



Make Your Home More Healthy



Characteristics of Healthy Homes

Your house is more than just a place to sleep and eat. It's your safe haven for everyone. A healthy home is the foundation of a healthy lifestyle. Living in a clean environment is extremely beneficial to your physical health and overall well-being. A newly cleaned home makes it easier to breathe, especially if you or a family member suffers from allergies. Dust mites, one of the primary causes of allergies, can be reduced by thorough cleaning. Therefore, a healthy environment should be a part of it. Perhaps if you're wondering what constitutes a healthy environment? What does it take to have a healthy home? The solutions can be found in the blog listed below.



Here are the 7 fundamental aspects and characteristics of a healthy house that you should know.

1. Good Security

Security is one of the most important aspects of a healthy home. The safer a home is to live in, the more secure it is. The safer it is to live in, the more at ease its inhabitants might feel. There are a few various ways to improve a home's security capabilities. Installing high-quality locks is the most basic approach to ensure home security. Your home will be less prone to break-ins if your locks are safe.

Installing a security system is another option to improve security. Security systems are used not only as deterrents against invaders but also as alert systems for both residents and local police enforcement.

2. Avoid Contamination

Substances that can make you sick should not be present in your home. Check for radon and carbon monoxide in your house. Replace dangerous cleaning products and chemicals with non-toxic alternatives and dispose of or avoid spending money on them. Chemical air fresheners and lighted candles are two common household goods that many people are unaware can be damaging to their health.

3. Keep some plants

Carbon dioxide is naturally consumed by plants, which then releases oxygen back into the atmosphere. Furthermore, some plants are favored for their ability to remove chemicals and bacteria, as well as their ease of maintenance. Invest in a variety of plants to transform your home into a healthier environment. Plants like Aloe Vera and English Ivy are hardy, which means they're easy to care for and resistant to pests, even if you don't have a green thumb.

4. Take care of the Cleanliness

Cleanliness is another aspect of a healthy home. The more comfortable the home's environment is, the cleaner it is. Furthermore, clean homes are less likely to cause illness. You must take on a number of chores to maintain your home clean. You must vacuum and dust on a regular basis, as well as wipe down surfaces, scrub baths, sinks, and toilets, and take out the trash.

5. Use Water Filters

If you want a clean home then, one of the elements of healthy homes is water filters since they ensure the best quality of water. Water filters remove contaminants such as lead, chlorine, and bacteria that give drinking water a disagreeable taste and odor. The overall purity, taste, and smell of your drinking water will be improved with a home water filtration system. It also causes the pH of the water you consume to drop.

6. Keep your home dry

Mold and structural damage are caused by too much water in a property. While showering and cooking, use exhaust fans. Make sure your home's outside drainage is in good working order, including downspouts that extend 5 feet away from the house and unblocked rain gutters. In



locations with water, moisture, or humidity sources, such as the kitchen, bathrooms, windowsills, washing machine, and basement, check for mold on a regular basis and clean it up.

7. Keep Proper Ventilation

The next step is to ensure proper ventilation. Ventilation not only improves air quality, but it also helps to prevent mold, musty odors, and other undesirable elements. So, what exactly does good ventilation entail? In general, it contains plenty of open windows and running fans. The ultimate purpose is to keep air moving by preventing it from becoming stagnant.

Conclusion

So, with the help of the listed elements, you can make a healthier place for living. Overall, living in a clean and healthy environment reduces stress and promotes a good mindset. Cleaning your house, or hiring a professional to do it for you, is essential for a healthy household

Make your home eco-friendlier.

We're all becoming more aware for the need to be eco-friendly, and these days many of us do the basics, such as recycling rubbish, without really thinking about it too much. However, looking at the wider picture, there are lots of different ways – some big, some small – that will really go a long way to helping us all become much savvier about our home environment and encourage a more sustainable way of life.

Here are 17 ways you can make your home eco-friendlier.

1. Look into the possibility of installing a smart meter

It's really easy, especially during the colder months of the year to leave the heating on for longer than you actually need. Our boilers and home heating systems are one of the biggest ways we consume energy as homeowners or renters.

One of the best ways to deal with this is to look into having a Smart Meter installed in your home. These ingenious devices can be programmed to only come on at certain times of the day, so could be used to heat the house up before you return from work or turn on a little while before you get up in a morning during winter.

They're a real boon for anyone who is concerned about their carbon footprint, not only that, but for those who are concerned about the rising cost of their energy bills and would like to decrease them.

It can be a real eye-opener and a good way to monitor your electricity consumption generally.

