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10 tips for a fresher, more natural bathroom

Create an eco-friendly
space that's friendlier on
your wallet.

have you tried?

**Glade® Sense & Spray™**

Freshens when you need it; conserves when you don't. Enjoy motion-activated freshness.

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Maximize storage space with these stackable, flexible storage totes. Great for seasonal clothing & more.

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The bathroom is a sanctuary where you begin and end your day. But it can also be an energy hog and a water waster—taking a massive bite out of your household budget. Here's how to turn your bathroom into a more natural, energy-efficient haven that will please your family, the environment and your wallet.

1. Go with the low flow. Toilets consume up to 30 percent of household water, with older models guzzling seven gallons per flush (GPF). But you can conserve thousands of gallons a year by creating your own low-flow commode.

Simply fill a medium-sized Ziploc® Brand Twist 'n Loc® Fresh SHIELD™ Container with pebbles or sand. Seal securely and lower slowly into the tank. This lets the tank fill up on less water, yielding an eco-friendly yet effective flush—and translating into savings on your water bill.

<http://ziploc.com/?p=b7>

A toilet flapper purchased from a do-it-yourself store is also an option and can be installed easily in your toilet to control the amount of water that flows into the toilet with each flush.

2. Repair leaks. A leaky toilet can squander 200 gallons of water a day. Test for leaks by adding food coloring or instant coffee to the tank water. If color escapes into the bowl without flushing, you have a leak and should arrange to have it repaired.

While you're at it, tackle stubborn toilet bowl stains with new Nature's Source™ Natural Toilet Bowl Cleaner. It has a thick, extended-action formula that clings under the rim to break down organic stains and hard water deposits naturally—leaving nothing behind but a fresh scent.

<http://www.naturessourcecleaners.com/toilet-bowl-cleaner.aspx>

3. Beat the heat. Hot water heaters are energy gluttons, accounting for 19 percent of home energy use. Save energy and a bundle on energy bills by lowering the temperature from 140 degrees to 120 degrees and insulating your heater and hot water pipes.

If your hot water heater needs replacing, scope out energy-efficient models. The initial investment may be more than that of standard heaters, but you'll ultimately save more on energy costs.

4. Slow the flow. The average running faucet releases three gallons of water per minute. Turn off the tap while shaving and brushing teeth, and cut water use by 50 percent with low-flow aerators. These inexpensive devices screw onto faucet heads and are readily available at hardware and home improvement stores.

Likewise, low-cost, low-flow showerheads, especially those with shutoff valves, slash annual water usage by up to 3,000 gallons per person. Installing them is a simple do-it-yourself project requiring about 10 minutes and a wrench.

5. Maintain your drains. Include monthly drain maintenance in your cleaning ritual to prevent stubborn—and potentially expensive—clogs from forming. The natural enzymes in Drano® Prevention safely dissolve gunk and other pipe-blocking clogs.

<http://www.drano.com/plumbing-problems/>

6. Let the sunshine in. Peel back the curtains or blinds and bathe your bathroom in warm, soothing, natural light. For maximum brightness, keep windows clear of dust and streaks with biodegradable Nature's Source™ Natural Glass & Surface Cleaner, with plant-based cleaners that leave countertops, windows and mirrors sparkling.

<http://www.naturessourcecleaners.com/glass-and-surface.aspx>

No windows? Illuminate with compact fluorescent bulbs, which are far more energy efficient than their incandescent counterparts.

7. Clear the air. Open the window! Fresh air provides natural ventilation and can help dehumidify your bathroom. Add a few plants to freshen up the room, and accessorize naturally with colorful flowers, a pretty rock garden or a recycled glass soap dish.

8. Towel off. When you're ready to retire your current cotton towels, wash them and donate to a local animal shelter or veterinary clinic. Replace with towels made from organic cotton—grown without pesticides—or bamboo, a quick-growing grass used for both lumber and fiber. Bamboo towels dry in a flash, and are sumptuously soft and more absorbent than cotton. You should also encourage your family to hang towels up to dry so you can get more uses out them before laundering.

9. Say goodbye to vinyl. Instead of vinyl (PVC) shower curtains, opt for natural, machine-washable curtains made from organic cotton, hemp or bamboo.

What's behind the curtain? If it's dirt, grime or soap scum, get your shower sparkling with Nature's Source™ Natural Bathroom Cleaner, a natural plant-based cleaner that tackles hard water deposits, too. <http://www.naturessourcecleaners.com/bathroom-cleaner.aspx>

10. Recycle. Stow a small recycling box next to the bathroom trash can and encourage family members to get in the habit of using it for toilet paper rolls, empty toothpaste tubes, shampoo bottles and the like. (Fill only with those items approved by your local recycling ordinance.) Empty into the main recycling bin on collection day.