

# 6 TIPS TO TACKLE HOUSE CLEANING AND KEEP A HEALTHY SKIN

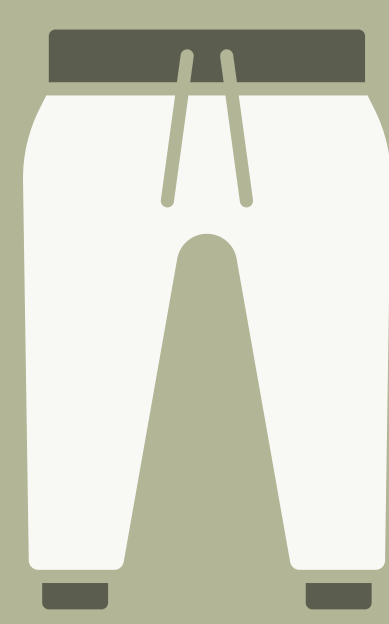


## WEAR GLOVES

When handling cleaning solutions and harsh chemicals, wear gloves to avoid dirt under your nails and irritating your hands.

## DRESS UP FOR CLEANING

Cover yourself wearing clothes like sweatpants and a long-sleeved shirt, so grime and spills won't get on your arms and legs.



## USE WARM WATER

Overall, cleaning with warm water will be gentler to your skin and works better with some cleaning agents.

## QUENCH YOUR THIRST

It's crucial to drink water throughout cleaning. Having your skin exposed to chemicals or allergens is way worse when you're dehydrated.



## CLEAN YOURSELF AFTER YOUR HOME

Finish your cleaning by washing your hands and face, so you'll remove any stubborn bacteria and refresh your skin.

## GO WITH GREENER ALTERNATIVES

If conventional cleaners give your skin trouble, look for fragrance-free, eco-friendly products. Natural cleaners like baking soda work too!

