

# HEALTHY HOME UPGRADES AND IMPROVEMENTS GUIDE 2023



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# Abstract

As we know, a healthy home is essential to keep our family members fit and healthy in Sydney. According to the experts in Sydney, people fail to achieve a healthy home due to the lack of sufficient knowledge and proper guidance. No need to worry; we are here with this new and the latest presentation that may be very helpful and informative for you.

## 1. Introduction

This PDF deals with your easy healthy home upgrades and improvement guide that you need to follow in Sydney. Here, you are going to know some of the best and most unique tips that can help you to make your home healthy. If you want to upgrade and improve your entire home in Sydney, then you have come to the right place.

## 2. Things Every Healthy Home Should Have

Home decor and health have officially begun intertwining in Sydney. Here are the must-have items that adorn living spaces while delivering serious health benefits.

### **An organic mattress**

Generic mattresses can be a major source of chemical exposure, especially when manufacturers use highly toxic, flame-retardant chemicals including polybrominated diphenyl ether, or PBDE. PBDEs are associated with brain and reproductive damage, thyroid problems, and even cancer. As companies aren't legally bound to disclose these harmful ingredients, a safer bet for a sound night's sleep and long-term health is an organic mattress, that's chemical-free, hypoallergenic, and sustainable and biodegradable, so it's good for the earth, too. One to try is the Zenhaven Mattress by Saatva is made of organic wool and natural latex.

### **A cast iron skillet**

Have you noticed how trendy those stunning fire engine red cast iron skillets are from Le Creuset? People are all about them, so much so that the French brand has come out with some seriously bold colors like pink and lavender. But it's not just the bright colors people are into; they are also better for your health.

Though a nonstick pan makes for easy cleanup, they may contain certain chemicals, including perfluorooctanoic acid, or PFOA, which has been deemed "possibly carcinogenic to humans" by the World Health Organization's International Agency for Research on Cancer.

Meanwhile, cook with a cast iron skillets and you'll not only avoid harmful chemicals, your food will be infused with good-for-you iron, too. Check out the safest types of cookware you should be using.

### **Air purifier**

From bacteria-laden household surfaces and household pollutants that cause allergies, an air purifier is a smart addition to your home. Try Molekule Air Purifier, which uses a patented technology, Photo Electrochemical Oxidation (PECO), that works at the molecular level to eliminate indoor air pollution. It's so stylishly designed, you can buy it at the Museum of Modern Art in Sydney.



### **Himalayan salt lamp**

Himalayan salt lamps are made from pure, food grade Himalayan salt crystals, and it seems every boutique and big chain is selling them these days. And while they certainly do provide a relaxing, warm glow, they also emit the same healthy negative ions as a nice walk along the ocean. “Generally speaking, negative ions increase the flow of oxygen to the brain; resulting in higher alertness, decreased drowsiness, and more mental energy,” Pierce J. Howard, PhD, told WebMD. “They also may protect against germs in the air, resulting in decreased irritation due to inhaling various particles that make you sneeze, cough, or have a throat irritation.” Even if the benefits of Himalayan sea salt lamps aren’t proven, there’s no downside to displaying one in your home.

### **Plants**

Plants have certainly become a hot home addition in recent years, from the no-fuss succulents to the drapery golden pothos. Beyond their beauty are some incredible health benefits, including the reduced levels of carbon dioxide, certain pollutants, and airborne dust.

### **Bright colors**

Before you eschew the power of color, know that there are many studies that reveal the color you choose to paint your walls, or the colors you pick for your rugs, furniture, and drapes, can seriously impact your mood. In a Dutch study, participants found yellow to evoke feelings of happiness, while researchers at the University of Sydney found that blue induces relaxation and creativity.

