



EC for ALL

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My Top 5 Tips for
More Sustainable

Laundry Habits





SUSTAINABILITY COACHING FOR EVERYDAY LIFE





I'm a mum of 2 children







THE SCARY BIT...



The air in our homes can be between

2 to 5 times

more polluted than the outdoors





TOXINS IN OUR HOMES



Household cleaners and disinfectants

Fragrances in products like air fresheners and laundry detergents

Microplastics in the air



Emissions from paint, glue and carpets

PFAS in Non stick cookware





THE MICROPLASTICS ISSUE









OUR HOME CLEANING PRODUCTS









NATURAL SOLUTIONS











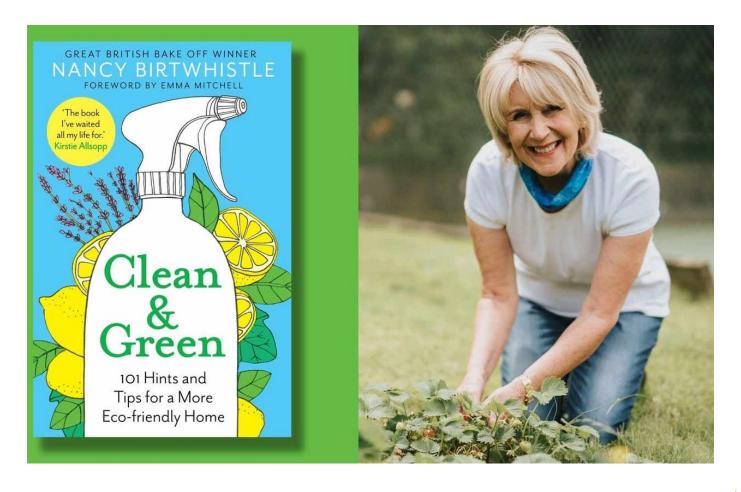






DIY RECIPES









REFILLS OR DISSOLVABLE PODS











NATURAL AIR FILTERERS







BEING 'GREENER' BENEFITS US ALL











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