2. Invest in energy efficient light bulbs



Although energy efficient light bulbs have been in existence for a good number of years now, it's only in the last few years that the general public have really started to become more educated about their effectiveness and how they can save money around the home.

In the past, there have been complaints that they simply don't throw out enough light, or that they take a long time to light a room properly. Improvements in their technology are happening all the time and now more than ever is the right time to make the switch. Not only do they use less electricity, they don't need to be replaced anywhere near as often as regular, old fashioned light bulbs did.

3. Installing solar panels on your home

For any home wanting to really become eco-friendly, solar panels are an essential feature. They are a long-term investment, and although there will be an initial layout of money, in the long term you could potentially save more money than you spend.

Some people are lucky enough to find that solar panels make enough electricity for them to go completely off grid.

4. Insulate your home properly

A well-insulated home holds in heat properly, meaning that it'll take less energy to keep reheating your living space when you really need to. It's one of the smartest ways to save money. Good places to start include the walls of your house and the roof. Another tip is to think about your windows as insulation too – we'll cover this more further on but think about double glazing any windows that aren't already.

5. Install underfloor heating

Whilst many people aren't troubled by radiators or heaters, some people prefer a more minimalist approach to their home heating. Underfloor heating can be a worthwhile consideration to save money. Often more associated with more newly built homes, it can just as easily be installed in older properties too.

6. Keep house repairs local

It might seem a bit of a simplistic point to make – but isn't it better to think locally if your house needs work doing to it? Why employ a tradesman who has to travel fifty miles to come and repair your boiler, when there might be someone around the corner who can do it more inexpensively and without traveling miles and miles.

7. Pick water-based paints

When decorating, opt for water-based paints that contain natural pigments. Most paints currently used in home decor are oil-based and not as eco-friendly as they could be. Some people also find that water-based paints offer a nicer variety of color and are more aesthetically pleasing.

8. Double glaze your windows

Gone are the days of unattractive double glazing – there is now no reason not to have your entire home's windows glazed in this way. It saves money in the long run and will also help reduce energy costs and keep your home well insulated.

9. Choose wooden window frames



Whilst double glazing is a boon for saving energy, the UPVC surrounds that are often associated with windows like this can be very polluting as they emit compounds which can be toxic. It's more environmentally friendly to opt for wooden frames which, if looked after properly, can be just as durable and hard working.

10. Think green when cleaning

We all have our favorite detergents and cleaning products that we've used for years, and never really thought about the harm they could be doing to the environment. Once they're washed down the drain they go into the water supply, and it can often take a lot more energy and hard work to purify the water again at treatment works.

There are some simple switches you can make. Bicarbonate of soda, lemon juice or vinegar can all be used in place of bleaches and detergent to kill bacteria and leave homes grease and odor free.

Switching to steam cleaners as a way to disinfect and kill germs is another green way of keeping homes clean – no cleaning products needed at all, except for water!

11. Compost your food waste

Turn any food waste and kitchen scraps into compost. You can buy a compost bin very cheaply from many home/DIY outlets and some refuse services will offer to give them free of charge to households, to place in their kitchens. Scrape any leftover, or old food into them and simply leave it be. Over time it will turn into useful compost that can be used in the garden.

12. Be a smart chef

Think about the appliances you use, and how you use them. For instance, if you have the oven on to cook dinner and keep opening and shutting it to check on food, it's amazing how much heat you let out and then how much more time it takes for it to reach optimum cooking temperature again.

Some people invest in halogen ovens for cooking. They don't need preheating, can cook food in a quarter of the time and don't throw out too much unnecessary heat.

13. Buy recycled furniture

Don't go to a big brand furniture store to buy the latest and the newest! More and more furniture is coming to the market made from recycled wood, or other materials, which can be more eco-friendly than buying new. You're still getting a brand-new product, but it's been made thoughtfully, from materials that might otherwise have gone to landfill or been thrown away.

To continue the theme, look to auction sites, or auction houses for bigger items of furniture that you need to purchase. Older, preloved items can often provide years more good wear to a family, and sometimes might only need a little bit of maintenance. It's also a lot more fun to look for antiques, than it is to trudge round a huge department store!

14. Service your boiler regularly

The latest boilers on the market are a lot more heat and energy efficient than their older counterparts. They will still need to be serviced regularly in order to keep them in top order. Older boilers can still work well, provided they too are kept well maintained and used wisely. However, it is still recommended you refresh and renew your boiler every ten years or so.



On a similar note, take note of the temperature your thermostat is kept at, and look to reduce it by a few degrees to save money and ensure it's working well for you. Turning it down by just one degree can make significant adjustments to your energy bill.