### **Cooking utensils**

Much like the need to steer clear of nonstick pans, you should also avoid cooking utensils that have cheap, chemical-ridden coatings or are made with toxic glues and adhesives that can all leach into your food. Bamboo cooking utensils that are “organically certified” are made from certified organic resources that won’t put you at risk and are also better for the environment. You’ll also find bamboo cutting boards, dinnerware, and utensils to round out your healthy kitchen and dining essentials in the Bambu line of organically certified products.

### **No shoes in the house**

Research has been revealing the health benefits of going barefoot indoors. In one study, researchers at the University of Arizona found that there are, on average, nearly 421,000 different bacteria present on the bottoms of 96 percent of shoes. Pesticides, tar, lead, mold, and cleaning chemicals can also get tracked in your home via your footwear—so trade those shoes at the door for a cute pair of slippers!

### **Greener textiles**

Synthetic fabrics including nylon, rayon, and polyester are petroleum-based, which means they take a lot of energy to produce and suck up nonrenewable resources. They’re also typically coated with stain treatments and flame retardants that are toxic, including perfluorinated chemicals (PFCs) and polybrominated diphenyl ethers (PBDEs). There are many great eco-fibers to choose from and include materials like organic or recycled cotton, wool, hemp, and flax (linen). VivaTerra and Stem are two eco-friendly companies to consider when you’re in the market for new home decor.

## **3. Types of House Plants Every Home Should Have**

These potted plants add life and visual interest to any space in Sydney.

If your goal is to turn your home into an indoor garden but you don't have an endless amount of time to care for your plant babies, then you're going to want to be strategic about the plants you buy. If you diversify your plant picks and place them thoughtfully (some hanging up near the ceiling, others in large pots set on the floor), you can give your home a lush green look without caring for dozens of plants each week. In both the 2018 and 2019 Real Simple Homes, you'll find five types of houseplants the designers used to give the impression that the houses are filled with greenery. Follow the ideas below to turn your own home into an indoor oasis.

### **A Large Potted Plant**

To add interest and dimension, a large floor-standing potted plant is a must in every home. Several small plants can look bitsy by themselves, but one large plant grounds the room and adds a touch of drama.

Want a plant that makes a statement, but is also low-maintenance? Opt for a palm plant, which is generally easy to care for and can tolerate some neglect, unlike the popular, yet notoriously fickle fiddle-leaf fig tree. No matter which variety of plant you opt for, use good potting soil and make sure to set it in a location with the right amount of light. Your new potted palm plant (or bird-of-paradise or monstera) will thank you.



### **Tiny Cheer-Me-Ups (for the bathroom and bedside tables)**

No matter your home decor style, every home can benefit from tiny plants that cheer up bathroom ledges, bedside tables, and living room side tables. Small, low-maintenance plants like succulents are ideal in this situation. Order a set of several potted succulents, then scatter them on all the little surfaces around your home.

To buy: Assorted Live Potted Succulents, from \$23, [worldmarket.com](https://www.worldmarket.com).

### **A Faux Plant (Shh...no one has to know)**

Most homes in Sydney have at least one spot that gets absolutely zero sunlight—in the 2018 Real Simple Home, it was the pretty patterned laundry room. Rather than move real plants periodically to the window, go the no-maintenance route and invest in a faux plant (or two) that will thrive without light or water, yet will still perk up the space.

Follow these tips to find faux plants that look identical to the real deal.

### **Trailing Plants (for shelves and window sills)**

Plants set on countertops and tables are great, but to add more visual interest, invest in trailing plants that can sit on shelves or in a hanging basket. Ivy, pothos, string of pearls, and spider plants are all great options.

In the primary bedroom of the 2019 Real Simple Home, designer Mandi Gubler of Vintage Revivals arranged multiple hanging plants in the window to act as a creative alternative to curtains.

### **A Large Plant in an Elevated Stand**

Sometimes the best way to get a plant more attention is to set it on an elevated plant stand. In the stylish kid's bedroom at the Real Simple Home, an elevated metal plant stand not only lifts a leafy plant to new heights, but it also adds some sophistication to this playful space. CHRISTOPHER TESTANI

Sometimes the best way to get a plant more attention is to set it on an elevated plant stand. In the stylish kid's bedroom at the 2018 Real Simple Home, a tall metal plant stand not only lifts a leafy plant to new heights, but it also adds some sophistication to this playful space.

