



Three Healthy Home Tips

3 easy healthy home fixes you can do today!



Tip #1 : Add Real Plants

If you want an easy way to add some life to your space and get air detoxifying benefits, then add some real plants to your interiors! I promise, it's easier than you think and you'll be thrilled with how you feel in a house with plants included.

Here are three easy care, top air-cleaning favorites:

Pothos/Devil's Ivy- These plants are readily available (I even see them in a lot of grocery stores!), and they do well in low light areas, (yes even basements). They are hardy little guys and if you forget to water them, they'll forgive you by perking right up when you remember.



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Snake Plant/Sansevieria- This plant doesn't require a lot of watering, and is actually considered a succulent. Be careful not to over water this one. It does best with filtered light. They work great in raised planters (as shown in the photo) or you can get a smaller one to sit on a desk or bookshelf.



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Spider Plants- This is another easy to find plant that is excellent at air cleaning! It does great as a hanging plant, thrives in indirect lighting and requires a bit more water than the previous two plants.



Tip #2 : Re-think your Home Scents

If you love a healthy home AND things like candles or essential oil diffusers, make sure you check the ingredients before you commit.

Here's what to look for:

Candles:

- 100% soy, beeswax and coconut wax candles (avoid paraffin and paraffin blends)
- Cotton, hemp or wood wicks are best
- Check the ingredients used to make the fragrance- my preference is always essential oils

Essential Oils: Not all EO's are the same so make sure you get them from a reputable brand (not from walmart!)

- Good quality essential oils are highly concentrated
- Look for those that are organic, unsprayed, chemical-free, and pesticide-free
- My personal favorite EO brand is young living

Tip #3 : Design for Your Senses

Consider designing your home to support your health by incorporating your senses! I suggest creating a space in your home that's just for you- could be your favorite chair in the corner of your living room or even your home office. This would be the perfect inviting spot to journal, read your favorite book or meditate and pray.

Designing for your senses:

- **Sight-** Focus on reducing visual clutter and paying attention to the amount of lighting in the room. Color plays an important role here too.
- **Touch-** Is your furniture comfortable? How does the fabric feel? Do you need a soft pillow or cozy blanket?
- **Hearing:** What is the noise level like in your space? Would some noise canceling headphones help you relax or focus better? Can you close the door to the rest of the household noise?
- **Taste:** Do you need a place like a side table for snacks or to put your fave drink?
- **Smell-** is there a scent that helps you unwind? A linen spray, candle, diffuser scent?

Now that you're ready to create
your healthier home, send me a **DM**
or **email** with your progress. I'd love
to see what you're up to!

If you need more help with any of
these areas, hit me up and schedule
your one on one **design power**
session!

~ Amy



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