



SIMPLE LIFESTYLE HABITS FOR A FRESH HOME



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Abstract

Maintaining a fresh and inviting home doesn't require hours of cleaning or expensive tools; it starts with simple, consistent lifestyle habits. This guide explores practical strategies that help create a clean, organized, and refreshing living environment. From daily tidying and decluttering routines to proper ventilation and air quality management, each habit contributes to a healthier and more pleasant home. Special attention is given to high-use areas such as kitchens and bathrooms, where small, regular actions prevent grime and odors from building up.

Incorporating natural elements, such as indoor plants or fresh flowers, further enhances the atmosphere, promoting both freshness and well-being. By following easy-to-implement practices and establishing consistent routines, homeowners can reduce stress, save time on deep cleaning, and enjoy a space that feels welcoming every day. These lifestyle habits provide a sustainable approach to keeping a home consistently fresh and harmonious.

Getting Started

Creating a fresh and inviting home begins with small, manageable steps. Start by observing your daily routines and identifying areas that tend to get messy or cluttered. Set aside just 10–15 minutes each day for quick tidying, such as wiping surfaces, doing dishes, or putting items back in their place. Gradually incorporate simple habits like decluttering one area at a time, opening windows for fresh air, and maintaining high-use spaces like the kitchen and bathroom. Introduce natural elements, such as indoor plants or essential oils, to enhance freshness.

The key is consistency, small, regular efforts are more effective than occasional deep cleaning. Begin with a few habits that feel achievable, track your progress, and build on them over time. Within weeks, these simple lifestyle habits will transform your home into a cleaner, fresher, and more welcoming space.

1. How Can Daily Cleaning Habits Keep Your Home Fresh and Organized?

You likely already have a list of things to tackle in your weekly cleaning routine, so the thought of adding more to your plate daily might seem unappealing. Rightfully so. But, you'll be happy to know that keeping a clean home throughout the week is fairly easy when you implement a few daily habits.

We spoke to three cleaning experts for their top recommended daily habits that help to maintain a clean home and make your space look fresh and organized.

Keep Bathrooms Guest-Ready

In the South, you never know when someone will show up at your house unannounced. That's why Riley recommends keeping your bathrooms guest-ready for those impromptu visits that won't leave you embarrassed about the state it's in. "No one wants to use a bathroom that looks or smells bad," he says. "Keep Lysol wipes handy so you can quickly wipe down the toilet and surfaces, making sure your bathroom stays presentable and clean."

Conduct A Simple Straighten-Up



A simple habit to implement into your daily routine is to conduct a simple straighten-up every night. Sometimes keeping a clean home isn't about how sanitized your space is, but how clutter-free it looks. Mock recommends rearranging your throw pillows and blankets every night to keep your couches looking pristine and to return smaller items, like your remotes, to where they belong. "Use a basket to collect items that don't belong and put them back where they go. Fold your blankets, stack books and magazines, and basically tidy up the place to reset your home every night."

Wipe Down Kitchen Countertops

This task is a little more heavy-duty compared to the others on our list, but trust us, you'll be glad you did it. Our experts say having a post-cooking cleanse is the ultimate daily habit to keeping your home clean and preventing unwanted odors in your home. Make sure you quickly wipe down the countertops and your range to clean up any food spills, and wash your dishes.

Also tidy up the space to remove any countertop clutter that could be making your home look unorganized.

Put Away Entryway Items

Don't let your beautiful entryway design be compromised by jackets, shoes, and other kinds of clutter. While Shields says it's natural to let your entryway get to a discarded state throughout the week, tidying it up every day is key to setting the tone for a cleaner home. "The moment you walk through the door, dump keys or mail in the tray instead of tossing them on random counters or tables where clutter magically multiplies," she says. "Same goes for coats, take it off and immediately hang it up instead of throwing it over a chair. This saves you from having to do a big cleanup later, because when there's a designated spot for things, the mess doesn't get the chance to build up in the first place."

Fold Your Dish Towels

One small item that might be making your home look out of sorts? Those dish towels you have lying around. Mock recommends folding or hanging your dish towels daily to keep your countertop clutter-free and to avoid having a lazy look in your home.

Have An Indoor Shoe Mat By The Door

Sweeping your floors is a daily cleaning habit we're going to touch on later and if the thought of pulling out your broom or vacuum cleaner daily makes your eyes roll, then you might appreciate this hack from Mock. "Shoes track in dirt, dust, and all sorts of gross things from outside, so having an indoor mat helps a lot. If you remove your shoes right away, floors are cleaner plus there's no need for constant sweeping or vacuuming."