## **4. Best Healthy Home Upgrades For 2023**

There are countless articles and blog posts focusing on which home improvements will yield the greatest financial return on investment in Sydney. But there's another way to look at the ROI conversation: Which home improvements offer the best potential for improving your personal well-being. Those include the five facets of wellness design: health and fitness, safety and security, accessibility, functionality, and comfort and joy. Given the increasing importance of wellness to homebuyers, they might also add to the salability of your home when you do choose to put it on the market.

"It's understandable why everyone is concerned about maintaining a healthy home," comments Caroline Danielson, director of showrooms for upscale chain retailer Ferguson Bath, Kitchen & Lighting Gallery, adding that with recent research being made more widely available on the links between home and health, "It is no surprise that many homeowners are considering renovations that improve more than the look of a home." These can all help homeowners clean faster, cook smarter and rest easier, she notes.

### **Technology**

The topic of technology for wellness – including air and water quality, tunable lighting, and acoustic comfort – are all gaining popularity. "The pandemic brought the interest level up even higher," observes Josh Christian in Sydney. Covid made the need for healthy indoor air urgent. Wildfires add to that urgency, with their smoke and ash infiltrating homes in nearby regions, and pollution is an ongoing issue in some areas.

"In-room portable air purifiers have exploded in popularity," Christian shares, "though many homeowners aren't aware that their whole home can have pure air with specialized air filtration systems." These installations can be done through home technology integrators, he adds. "A good system can improve the safety of people in a home." Real-time monitoring capabilities for water quality are not as advanced, Christian notes, "but when water filtration is part of a smart home system, there is extensive testing done up front to identify the best solution for the specific location needs.

### **Materials**

This is a challenging topic, because so many products offer both wellness benefits like softness underfoot, flame retardants and antimicrobial protection, while unfortunately introducing chemicals that can be damaging to our bodies. "The chemicals that help make a product flexible, light, sturdy have major side effects on our health including cancers, decreased fertility in both men and women and other hormonal related health issues, thyroid disease and elevated cholesterol," cautions Alison Mears, director of the Healthy Materials Lab at Parsons University.





Looking at one surfacing material you'll find in every home: countertops, Mears suggests porcelain slab manufactured without lead or asbestos, and natural materials like wood and granite (that may require more upkeep). For flooring, she warns against one of the most popular materials on the market today: luxury vinyl tile. Toxic dioxins are released during their manufacture that an persist in the body for years after exposure, she reveals. "With links to cancer, reproductive disorders, and hormone disruption, they have been called the most toxic man-made substance ever created. [Vinyl] floors also contain phthalates, which are endocrine disruptors. It is important [to] seek healthier alternatives in linoleum, cork, natural rubber, or bio-based materials that avoid any inclusion of vinyl," she recommends. Options Mears prefer include floating engineered hardwoods with natural finish, ceramic tiles without heavy metal glazes, linoleum and polished concrete with a nontoxic finish.

When it comes to cabinetry, carcinogenic urea formaldehyde is a major element to avoid, Mears advises. NAUF (no added urea formaldehyde) products that reduce its use are a safer option. You'll also want a cabinet with nontoxic finishes.

### **Appliances**

Danielson points to appliances as one category where technology has always been a trending topic; lately it's been heavily focused on wellness. "From steam ovens that allow homeowners to effortlessly prepare healthy meals to high-capacity, sanitizing dishwashers with settings to eliminate 99.999% of food soil bacteria by adding a high-heat final rinse to sanitize dishes, appliance technology is becoming more sophisticated.

