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5 WAYS TO MAKE YOUR HOME *Healthier*

Article by Staci Edwards Design

I THINK IT'S SAFE TO SAY THAT DUE TO COVID-19, A LOT OF PEOPLE ARE TAKING MORE TIME TO THINK ABOUT THEIR HEALTH THESE DAYS. ONE BIG WAY TO IMPROVE YOUR HEALTH IS TO AVOID TOXINS, AND ONE PLACE WHERE TOXINS CAN BE LURKING IS IN OUR HOMES.

HERE ARE FIVE WAYS TO MAKE YOUR HOME HEALTHIER TO HELP YOU LIVE A LONGER, HEALTHIER LIFE.



USE CLEANER PRODUCTS

Everyday cleaning products, beauty products, and things like candles and air fresheners are filled with loads of toxins that are very bad for our health. Often, people get set in their ways and buy the same products over and over. I encourage you to spend a bit of time to do some research next time you need to purchase a product and slowly swap things out for cleaner, healthier options. A great resource that I used to learn about making healthier choices when buying products was 'Gorgeously Green: 8 Simple Steps to an Earth-Friendly Life'. It's a quick and enjoyable read and available through Amazon.

CONSIDER LOW VOC PRODUCTS

VOC stands for volatile organic compounds, which are solvents that are released into the air from products like paint and adhesives found in furniture and rugs. Having VOCs in your home can cause short-term side effects like headaches and brain fog, and although long term side effects vary, VOCs have been labelled as carcinogens. To help keep you and your home healthy, it's best to look for products with low or zero VOCs, which are usually water based.



INVEST IN NATURAL FIBRES

Just like VOCs in paints and adhesives cause unwanted off-gassing, so do synthetic fibres in fabrics and rugs. Have you ever purchased a large piece of furniture or a new area rug, and when you got it home and unwrapped it, your home smelled a little like rubber? That is off-gassing, and it's not great. By investing in products made with natural fibres like cotton, linen, and wool, you're on your way to creating a healthier and happier home.



LOOK FOR HEALTHY FOAM OPTIONS

The main ingredient used to make foam is polyurethane, which is a by-product of petroleum (yes, the same product that we use to fuel our vehicles!). It's scary to think that while we try to avoid breathing in the gas fumes as we pump our gas, we're likely sleeping on a mattress that is omitting those same toxins. You can opt for healthier foam options in all of your furniture and mattresses, so do a little research and find what works well for you.



ADD PLANTS TO YOUR ROOM

Houseplants not only look great in any room because they add a hint of colour and texture, but they also work to purify the air. Plants absorb harmful toxins from the air that are produced by things in our homes like synthetics and cleaning products. What makes plants even better is that they are scientifically proven to boost people's moods, improve overall concentration, and reduce stress levels. Some of my favourite looking plants are the fiddle leaf fig, the ZZ plant, the snake plant, and the maidenhair fern. If you're looking for a colourful burst, pick up some chrysanthemums as they are known for being great air purifiers. ♦



STACI EDWARDS, is the owner of her Toronto-based interior design firm with clients in both Canada and the U.S. and her work is nationally published and award-winning. She encourages her clients to live easier and more beautiful lives by creating well designed, welcoming spaces, that are both livable and luxurious.

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