Take Out The Trash

Thought you might not have to take out the trash daily if your can isn't overflowing, Riley says it's a good idea to take your trash out frequently to keep your home smelling clean. "Regular maintenance isn't just about appearance; it's about creating a space that feels clean, cared for, and welcoming every day," he says. "Nothing makes your space feel dirtier than a lingering smell. Empty trash cans daily to ensure there are no odors left behind, keeping your home feeling fresh and clean."

Load The Dishwasher

While you're cleaning up after dinner, don't forget to load the dishwasher with dishwasher safe items. Mock says it's important to keep your dishes cleaned regularly for health reasons, but using the dishwasher also takes a lot off you for the amount you have to clean by hand. And, this keeps dishes from overflowing in your sink!

Quickly Clean Your Floors

If you haven't invested in a robotic vacuum, now might be the time to do so. According to Riley, keeping your floors clean is a great daily habit to keep your home looking spotless. "You can have spotless surfaces and windows, but if the floors look dirty, the whole space feels neglected," he says.



"I recommend using a robot vacuum or a vacuum-mop to speed up this process. Robot vacuums can be set to clean while you're away and require little oversight. A vacuum-mop takes a bit more effort on your part but combines vacuuming and mopping in one quick pass. Either of these options saves you time and makes keeping your floors clean less of a hassle."

2. What Decluttering Strategies Help Maintain a Calm and Tidy Space?

Looking ahead to spring, many of us will be thinking of giving our homes a good clean and clear-out. Decluttering is a rewarding but often daunting task, as it's likely to cause a bit of a mess in the process. But by removing items we no longer need and organizing what's left, it can give us a fresh outlook on our homes and leave us feeling calmer and happier. It can also help us appreciate what we've stored and give items more meaning.

Of course, there's more than one way to declutter. In fact, since its popularity rocketed back in 2011 with Marie Kondo's bestselling book *The Life Changing Magic of Tidying Up*, methods have been popping up all over the place to help you plan and order the process. There's no right or wrong way to do it, but these methods can make the task a little easier and give you a route to follow to avoid making decluttering mistakes. I've rounded up my seven favorite decluttering methods below so you can see some of the best options out there.

1. The 'ski slope' method

I liked the simplicity of the ski slope decluttering method so much that I use it myself. It was created by Anita Yokota for her book *Home Therapy*; as a therapist turned interior designer, she wanted to help make decluttering easier for her clients.

The ski slope method involves decluttering a single space or room with a methodical and thorough approach. The idea is that you essentially work through the room as if it were a ski slope, moving from side to side from the top of the room to the bottom. The benefit of this is you don't take on too much at once and have a route to follow.

In her book, Anita says: "The idea is to imagine your messy room like a ski slope. If you try to go straight down, the steep angle feels scary and overwhelming. But if you traverse the slope, skiing from one side to the other, you lessen the angle and make it down the mountain without even noticing. Instead of looking at the room from front to back, look at it from corner to corner." I can tell you first-hand that this method does make decluttering a single room feel a little easier; breaking it up into zones makes it more approachable – although it's still a good idea to take breaks because even a single room can turn into a lengthy project. Don't miss out any sections in the centre of the room either, which can easily be overlooked.

2. Swedish Death Cleaning

Another method that deserves a mention is Swedish Death Cleaning. This was first introduced by Margareta Magnusson in her book *The Gentle Art Of Swedish Death Cleaning*. It sounds a bit morbid, but the intention is an important one. It's a method of decluttering designed for those later in life and involves removing all non-essential items to ease the process for your loved ones once you've passed on.

While this is the original intention, Margareta points out that people of any age can use Swedish Death Cleaning to help declutter and organize. She says, "It doesn't necessarily have to do with your age or death. Sometimes you just realize that you can hardly close your drawers or barely shut your cupboard door. When that happens, it's definitely time to do something, even if you are only in your 30s."

Swedish Death Cleaning is a wide-scale method to declutter your whole home. General rules include working down in size from larger items to smaller items, saving small sentimental items for last. She says basements and attics can be good starting points because clutter is easily collected here. When sorting through, try to get rid of any duplicates, but keep what makes life 'pleasant and comfortable'; remember, this could also be achieved by removing more items. It's worth noting that Swedish Death Cleaning can be a long and thorough process, so pace yourself and take breaks.