She points to a new category too: indoor plant growers. "Herb growing cabinets have captured homeowners' imaginations," the retailer observes. "Imagine making a salad with farm-fresh micro greens or cooking a meal and having the ability to use fresh herbs available right in the kitchen. All organic greens offer superior flavor and the best nutrition."

Another category Danielson notes is the clothing refresher, which adds convenience to time-pressed homeowners. These allow homeowners to care for delicates without using harsh chemicals common in dry cleaning, she notes. They can also safely sanitize bedding between guests and children's stuffed animals.

### **Fixtures and Faucets**

"With the push for better health and wellness, home fixtures and faucets are now a great way to improve your overall well-being," Danielson shares, pointing to the latest in water filtration systems and steam showers. The former will help ensure that the household is drinking clean water daily. "In

addition to filtering out contaminants like lead or chlorine, these systems can also reduce smells and tastes that make your drinking water less desirable,” she says.

“Steam showers allow users to relax while enjoying aromatherapy benefits. They are especially beneficial for those with respiratory conditions or muscle tension as the warm steam helps open airways and decreases muscle soreness,” Danielson comments.

“The wetroom is seeing a surge in demand due to its frameless, zero entry design concept that creates an open and spacious atmosphere.” These spaces that place a tub within an oversized shower enclosure provide aesthetic appeal and greater accessibility, but as the Ferguson executive notes, their “increased popularity is largely due to their ability to keep germs from hiding in hard-to-reach places and allows for easy maintenance and cleaning.”

In general, she is seeing an increased focus on hygiene-enhancing fixtures. “Touchless faucets can help limit exposure to dirt and bacteria, while providing users with convenience and ease,” she notes.

### **Lighting**

The pandemic has definitely had an impact on lighting. “Homeowners clean the air with a ceiling fan that cools and circulates the air using ultraviolet technology, verified through independent laboratory testing to kill 99.99% of SARS-CoV-2 (causes COVID-19) and other airborne pathogens while safely neutralizing allergens, odors, and fumes,” Danielson says.

She also points to lighted exhaust fans as problem blockers: “By removing moisture and odors effectively with a lighted exhaust fan, homeowners can prevent mold, bacteria and fungi growth on surfaces in bathrooms, laundry rooms or other humidity-prone environments.”

Danielson is bullish on preset dimmers as a great new lighting option for wellness, she says, noting they “make it easy to adjust your lighting levels depending on the time of day and can be set to ensure you have enough light without causing eye strain or discomfort.” This is a particular benefit to older adults for both safety and comfort. “This age-friendly feature ensures that you don’t have to worry about straining your eyes when trying to find something in a dark area or dealing with overly bright lights when going outside at night.”

Circadian lighting, also called tunable lighting or human centric lighting, is another way to boost wellness in this category. Many more manufacturers are offering these solutions now and the category has massively grown in the past four years, HTA’s Christian observes. This has also led to lower prices and more availability, but you get what you pay for when it comes to this technology, he warns.

Outdoor dark sky lighting is another new innovation that helps the health of your household and the planet. Health-wise, it reduces blue light emitted from LED bulbs, linked to sleep disruption in some individuals, Danielson comments.

Chromotherapy is another great innovation, often used in primary bathrooms. “This type of lighting uses certain colors to promote relaxation and healing properties in the body,” the Ferguson executive says. “Using different shades of blue or purple, you can create a calming environment that will reduce stress and anxiety while cleansing yourself or taking a warm bath or shower.”

### **Wellness Tips from the Pros**

“When looking to upgrade your home in a way that promotes health and wellness, it’s important to visit reputable showrooms and work with a designer or contractor you trust,” Danielson recommends. “There are special certifications for wellness and universal design. For example, a certified universal



design professional will help homeowners create an environment that emphasizes comfort and safety for all ages and abilities. Homeowners can ask the designer about their certification and determine if their specialty matches their wellness goals.”