15. Ditch blinds and opt for thicker curtains

It's more fashionable to have blinds in your home, and in some rooms, they can simply just be the better choice. However, don't discount having thicker curtains in certain rooms, particularly the bedroom. They can be a great energy conserver and in summer can help keep rooms cooler and darker.

16. Invest in an eco-kettle

Who doesn't love a good cup, or a delicious hot cup of coffee? Before you boil the kettle again, think about how you fill it up. Brewing for one? Just use the water you need for that one cup – not for six cups. Investing in an eco-kettle can be a great boon, especially if you're someone who drinks a lot of tea/coffee during the day. They boil quicker, use less energy and look smart!

17. Save water with a low-flow shower head

We're all told how showering saves energy and uses less water than having a bath. Many of us think we are saving loads of water, then spend thirty minutes under the running water – or use an incredibly powerful shower head that is less economical to use.

You will save more energy if you opt for an aerated or low-flow shower head. Spend less time under the water too. No longer than ten minutes. That should be optimal to wash hair, body and carry out your ablutions!

***Increase Natural Light in Your Home –
Amazing Solutions from Decoration to
Architecture***



Have you ever wondered how to increase natural light in your home?

Instead of glaring light bulbs, would you rather not have your room bathed in a gorgeous spectrum hue of vitamin D?

Increase your mood, feel a warm energy through your home and multiply your serotonin levels? At zero cost? Yes, I think so too.



A key way to make the most of this natural resource is to use both interior decoration and architecture to work for you and these measures listed below can significantly increase your interior natural light flow.

The changes you can make in terms of decoration and accessories are simple but effective, and the architectural solutions are a permanent way to redistribute light flow and ensure you're getting the most of this fantastic resource.

Want to know more about amazing design solutions to increase natural light in your home?

Let's jump right in...



Decoration Solutions to Increase Natural Light

Use Mirrors to Add More Light

This trick's a classic one to increase natural light, and for good reason - it's very effective.

Fact: Mirrors give a greater sense of space by giving an impression of doubled space (especially when window mirrors are used) and when carefully placed can help direct natural light into darker spaces such as hallways or staircases.

Reconfigure Your Furniture to Create Brighter Spaces

This one's an easy one - always try to make sure your furniture is in proportion to the size of the room.

In addition, don't always assume that placing things like sofas and chairs up against the wall to free up space in the centre of a room is the best use of the space - there's no point if the centre of the room is merely for people to walk across.

Clean Your Windows to Increase Natural Light

We've all had that moment after you proudly scrape gunk and pollution off your windows and it looks like you've turned the light on!

As dirt builds up on a window, it's easy to forget how much natural light accumulated grime blocks out and what a difference sparkling glazing makes. Take it from us, it's worth giving this a try to increase natural light in your home, as obvious as it may seem!

Add Metallic to Maximize Natural Light

This is similar to the mirroring effect, in that it's a question of bouncing natural light around the room to the best effect.

Remember that having a lot of metallic surfaces will make your room seem kitchen-y or showroom-y, so when choosing your décor, try and find a good balance of polished and matt surfaces to provide the light you need and the textures you want. Sounds impressive, right?



Make Your Room Brighter with Paint and Wallpaper/Colours

As I'm sure you know, reams and reams have been written on the importance of this factor, so here we're just going to give you two options that give different effects but ultimately the same result:

White Paint

Painting a room white is a surefire way to maximise light, but remember that the light quality will very much depend on the orientation of the windows and the tone of the white paint you use.

Bear in mind that north-facing windows in the northern hemisphere, for example, tend to give a light with a truer colour rendition with a more 'bluish' tone, whereas south-facing windows often suffer from glare from the sun. In terms of paint type, although it seems counter-intuitive, glossy walls can actually create a fair amount of glare that is unpleasant to look at. Matte-painted surfaces, on the other hand, reflect light in every direction in a softer way that is much softer on the eye.

Use lighter, brighter interior wallpapers or paints to make the most of the benefits of natural light, but ensure they have a warmer tone to them to avoid a 'clinical' feeling in bedrooms, living rooms and dining rooms.

In terms of accessories and furniture, you can add warmth with rich neutrals such as espresso brown, mushroom, warm rust colours and camel tan. If you have a bright white room, these will tone down the white to give your room texture and depth.

Coloured Paint

If you have a naturally dark room, such as a north-facing bedroom, it might be better to go for more statement yet neutral colours. Shades like taupe, a warm but elegant light grey or a soft beige on walls can be used to improve light and warmth of tone in dark rooms.



