

Give Your Home a Multidimensional Cleanse rē•spin Your Spring Cleaning.

By: Jessica Ourisman



The typical time for **Spring cleaning** is upon us, but instead of just swapping out your wardrobe and giving your living quarters a functional cleanse, we are rē-inventing the annual ritual with a multidimensional twist. From tending to your home's energy to organizing clutter, and even the cleaning products you use in your space, wellness enthusiasts will have plenty of opportunities that go beyond the physical dimension to make their homes sparkling clean for Spring.

The Nitty-Gritty: What Cleaning Products You Choose

Yet another element of Spring Cleaning comes down to the actual scrubbing, wiping, vacuuming, et cetera. Jessica Bragdon is the co-founder of [Koala Eco](#), a line of cleaning products that takes the environment and personal health into consideration with their non-toxic formulas for home cleaning products. Already nature-lovers, a health scare with their young son required that they become aware of hidden toxins in their lifestyles — including in their cleaning products.

[Koala Eco Natural Dish Soap](#), \$18.90

[Koala Eco Natural Multipurpose Kitchen Cleaner](#), \$13.90



“It’s really straightforward for us: Koala Eco products do not contain any nasties including dyes, masking agents, synthetic perfumes, chlorine, bleach, sodium laurel sulfates, or phosphates,” Bragdon says. “All of our products are biodegradable, non-toxic, vegan, grey-water safe, and plant-based. Nothing we make is, or ever will be, tested on animals.” She points to published research showing how many ingredients found in common household cleaners have been linked to concerning outcomes for the body *and* the planet. “Research has also indicated that long after household exposure to these toxins has happened, people have experienced health issues like hormone disruption, allergies, asthma, and more,” she says. “That’s why we don’t want them in our products!”