Christian highlights the importance of working with professionals too. “Homeowners, architects, interior designers, and builders need a qualified home technology professional to consult about the latest in wellness tech,” he recommends and this consultation needs to start at the beginning of the planning process

Mears keeps it simple: “Ask the questions: What is it made of? Do I need it?”

One of the happy coincidences of climate change action is that can create healthier home interiors too. This urgency is driving local, state and federal legislation and incentives to reduce fossil fuel consumption, as Mears points out. Since their byproducts go into surfacing materials like LVT, cutting back on their use could lead to healthier homes too. Cutting greenhouse-causing emissions helps drive incentives to swap gas cooktops with induction models. What’s healthy for the planet can be healthy for you and your home.

You don’t have to be a billionaire to make healthy home changes either. “What we are learning is that affordability varies a lot based on budget, region and creativity. And a lot of what we can do to decrease costs or direct the budget to better materials is to change our practice,” Mears shares. She also notes that a simpler material palette might allow for higher volume in selected products and possibly offer better pricing. Being strategic with choices – e.g., a one-coat paint and primer combo – can reduce labor costs and, of course, working with a wellness designer who has relationships with healthy products manufacturers and flexible margins can save the homeowner money

## 5. Bad Cleaning Habits You Need To Break

Cleaning with poor techniques and habits is detrimental to your home’s hygiene. When you sanitise your home inadequately, bacteria, viruses and other illness-causing pathogens can proliferate excessively. You need to clean and disinfect household surfaces daily because viruses and bacteria can survive on soft/porous surfaces for 24 hours and hard surfaces for up to 72 hours. You and your family can get sick if a dangerous pathogen is present in your home’s indoor air or on its surfaces.

Hire a professional service for regular house cleaning if you don’t have the time or energy to sanitise your home routinely. Seek the assistance of bond cleaners in Sydney when ending a tenancy and need to get your bond back in full.

However, to maintain household hygiene at all times, identify if you have any of the following 12 bad cleaning habits you need to break.

### 1. Backtracking While Cleaning

One of the rookie mistakes you make while cleaning is backtracking due to a lack of planning. Professional end of lease cleaners Sydney performing end of lease cleaning or general house cleaning always work top to bottom or right to left in a circle to avoid re-contaminating cleaned areas.

Thus, you must start from the top while cleaning to ensure you don’t have to backtrack and re-clean any surface.



## **2. Leaving Dirty Dishes In The Sink Overnight**

Do you know the kitchen sink harbours more harmful pathogens than the bathroom? Matters get worse when you leave dirty dishes in the sink overnight, and illness-causing pathogens can grow exponentially. Develop the habit of loading the dishwasher every night & unload it in the morning.

## **3. Reusing Cleaning Tools Without Sanitising**

No cleaning tool has a self-sanitising feature, and if you have the habit of rinsing them with water only after every use, it leads to bigger issues. Since most bacteria, fungi and viruses survive on hard and soft surfaces for days, you can spread them with dirty tools. Thus, wash cleaning tools with soap and water before putting them away.

## **4. Ignoring Paper Clutter**

Newspaper, magazines, documents, mail, and other paper clutter on the table, countertops, shelves, and other areas add to the mess in your home. If you ignore them and let everything pile up, it overstimulates you visually and increases stress. Thus, keep things in their place or inside boxes to avoid paper clutter in your home.

## **5. Using Harsh Cleaners For Convenience**

Most surfaces and fixtures in your home only need cleaning with soap and water for adequate sanitation. However, a common mistake most people make is using harsh cleaners and tools because they work faster and are easy to use. If you are among them, let go of this habit before your household surfaces/fixtures get irreversibly damaged.

## **6. Not Dealing With The Milky Residues On Surfaces**

Most commercial cleaners are alkaline and leave a fine film of residues, especially when you use them excessively. This film dulls surfaces and attracts dust and grime, causing the surfaces to become dirty faster and requiring more cleaners. You must break this cycle by using pH-neutral cleaners or using the right amount of cleaning product.