What is important here is selecting a colour that reflects light, rather than absorbing it. In addition, don't forget to make sure your ceiling is white to create an illusion of open space to increase natural light in your home. To offset the tone of the walls, here you can choose furniture and bedding or textiles that are very light or white in colour to contrast with the walls without overwhelming the colour palette

Now, let's move on to something more ambitious...



Architectural Solutions to Increase Natural Light
Use Glass Floor (or Ceiling) to Add More Light

This a rather daring idea for increasing natural light and perhaps not a solution for the nervous.

If you have a light-filled ground floor or upper level, you could install a glass floor to let the light into the room below.



As well as just a sheer pane of toughened glass, you could also have a concrete floor laid with glass blocks installed to let the light into the floor below - much as you see on pavements in cities to let light into basements.

Use Internal Glazing to Maximise Natural Light

Glazing isn't just for external windows. Internal glazing could be a solution to a dark hallway while still providing a physical barrier between rooms, for example. If you have a darker room next to a better-lit one but don't want to join the two physically, you can use internal glazing to bring the two together visually.

Similarly, if you can't add more windows to an external wall or enlarge them, internal glazing is a good solution for transferring one room's light into another.

Make the Most of Internal Openings to Add More Light

This is a striking idea to increase natural light in your home that could be very effective. Again, using a lighter room, designers put long, narrow openings between rooms to allow light into a darker space without knocking all the way through, creating a door/window or losing the differentiation of space - much like a permanent screen or latticework separator.



Install a Sun Tunnel to Bring More Natural Light

One effective way of lighting up a dark corner or an internal room is to install a sunpipe, which is a reflective metal tube that channels sunlight from a clear dome in the roof to where it's needed.

These can work very well to increase natural light for dark bathrooms or cloakrooms, but also as a light source for dressing tables or desks. Sunpipes work best on upper floors or single-story, as the light diminishes as the pipe gets longer. Essentially, sun pipes are an affordable solution for places where you can't install windows or roof lights.

Add Clerestory Windows to Maximize Natural Light

A clerestory is a great solution to bring light into rooms when you can't compromise on privacy or get planning permission for full windows.



Essentially, the solution uses a high-level window strip running just below ceiling level to bring light into rooms. They often feature in projects like barn conversions, ground floor bathrooms and loft conversions where overlooking neighbours is an issue.



Use Glass Doors to Bring More Natural Light

This is another effective way to bring more light into a space by choosing furniture and doors that let light pass through.

Look: By replacing solid doors with glass doors, French doors, or simply openings with no door, light can pass from one area to another easily.



Use Skylights to Get the Light In

Skylights are an amazingly desirable way to pull in natural light, as a kind of window for your roof.

What makes them so special?

These are great for opening up an extension to the sky in areas like a living room or kitchen where you're really looking for bright rooms to spend plenty of time with your friends and family in.

Use Glazed Gables to Bring More Light

These are like a sophisticated skylight, and are an excellent way of introducing light from above by filling a gable in with glazing.

This is a really striking design feature can make for a fantastic focal in both traditional schemes and more modern contemporary homes, as it can be done with either frameless glazing or with a timber frame structure.

Design Open Tread Staircase to Increase Natural Light

As a key feature in the home, the staircase can play a huge role in how light can move between the differing levels.

Whether you opt for a rising, helical or zig-zag design, open treads will provide a greater sense of space in the staircase and will allow light to trickle down from above.

Similarly, a glass balustrade will keep the space open and will let as much light as possible in.

Install Glass Roof Tiles to Bring More Natural Light

These are a fantastic idea to increase natural light and really create a strong impact.

Glass pantile or roman roof tiles can be a way to introducing pockets of natural light from above into a loft or upper-floor bedroom or living area. The effect is subtle yet striking.



Install Roof Lanterns to Bring More Natural Light

These are ideal for more traditional schemes such as in conservatories where roof lanterns not only fill a room with natural daylight, they create a feature and add height to an interior.

They're ideal for kitchens and living rooms that benefit from very high light levels.

If you live in a conservation area or in a listed building, companies also now offer roof lanterns that integrate into and respect the existing structure.

Install Lightwells to Bring More Natural Light

These are key for creating a basement level if you dig down, and a lightwell comes into its own in this situation, as it provides the opportunity to not only bring in light to the lower-level accommodation but also to create an internal garden or open space, for example.

Install Fanlights to Increase Natural Light

These are found in many a Victorian or Edwardian house, and it's a simple enough trick. Adding glazing above a door — is a foolproof way of bringing light into what would otherwise be a dark hallway. This is a common issue in period homes and developer builds where the hall is a box-like space at the centre of the floorplan.

Hopefully, we've given you some ideas that you can implement at home to increase natural light. Maximising natural light is key to all our architectural designs

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