



Gift Ideas for a Healthy Home

These great ideas for gifts will transform any home into a healthier place to live.

Personal Air Purifier (\$40+)

Indoor air is often contaminated with dust, odors, pollen, mold, and smoke. More damaging pollutants leach from plastics, carpets, upholstery, paints, and dry-cleaned clothes. A personal air purifier can filter out impurities and help improve your loved one's mental and physical health at home and work.

Essential Oils (\$15+ a set)

Does someone on your gift list react to the strong chemicals in cleaning supplies or the synthetic fragrances in health & beauty products? A gift set of concentrated oils made from the pure essence of plants can provide relaxing aromas while helping prevent irritation of the eyes, lungs, and nasal passages.

Personal Water Filter (\$12+)

Water from the tap can contain smelly chemicals, such as chlorine and sulfides, as well as harmful contaminants including BPA, chloramine, chromium, and parasites. The gift of a personal water filter bottle provides pure, clean water any time or place – at home or on the go.

Cool-mist Humidifier (\$35+)

Dry, heated air or stuffed-up noses make it hard to sleep – especially for babies and young children. A humidifier can help loved ones breathe more freely and get the rest they need to stay healthy. Be sure to look for a model that is easily cleaned to prevent buildup of mold and odor-causing bacteria.

Green House Plants (\$5+)

Scientific studies by NASA show that green, living plants actually remove impurities from indoor air. At the same time they convert CO₂ into pure oxygen – making the air we breathe so much healthier. Before gifting a house plant, check the ASPCA website to make sure it will not harm pets in the home.

Learn more about how to create a happy, healthy home at
www.healthyhome4me.com.