### **7. Using Cleaners Without Reading The Label**

You are not alone in using cleaners without reading the directions for use on the label. This bad habit leads to people not giving products proper dwell time. When a product doesn't get the dwell time it needs, it cannot break the bonds of stains and spots, which is why you cannot get optimum results.

### **8. Thinking Bleach Is A Wonder Cleaner**

If you have the habit of using bleach to sanitise everything in your home, stop now. Bleach is a disinfectant that works best at killing germs. For complete sanitation, you must use a 10:1 ratio of water and bleach after pre-cleaning household surfaces.

### **9. Using One Cleaning Wipe For Multiple Areas**

Cleaning wipes are great for sanitising a small area and only once. If you use one wipe to clean the countertops, stove, cabinet doors, or other areas, you are simply spreading germs rather than removing contaminants.

### **10. Wiping Disinfectant Immediately After Application**

Even the strongest disinfectants need 5-10 minutes to kill germs and mould. Therefore, most pathogens survive when you wipe it away immediately after spraying. Thus, after applying a disinfectant, wait at least 5 minutes before wiping the surface. Also, reapply if the solution dries before the dwell time is over.

### **11. Rubbing Stains On Carpets**

When you spill something on the carpet, the natural urge is to rub the stain with a paper towel or cloth to remove it. However, you do more harm than good because this method is best for spreading the stain rather than removing it. The correct method that professionals performing end of lease cleaning in Sydney use is blotting the stain until it comes off.

### **12. Not Sanitising High-Touch Points**

Switches, doorknobs, appliance keypads, handles and other high-touch points in your home are hotspots for germs. Most people ignore cleaning and disinfecting them and wonder why household members repeatedly fall sick. Therefore, break this habit by wiping and disinfecting common contact points in every room during regular house cleaning.

It is never too late to review your cleaning habit and eliminate the bad ones. Thus, if you have any of the 12 bad cleaning habits, act now to get rid of them. However, hire professionals for bond cleaning in Sydney if you are ending a tenancy and want to get the rental property cleaned without mistakes.

## **6. How to Deep-Clean Every Room in Your House**

A deep house cleaning doesn't have to be an overwhelming, impossible task. Use these tips to tackle each room quickly and effectively.

Even the tidiest homes can use a good deep cleaning from time to time. To avoid becoming overwhelmed when deep cleaning a house, it's helpful to break the process down into smaller, more manageable tasks. With our deep house-cleaning guide, you'll start with six basic tasks. Once you've

completed those, you can move on to tackling a few room-specific chores. This whole-home cleaning checklist comes in handy before you host company or when daily clutter and messes have started to pile up. You can also follow these steps as part of your annual cleaning regimen in the spring or fall. Soon you'll have a clean and tidy home that can pass a white-glove inspection.



### **Room-by-Room Deep Cleaning House Checklist**

Follow these steps to deep clean every room in your home.

#### **How to Deep Clean Your Bedroom**

**Launder Bedding:** Wash the bed skirt, duvet cover, shams, and pillows, even down-filled items. Give them an extra spin cycle to make drying faster, and dry down pillows on low with clean tennis balls to prevent clumping. The best way to dry synthetic pillows is by air-drying them outdoors. For bulky comforters, hit the laundromat and use one of the extra-large front-loaders.

**Freshen Mattress:** While your bed is disassembled, clean your mattress. Sprinkle baking soda on the mattress, let it sit for an hour, then vacuum it up using the hose attachment. Flip or rotate the mattress per the manufacturer's advice and repeat the process.

**Declutter Closet:** Pull out the clothes you didn't wear this past season and bag them for consigning or donating. Then treat your wardrobe to matching hangers. If your closet looks nice, you'll try harder to keep it under control.