3. The four-box method

The four-box method is what I'd recommend for those just starting out with decluttering, or those who are decluttering small, dedicated spaces. It's incorporated in some way into lots of expert methods because of its simplicity and effectiveness. All it involves is getting four empty boxes out and labelling each with a purpose. There are some variations of the labels suggested but most experts include 'keep', 'throw away', 'donate' and 'sell'. Other variations include 'rehome' and 'undecided' too.

I'm not a fan of the final two labels unless you have the confidence that you'll come back to the items and address them later – otherwise, you might end up with piles of miscellaneous items that will either just sit in a box or clutter up other areas of your home.

Once you have your boxes, go through your items and place each one into one of the boxes. You'll soon see how you're progressing by the volume in each box. If everything's ending up in the 'keep' or 'undecided' boxes, then you need to have a rethink. This method is straightforward, but the problem is there's little guidance in terms of the decision-making process. The next method can help with that...

4. KonMari



Probably one of the most famous decluttering methods is Marie Kondo's KonMari method. This has been so successful that as well as inspiring a range of books, it was turned into a Netflix

series back in 2019. It's a method of decluttering a whole house by working through the items in it by category. The categories are as follows: clothes, books, paper, komono (miscellaneous items) and sentimental items. It's important to stick to that order because the easier categories to declutter come first.

When it comes to what to keep or discard, your deciding factor should be whether it 'sparks joy' in your life. If it does, it still serves a purpose, but if not, Marie suggests you thank it, then let it go. It's a very emotional way of sorting through items, but ideal if you struggle with decisions, and it leaves you with a newfound appreciation for what remains.

In Spark Joy, Marie says, "When something sparks joy, you should feel a little thrill, as if the cells in your body are slowly rising. When you hold something that doesn't bring you joy, however, you will notice that your body feels heavier."

5. Packing Party

This is an unusual decluttering method and it does require a bit of effort, but it's a great way to avoid taking clutter with you when you move home.

The Packing Party method was created by The Minimalists; a group of three who host The Minimalists Podcast and starred in the Netflix documentary The Minimalists: Less Is Now back in 2021. The method involves putting all of your clothes, furniture and possessions into boxes as if you're about to move home. The party part comes from the fact The Minimalists suggest you ask friends over to help you pack.

Once you've packed, only remove what you need for immediate use, such as your toothbrush and everyday clothes. Once three weeks have elapsed, you can look back over what you've used (a.k.a. what has the most value) and get rid of the rest, donating or selling the bulk. It's an extreme method, but good to give a real insight into what we need versus what we have. One thing to consider, though, is seasonal items that you might not need until later on in the year. You also probably own important paperwork and other items that you don't need immediately but shouldn't dispose of, so you might want to take this method with a pinch of salt!

6. The Minimalism Game

This is another method founded by The Minimalists, and it's quite an addictive one. The concept is simple; you declutter a number of items each day according to the date of the month; so one item on the first, two things on the second and so on. What makes it a game is that you get your friends to take part, too, and see who can get the furthest. Sounds like an easy task, but trust me when I say things get difficult towards the end of the month. Given that you need to remove the items from your home each day (whether by donating, recycling or selling), it's even more difficult.

I played the Minimalism Game with a couple of colleagues and it was a hard month, to say the least. While I struggled to find time on some days, I managed to keep up and get all the way to

the end; if there are 31 days, that means you declutter 465 things in total! It's very effective and takes advantage of your competitiveness to help you declutter. But because it's a numbers game, it is quite ruthless. You can end up rushing through to find a set number of items each day, rather than assessing what really needs to be decluttered. That means you could end up regretting what you remove later. But if you take your time, it's a very effective technique – the numbers don't lie.

7. One in, one out

Once you've finished decluttering, the one in, one out rule can help you to keep on top of the volume of items moving forward. The premise is simple; you remove one 'like-for-like' item for each new item you add. In doing this, your clutter won't build up again.

For instance, if you've decluttered your wardrobe, but then over the course of the year you buy a couple of coats, scarves, shoes and dresses, you'll be back to square one again. But by removing one thing for each new addition, you keep the volume constant.

