

## detox your home

Most people assume that staying indoors means being sheltered and safe. However, sometimes air pollution indoors can be even greater than outdoors. The worst thing about pollution is unlike air pollution outdoors, the indoor variation has no visual signs.

Poor air quality inside buildings and homes can be attributed to outdoor pollutants getting in and staying there. Combine this with pollutants originating from inside actual homes – such as dust, gas emission, pet dander and volatile organic compounds (VOCs) from air fresheners, furniture cleaners, shampoos, paint and glue and you've got even more to worry about. While most people wouldn't think that this is not yet cause for concern, even low levels of indoor pollutants can cause headaches, migraines, nausea and can lead to chronic health problems in the long run.

The good news is, there are ways to rid your home of pollutants. Indoor plants can help clean the indoor air quality and help rid the environment of its pollutants. This being said, we're not suggesting you create an ecosystem in your home. A small number of plants will be effective enough to help.

Depending on your space and type of home, opt for indoor plants such as Bromeliads, Yuccas, Mother-In-Law's Tongue (*Sansevieria Trifasciata*), the Red Rubber plant (*ficus decora*) and the very hardy Cast Iron plant (*Aspidistra Elatior*).

You can also turn over your home to a professional cleaning company that will ensure your home stays germ and dust free longer. Unlike regular cleaning companies, EcoVerve works to prevent and minimise allergens in the home through dedicated all-natural plant based cleaning products and equipment. The committed professionals at EcoVerve have to first understand customers' allergies and requirements before creating a customised cleaning service plan.

As part of EcoVerve's specialised cleaning plan, a hypoallergenic steam cleaning solution will sweep up every last one of the ever present dust mites in your home so you can rest easy. EcoVerve only uses all natural detergents and household cleansers including the anti-allergen and dust mite solutions. Visit [www.ecoverve.com.sg](http://www.ecoverve.com.sg) or call 6549 7452 for more information.