

BEAUTY, FEATURED, HEALTH

How To Pollution-Proof Your Home

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You're hot on recycling and use eco-conscious beauty products to ensure what you lather on your skin is entirely non-toxic. At the end of a busy day, you arrive home and light a relaxing candle. You're not sure where it's from or what it contains, but it smells delightful. Stop right there! You were doing so great until that point. Your innocent-looking candle could, in fact, be releasing toxic fumes that you're then breathing in. And your candles aren't the only culprit. Read on to discover hidden sources of toxins and the pollution-proof swaps you can make for a healthier, happier home.

Swap your...toxic cleaning products for eco-alternatives!

Keeping your humble abode spotless might be rightfully high on your agenda, but next time you're re-stocking your cleaning cupboard, take a quick glance at your go-to antibacterial sprays and the ingredients they contain. One that has found particular fame for all the wrong reasons is a group of chemicals called phthalates. Added to cleaning products, plastic packaging and cosmetics for their ability to bind other ingredients together and sometimes for fragrance too, these damaging toxins are easily absorbed into your skin and have been linked to asthma, infertility, diabetes and more – none of which are good. Some other cleaning product offenders include chlorine which can affect the lungs and respiratory system and the throat irritant butoxyethanol.

In reality, there's no need for harmful additives! Natural options work just as well and play zero havoc with your health. One of the best we've found is **Kinn Living**: a British mother-and-daughter brand that creates non-toxic and plant-based products for body and home. Their fantastic antibacterial household cleaning range is enriched with essential oils for delightful fragrances while you clean and has a neutral pH that's gentle on your skin. Their formulas are ECO-certified and free from all the nasties you don't want to think about (read: petrochemicals).

Another brand we love is **Method**. Now available in most supermarkets, their naturally-derived antibacterial formula uses lactic acid and biodegradable ingredients. Each product in their line (which includes laundry detergent, hand wash and washing-up liquid as well as surface cleaners) is clinically tested for allergy and irritation concerns before landing on your supermarket shelf. The year of 2012 saw this innovative brand join forces with Ecover, resulting in the largest green cleaning company in the world – not something to be scoffed at!