#### **How to Deep Clean the Kitchen**

**Polish Cabinets:** Wipe the exposed tops first, then cut newspaper or shelf liners (\$5, Bed Bath & Beyond) to fit inside. The lining collects the dust, so next time all you'll have to do is replace the paper. Next, wipe the cabinet doors front and back with wood cleaner (for painted or laminate surfaces, use

warm water with a squirt of dish soap). You can also try the tube sock trick here: Put one on each hand, spritz with cleaner, and wipe in circular motions.

**Deep Clean In and Around Appliances:** Wait until the fridge is nearly empty, then wipe it down, inside and out. Do the same for the stove and dishwasher. If possible, pull appliances out from the wall to get at the surrounding walls and the floor.

**Tidy Countertops:** Move everything off the counters, then clean and dry them thoroughly, along with the backsplash. Once the surfaces are dry, return only what you use daily. Find hidden spots for everything else.

**Bonus Deep Cleaning Task:** Take everything off your pantry shelves and wipe them down. Consider using a large roasting pan as a crumb catcher while you clean. You can also rent an air compressor and blow the dust bunnies off your refrigerator coils to boost its efficiency.

### **How to Deep Clean the Bathroom**

**Wash Shower Curtain:** Check the label first, but most shower curtains can be washed with the gentle cycle on cold. Set dryer on low and remove and rehang curtain before it's completely dry. Either wash the plastic shower liner on cold and hang it to dry, or purchase a new one (\$3, Target).

**Make Shower Doors Sparkle:** To get rid of water spots and soap scum, heat distilled white vinegar and wipe it on the doors, reapplying to keep them wet for 30 minutes. Then scrub with baking soda sprinkled on a non-scratch pad. To keep the shower cleaner longer, add a squeegee and switch to glycerin soap. Animal fat and talc in regular soap leave that icky residue.

**Declutter Vanity and Cabinets:** Bring order to the chaos under the sink. Pull everything out, toss what doesn't belong there, wipe down what does, and reload it by category. Repeat for your medicine cabinet or any additional cabinetry.

### **How to Deep Clean the Living Room and Family Room**

**Freshen Furniture:** Remove cushions and vacuum every upholstered surface, including the backs, with the brush attachment.

**Dust Frames:** Take all framed artwork and photos down and dust them front and back using a damp microfiber cloth. Be careful not to spray anything directly on the glass. It could seep into the corners of the frame and potentially ruin the picture and mat.

**Dust Under Electronics:** You don't need to unhook and move everything to clean around your electronics. Just use an ultra-thin dusting wand (\$14, Bed Bath & Beyond) and run it under the components.

**Bonus Deep Cleaning Task:** Launder all the throws and throw pillow covers. Also, take a good look at the DVDs, CDs, video games, and other media tucked behind closed doors. Is there anything you can get rid of, maybe even sell for a little cash?

### **Supplies Needed to Deep Clean Your Home**

Deep cleaning your home requires a wide variety of tools and cleaners. We asked four of our favorite cleaning pros (professional organizer Aby Garvey, cleaning blogger Becky Rapinchuk, and cleaning experts Leslie Reichert and Mary Findley) for their must-have supplies for cleaning an entire home:

- Baking soda in a shaker

- Clean paintbrushes (for dusting delicate items)
- Dish soap (liquid or powdered)
- Distilled white vinegar
- Gloves
- Lint roller (for lampshades and upholstery)
- Microfiber cloths (both multipurpose and glass-only)
- Microfiber mop with covers for different types of floors
- Mr. Clean Magic Eraser sponges
- Multipurpose cleaner
- Nylon non-scratch scrub pad (\$2, Walmart)
- Rubbing alcohol
- Stiff-bristled, toothbrush-size brush (for shower door tracks, drains, etc.)
- Streak-free window and glass cleaner
- Telescoping duster with cobweb, ceiling fan, microfiber, and squeegee attachments, (\$50, Bed Bath & Beyond)
- Wood cleaner/conditioner

## 7. Conclusion

This guide can make your task easy and smooth. If you want to make your home healthy in Sydney, then it becomes essential for you to follow this guide which also helps you to save your time and effort.

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