

Top 10 Tips for Fall

Healthy Home Edition

- Deep Clean
- Invest in a Quality Air Filter
- Use a Humidifier
- Diffuse Essential Oils
- Purge your Cleaning Supplies
- Add in Greenery
- Wash your Linens
- Use Clean Burning Candles
- Open the Curtains
- Rearrange your Furniture

Top 10 Tips for Fall: healthy home edition

1. Deep Clean

The transition from Summer to Fall is also the perfect time to get your home in tip top shape. Do a walkthrough of your home with a pen and paper and make a list of the spots that need the most attention.

2. Invest in a quality Air Filter

A good air filter is essential to maintaining a healthy home this Fall. Air filters work at reducing allergens and pollutants in the air, as well as preventing the growth of mold and bacteria. Look for filters that are HEPA certified and are easy to clean and maintain.

3. Use a humidifier

Do you wake up in the morning with a dry scratchy throat once the temperature starts to decline? One cause may be a lack of humidity in the air. Using a humidifier keeps the air in your home moist which helps reduce uncomfortable dryness and irritation.

4. Diffuse Essential Oils

The Optimist Co.'s Tea Tree oil is a great oil to diffuse in the Fall because its antimicrobial properties can help keep your home clean and safe.

5. Purge Your Cleaning Supplies

Take five minutes and read through the ingredients on your various cleaning supplies. If you can't recognize any of the ingredients, toss it and replace it with a truly safe and natural cleaning product. We recommend The Optimist Co. Time to Shine All Purpose Cleaner in Rosemary and Mint to get you started on the path towards green cleaning.

6. Add in Greenery

There are a number of house plants such as Garden Mums and Spider Plants which are able to reduce pollutants in your home. Adding a few of these hard working house plants can improve the air quality while also bringing some life to your home during the colder months.

7. Wash your Linens

If you are planning on putting linens in storage, you should always thoroughly clean and dry them to prevent any unwanted mold or allergens from setting in. Wash with a gentle laundry detergent, such as The Optimist Co.'s Loads of Laughs for a safe and natural alternative to traditional laundry detergents. After insuring your linens are clean and dry, store them in an air tight container which will help keep them fresh until Summer rolls around again.

8. Use Clean Burning Candles

If you are as obsessed with scented candles as we are, make sure you are choosing those candles wisely. Traditional candles made with paraffin can produce a carcinogenic soot when burned which can aggravate asthma, heart, or lung problems. Alternatively, use candles made from 100% beeswax or 100% vegetable based waxes, both are safe, non-toxic options.

9. Open the Curtains

Opening the curtains during the colder months allows natural sunlight in to your home which can increase your Vitamin D levels. Use The Optimist Co.'s Bright Side natural glass and surface cleaner to keep your windows clean allowing for maximum sunlight.

10. Rearrange Furniture

Feng Shui is the ancient Chinese art of placement, most commonly known for it's use in the home. Proper Feng Shui in the home can be used to help improve sleep and increase intimacy between partners. Whether or not you believe in the principles of Feng Shui, it is still important to rearrange furniture every so often which will re-energize your space and can make your home feel new again.