3. How Does Proper Ventilation And Air Quality Impact Home Freshness?



Most of us spend a large percentage of our lives indoors, so it is worth thinking about air quality in our homes. Poor indoor air quality may produce a range of health effects, from mild and generally non-specific symptoms such as headaches, tiredness or lethargy, to more severe effects such as sensitisation to allergens and aggravation of asthma and allergic responses.

Poor indoor air quality in your home may exacerbate pre-existing conditions or cause new health issues.

Whether a source of air pollutants causes an indoor air quality problem or not depends on:

- the type of air pollutant
- the amount and rate at which it is released from its source
- the degree of ventilation available in the home to remove it from indoors
- the leakiness of your home, if the pollution source is outside
- the sensitivity of the person and any pre-existing conditions.

Some groups of people in the community are more vulnerable to pollutants than others, or are likely to spend more time indoors than the general population. These people include:

- the very young
- the very old
- those with pre-existing respiratory or cardiovascular disease
- those who are sensitised to specific substances.

Generally, the greater the amount of pollutant (exposure), the greater the health impact. The duration of exposure is also important – if low-level exposure occurs over a long period of time (perhaps many years) the total dose may be large.

What you do in the home can make a significant difference to the health of the indoor environment. For example, smoking, and poor cleaning procedures can add to air pollutants. Indoor air pollutants

There are many different types of indoor airborne pollutants. Some types of pollutants and allergens are more common than others, and some are more hazardous than others. The following section describes various air pollutants that may be found in the home, from more to less common.

Dander and dust mites

Pet dander and dust mites can aggravate hay fever, asthma, nasal inflammation and eczema. Dander and dust mites are generally present in soft furnishings, including carpet, bedding and furniture.

To reduce the amount of dander and dust mites in your home, install hard flooring or vacuum often with a high-quality vacuum cleaner. Wash bedding and other soft furnishings frequently, and replace pillows and cushions regularly.

Mould

Mould produces tiny particles called spores that become airborne. When inhaled by people who are sensitive or allergic to them, they can cause irritation of the nose, eyes and skin, aggravate

asthma and other respiratory diseases, and occasionally cause more severe health issues. Mould can grow indoors in damp areas, including bathrooms, damp rooms, windowsills, indoor plants and poorly ventilated areas. Strategies to prevent mould include:

- install insulation and building membranes correctly to reduce condensation risk
- install the correct waterproofing to bathrooms and wet areas
- fix rising damp in existing buildings and improve subfloor ventilation
- fix sources of moisture such as leaks in plumbing or roofing
- reduce humidity inside the home by venting sources of moisture to the outside (for example, use exhaust fans in kitchens and bathrooms)
- remove condensation and mould as soon as possible.

Smoke and combustion products



Combustion products include smoke (small soot particles), ash and gases (including nitrogen dioxide and carbon monoxide) that can get inside your home from fireplaces and heaters burning wood, coal, gas or kerosene, gas cooking appliances, fumes from cooking (especially frying), tobacco smoking, bushfires, exhaust from cars in adjoining garages, and hobbies such as welding and soldering.

Combustion particles are so small they behave almost like a gas — they can enter or leave a home very easily. When you breathe them in, they travel into the deepest parts of the lungs. They can cause eye, nose and throat irritation; aggravation of asthma; chronic respiratory disease; and lung cancer.

To maintain good air quality when you have combustion sources inside the home:

- ensure plenty of fresh outdoor air is coming into the room
- vent pollutants to the outdoors (via a flue, chimney, exhaust fan or range hood)
- keep flues and chimneys clean, and make sure any permanent ventilation openings are not blocked
- service heating or cooking appliances regularly to ensure they are working properly and are not leaking gases into your home, and never use an appliance if it is damaged or not working properly
- always follow the appliance manufacturer's instructions — seek advice from the manufacturer, supplier or your gasfitter or plumber if you have any concerns
- ensure doors connecting garages to the house are tightly sealed and minimise running time for vehicle engines in garages connected to the home
- do not use barbeques or camp stoves indoors and do not use a gas oven or gas cooker to heat a room
- avoid smoking inside or near the home – smoking on balconies and terraces may reduce but will not eliminate environmental tobacco smoke in the home
- ensure your home is designed to allow controllable ventilation and can be well sealed when required, to avoid pollutants from outdoor combustion sources (for example, bushfires) entering the home.

