



BREATH THERAPY



Breathe Easy: A Guide to Non-Toxic Household & Personal Care Products

Many common household and personal care products contain chemicals that can be harmful to both your respiratory health and the environment. Switching to natural, non-toxic alternatives helps reduce exposure to harmful substances while supporting a cleaner, greener lifestyle.

Laundry Care

- ✔ **Ecover** – Plant-based, biodegradable laundry detergent that's gentle on skin and the environment.
 - ✔ **Bio-D** – Hypoallergenic, non-toxic laundry liquid and powder made from sustainable ingredients.
 - ✔ **Ecoegg** – A reusable laundry egg that replaces detergent and fabric softener with natural mineral pellets.
 - ✔ **Smol** – Plastic-free, eco-friendly laundry capsules with effective, plant-based cleaning power.
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Household Cleaners

- ✓ **Ecover** – Multi-surface cleaners, washing-up liquid, and bathroom sprays made with plant-based ingredients.
 - ✓ **Method** – Non-toxic, cruelty-free cleaning products in stylish, recyclable packaging.
 - ✓ **Bio-D** – Natural and ethical cleaning products, including surface sprays, washing-up liquid, and floor cleaners.
 - ✓ **White Vinegar & Bicarbonate of Soda** – Simple, effective, and natural cleaning solutions for a variety of household tasks.
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Shampoo & Conditioner

- ✓ **Faith in Nature** – Vegan, cruelty-free shampoos and conditioners made with natural ingredients.
 - ✓ **Weleda** – Organic hair care products free from synthetic preservatives, fragrances, and SLS.
 - ✓ **Green People** – Certified organic hair care with nourishing plant extracts and essential oils.
 - ✓ **Neal's Yard Remedies** – Natural, herbal-based hair care products free from harsh chemicals.
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Soap (Hand & Body)

- ✓ **Dr. Bronner's** – Organic, multi-purpose castile soap made with fair-trade ingredients.
 - ✓ **Faith in Nature** – Bar and liquid soaps made from organic and natural ingredients.
 - ✓ **Little Soap Company** – Handmade, eco-friendly soap bars free from artificial additives.
 - ✓ **Friendly Soap** – Plastic-free, palm oil-free soap bars with pure essential oils.
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Deodorant

- ✓ **Salt of the Earth** – Natural, aluminium-free deodorant with mineral salts.
 - ✓ **Ben & Anna** – Vegan, plastic-free deodorant sticks with natural fragrances.
 - ✓ **Weleda** – Aluminium-free deodorants with organic essential oils for a refreshing scent.
 - ✓ **Earth Conscious** – UK-made, cruelty-free deodorant in plastic-free packaging.
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Toothpaste & Oral Care

- ✓ **Georganics** – Fluoride-free, natural toothpaste and mouthwash tablets.
 - ✓ **Weleda** – Herbal-based toothpaste with natural antibacterial properties.
 - ✓ **Truthpaste** – Handmade, botanical toothpaste free from artificial sweeteners and foaming agents.
 - ✓ **Humble Brush** – Biodegradable bamboo toothbrushes for an eco-friendly oral care routine.
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Skincare & Moisturisers

- ✓ **Neal's Yard Remedies** – Certified organic skincare with botanical extracts.
 - ✓ **Weleda** – Nourishing skincare made from biodynamic plant ingredients.
 - ✓ **Green People** – Organic moisturisers, cleansers, and serums for sensitive skin.
 - ✓ **Pai Skincare** – Gentle, organic products specifically formulated for sensitive and allergy-prone skin.
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Why Choose Non-Toxic Products?

- ◆ **Better for Your Health** – Avoiding harsh chemicals reduces skin irritation, allergies, and respiratory issues.
- ◆ **Eco-Friendly** – Sustainable ingredients and plastic-free packaging help reduce environmental impact.
- ◆ **Cruelty-Free & Ethical** – Many of these brands are committed to animal welfare and fair-trade sourcing.
- ◆ **Effective & Safe** – Natural products clean and nourish without the need for synthetic additives or harmful preservatives.

By making simple swaps, you can create a healthier home while supporting sustainable brands!