

3 Common Air Pollutants Lurking In Your Home

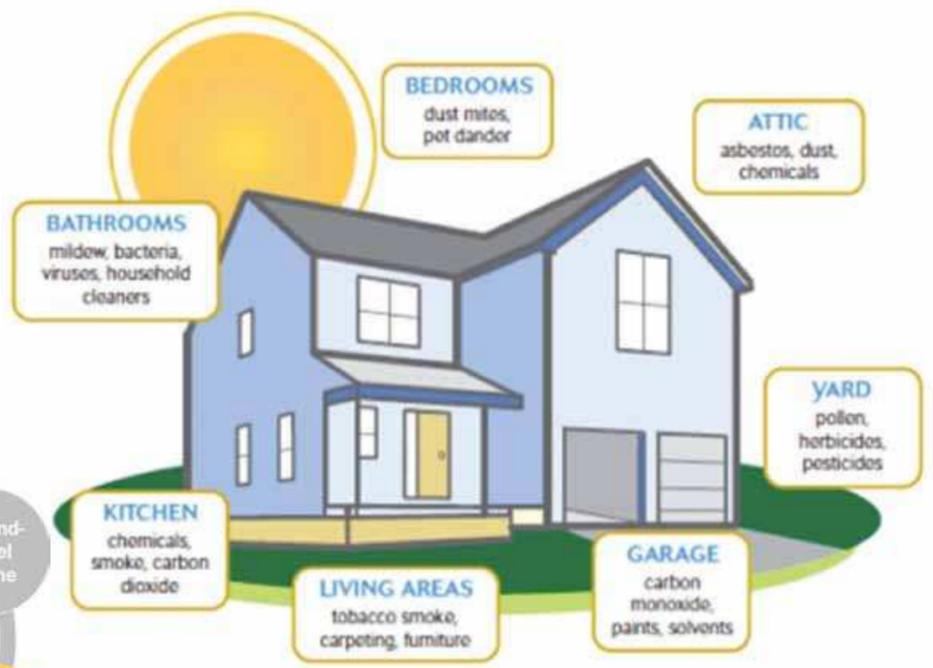
(NC) While our homes are supposed to be safe spaces, there are a few everyday pollutants that we need to watch out for. Check out common culprits as well as tips for purifying your space:

Dust danger. The dust we wipe off our countertops, crevices, furniture and floors is made up of mostly dead skin. If that's not gross enough, microscopic living organisms known as dust mites live off these skin cells. Many people are allergic to dust mites, and they can even trigger an asthma attack in some. The remainder of dust is comprised of things like pet dander, rodent waste, paint particles, pollen, bacteria, viruses, plant and insect parts, heavy metals or even cigarette smoke and flame retardants.

Household products. Chemical-laden products can have a big impact on your home's air quality. Things like household cleaners, detergents, shampoos and fabric softeners emit volatile organic compounds (VOCs)

into the air. While many of us try to mask bad smells by spraying an air freshener or lighting a candle, that only adds more toxins to the air you breathe.

Pet dander. Even the most ardent animal lover would admit their pet smells. Aside from the odour and the other "fun" stuff they track into the house, pets also carry dander, a common allergy trigger for most people. Fortunately, you can improve the air quality in your home, while keeping your pet.



Consider getting a connected air purifier, which can let you monitor your indoor and outdoor air quality via a smartphone app. Your best bet is the Philips Air Purifier Series

2000i, which captures 99.97 per cent of particles that pass through the filter. It's proven to reduce allergens, odours, VOCs and even certain bacteria.

Experts also recommend cleaning your home regularly,

turning the hood fan on while cooking, opening your windows a couple times of day, and limiting your use of candles and air fresheners.

Get New Cabinet Doors

(NC) Looking for a way to update your home? If you're happy with your existing cabinetry layout, refacing with new cabinet doors is all you need. The timesaving, no-fuss solution will make your space look brand new in a week or less.

By using an in-home cabinet refacing service such as ReNult, which provides turnkey, in-home consultation and installation, all you have to do is pick your style and watch the beauty come to life.

Cabinet refacing is perfect for quickly refreshing kitchens as well as many other areas of your home where storage and organization are key. Here are some ideas for how to revive different spaces with fresh cabinets.

Laundry room. Updating cabinets in your laundry room is a great way to stay on-trend while keeping organized. You can use the cabinets to store detergent, laundry sheets and cleaning supplies. Consider updating with new cabinet doors in neutral tones such as beige, white or grey. These colours will bring a fresh feel and look as clean as your clothes.

Home office. Let style inspire you in this space. If you envision an energizing room, opt for cabinet doors in bright colours. There's a variety of blues, greens or yellows that will get your creative juices flowing. Perhaps you're looking for a luxury feel with warm tones. For this, consider a rich brown or dark burgundy, as they offer that ready-for-business vibe.

Hallway and mudroom. It can be hard to find a place to store all your shoes and outerwear. Having cabinetry near the front door will provide you with that extra storage space. Consider adding cabinetry to an unused alcove or entry nook. You can have them installed with shelves, dividers and hooks so that everything has its place. This will help hide all the clutter, creating a seamless space perfect for greeting guests.

For more information on cabinet re-facing and installation check out homedepot.ca.

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