wellness-centered-space-even-if-you-have-a-stressful-lifestyle/>

By Lola | 5 ways you didn't know smart lighting can improve your living space and wellbeing | Homes & Gardens, Retrieved 20 October 2023 from

<https://www.homesandgardens.com/solved/smart-lighting-benefits>

By Jessica | Soothing Decor Ideas to Help You Relax and Unwind at Home | Better Homes and Gardens, Retrieved 15 February 2024 from <https://www.bhg.com/decorating/lessons/basics/home-decorating-ideas-to-create-a-soothing-environment/>

Transform Your Home: Designing Healthier Living Spaces Through Air Quality Control | Re-thinking the Future, Retrieved 16 April 2025 from [https://www.re-thinkingthefuture.com/technologies/gp4317-transform-your-home-designing-healthier-living-spaces-through-air-quality-control/#google\\_vignette](https://www.re-thinkingthefuture.com/technologies/gp4317-transform-your-home-designing-healthier-living-spaces-through-air-quality-control/#google_vignette)

By Jodi | 8 Easy Habits to Help Keep Your Home Clutter-Free | The Spruce, Retrieved 12 February 2024 from <https://www.thespruce.com/easy-habits-for-a-clutter-free-home-6891166>

By Angelina | Cleaning Myths Debunked: Separating Fact from Fiction | Bond Cleaning in Ipswich, Retrieved 28 March 2024 from <https://www.bondcleaninginipswich.com.au/cleaning-myths-debunked-separating-fact-from-fiction/>