

Room-by-Room Detox Checklist

Bathroom

- Swap chemical shampoo/conditioner for sulfate- and paraben-free alternatives.
- Replace synthetic deodorants with aluminum-free, natural options.
- Use fluoride-free toothpaste with clean ingredients.
- Choose fragrance-free or essential oil-based lotions and creams.

Kitchen

- Switch plastic containers to glass or stainless steel.
- Replace Teflon pans with cast iron or ceramic cookware.
- Use natural dish soap free of dyes and sulfates.
- Avoid synthetic air fresheners and candles-opt for essential oil diffusers.

Laundry Room

- Choose fragrance-free, plant-based laundry detergents.
- Ditch dryer sheets for wool dryer balls with essential oils.
- Avoid detergents with brighteners and 1,4-dioxane.

Cleaning Cabinet

- Use vinegar, baking soda, and lemon for all-purpose cleaning.
- Replace bleach-based cleaners with hydrogen peroxide or castile soap solutions.
- Avoid disinfectant wipes with quaternary ammonium compounds (quats).

Pro Tips

- Read ingredient labels-if you can't pronounce it, research it.
- Transition slowly-start with products you use daily.
- Open windows regularly to improve indoor air quality.
- Consider an air purifier for high-use living areas.