

# Green Tips for Spring-Cleaning

Written by Written by Julia Swem

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**Spring is nature's time for renewal and birth. Follow suit and give yourself a fresh start as well by following these green tips for spring-cleaning.**



Lori Dennis, award-winning interior designer, owner of Lori Dennis Inc. and author of Green Interior Design, said these tips will give you a fresh start as well as improve your environment and personal health.

## **Vacuum and Open Windows Everyday**



Dennis said although this may seem like a basic thing it can really improve the cleanliness of your home. Not only will this action improve your home's look, it can also improve your health, she added. She said ventilation and air circulation is very important especially in the bedroom.

"Although a lot of people don't tend to realize it but you spent by far the most time in your bedroom than any other room in your house," Dennis said. "Your body uses sleep as a time to regenerate and rid itself of physical and emotional stress. The last thing you want is dirt and stale air."

Making these actions routine will also help you get a jump start to spring cleaning and you will probably get more done because you are not as overwhelmed.

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## **Change Out the Air Conditioning Filter**



Dennis said it is very important to change your air conditioning filter at least once a year. This simple action will significantly change the air quality of your home, she added.

This is especially important to all you allergy sufferers out there. Forgetting to clean your filter means you are basically breathing in dust all spring and summer especially when you first turn it on.

Who wants to suffer when the weather is perfect and the trees are greener? Everyone should enjoy this time of year.

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## Dust and Surface Clean



Dennis said getting rid of dust is very easy but crucial to a clean and healthy house.

"Really, it's easy to create a green and fresh home environment," Dennis said. "You're not really doing anything special or different; it's mainly using good old common sense."

She said this will not only rid your house of air pollutants but it will make your machinery run more efficiently as well. Better-working machinery means you won't have to replace it soon as you may have thought, saving you money.

Dennis said a homeowner doesn't have to buy expensive green cleaners as well. She recommends a mixture of white vinegar, baking soda, vegetable oil and lemon.

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## Reinvent or Get Rid of Clutter



Look at that mess and think to yourself, what do I really use? Dennis said getting rid of clutter can ultimately eliminate fire hazards but also make us feel a lot lighter.

"An important key to this is thinking like your grandparents," Dennis said. "They made due with what they had and so can we."

Get creative and think about how you can reuse something but if the item really serves no purpose for you anymore Dennis recommends donating or recycling it.

Dennis advises a homeowner to really think about what they are buying.

"If you are going to buy something new for your home, make sure it's durable and you really love it," Dennis said. "Don't buy anything you don't need or could be shoved into a corner a month later."