The Cleaner Living
Starter Guide

5 Simple Swaps for a Low-Tox Home

The average home contains hundreds of hidden toxins in everyday products. From synthetic fragrances to harsh cleaning agents, many items we use daily can affect our health, air quality, and overall well-being. The good news? You don't have to overhaul your entire life overnight. By making small, simple swaps, you can create a healthier, low-tox home that feels fresh, clean, and safe for your family. Here are 5 easy swaps to reduce toxins in your home without sacrificing convenience or luxury.

1. **Swap Synthetic Perfumes for Natural Fine Fragrances** Plant-based, non-toxic fine fragrances made with essential oils and botanical extracts for a luxurious, guilt-free scent. Bonus Tip: Apply natural fragrances to pulse points, hair, or fabric to make the scent last longer!

2. **Swap Artificial Air Fresheners for Natural Alternatives** - open windows for fresh air circulation, use essential oil diffusers, or mist rooms with a natural, non-toxic fine fragrance. Bonus Tip: Opt for scents like lavender, citrus, or eucalyptus to create a naturally uplifting environment!

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3. **Swap Chemical-Laden Cleaning Products for DIY or Green Brands** -- DIY vinegar + baking soda cleaners, or certified green cleaning brands that use plant-based ingredients. Bonus Tip: Add a few drops of lemon or tea tree essential oil to homemade cleaners for an antibacterial boost!

4. **Swap Chemical-Filled Personal Care Products for Clean Beauty Alternatives** - Natural deodorants, sulfate-free shampoos, and plant-based skincare that nourish your skin without harmful additives. Bonus Tip: Look for products with transparent ingredient lists and third-party clean beauty certifications!

5. **Swap Harsh Bug Sprays for Natural Pest Repellents** - Essential oil-based bug sprays using citronella, eucalyptus, or peppermint to repel pests naturally. Bonus Tip: Plant pest-repelling herbs like basil, lavender, and rosemary around your home for extra protection!