Volatile organic compounds

Volatile organic compounds (VOCs) are chemicals containing carbon that evaporate into the atmosphere at room temperature. Formaldehyde is one of the most common VOCs. VOCs often have an odour and are present in a wide range of household products, construction materials, and new furnishings. Household products that contain VOCs include paints, varnishes, adhesives, synthetic fabrics, cleaning agents, scents, and sprays. VOCs can also result from personal activities, such as smoking or vaping.

When used in building products or other indoor items, VOCs slowly make their way to the surface of the material and 'off-gas' into the surrounding air. Most off-gassing occurs when products are new or freshly installed, after which it lessens dramatically over time. Off-gassing increases with higher temperatures.

VOCs can cause eye, nose and throat irritation, and headaches.

There are 2 main strategies to reduce VOC exposure in the home:

- Stop or reduce the use of products that contain VOCs.
 - Look for products certified by Good Environmental Choice Australia, or rated E1 (good) or E0 (best) by the European Emission Standards.
 - Look for building products that are pre-dried in the factory or are 'quick-drying'.
 - Use surface-coating products that are water based or classed as containing zero or low levels of VOCs.
 - Seek advice from the supplier or manufacturer, particularly if the information displayed on the container is not clear — ask for the product's material safety data sheet (MSDS).

- Check eco-comparison websites; these can help you select building materials and products with low or zero VOC content refer to References and additional reading for more information.
- When adding new furnishings or resurfacing walls and floors, ensure rooms are fully ventilated until the odour reduces considerably or disappears. Open doors and windows whenever practicable. Air fresheners, cleaning sprays, polishes, spray deodorants, and other toiletries are major sources of VOCs and should not be used excessively in nonventilated areas.

Achieving better indoor air quality



There are 5 key aspects to achieving better indoor air quality:

- Prevent — Do not allow potentially harmful products into the home.
- Eliminate — Identify the source of air problems and wherever possible eliminate them through better product selection and design.
- Ventilate — Ventilate the home to remove pollutants before they accumulate to levels that can pose health and comfort problems.
- Separate — Separate problem materials from occupants by using air barriers or sealers such as coatings.
- Absorb — Indoor plants can be used to improve the quality of the indoor environment, as well as to add beauty.

4. What Simple Routines Can Keep Your Bathroom Clean?

Dirt-laden fixtures and fittings, damp towels and inadequate airflow can become breeding grounds for mould and germs, leading to unpleasant odours in your bathroom. Water damage issues, clogged drains, and toilets can further worsen the situation, making it difficult to avoid lingering odours.

However, addressing potential issues through detailed cleaning and maintenance can help you transform your bathroom into a spa-like retreat. It is imperative to tackle soap scum, buildup grease, stubborn stains, calcium deposits and rust stains from every nook and cranny to prevent germ infestation. This becomes even more crucial when preparing your property for an expert end of lease cleaning Melbourne. A well—kept and fresh-smelling bathroom can leave a great impression on your landlord, helping you pass the rental inspection with any dispute. So, here is a comprehensive guide on keeping your bathroom smelling fresh using tried-& tested tricks. Ensure you maintain a regular cleaning session and ensure proper bathroom ventilation to prevent condensation.

1. Set up a Regular Clean-up Routine

Consistency is crucial to prevent dirt, grime and gunk buildup, which can cause a bad smell. It is good to create a daily and weekly cleaning schedule depending on your availability to keep your bathroom clean and germ-free:

- Wipe down the countertops, shower glass doors, sinks, shelves and faucets regularly using vinegar solution and a microfiber cloth to remove soap residue
- Clean the toilet bowl, seat and exterior parts using vinegar and baking soda. It will help you remove rust stains, calcium deposits and germs effectively.
- De-scale showers and tubs: Soak the showerhead in vinegar and warm water solution to remove soap scum residue and calcium deposits. For a bathtub, scrub the surface using baking soda.
- Floors: Regularly mop the floor to remove grime, stains and bacteria.

2. Act on Mould and Mildew Promptly

Mould spores and mildew are the most common fungi types that love to grow in damp and dark environments, such as bathroom tiles, grout lines, underneath the shower, around the faucet area, etc. These can also linger in unpleasant odours, triggering your pre-existing allergies or asthma.

It is good to thoroughly inspect every nook and cranny of your bathroom and address the issue as soon as possible. It is good to do necessary repairs to fix plumbing issues.

To tackle mould stains, spray 3% hydrogen peroxide on the affected area and leave it for a few minutes. Next, gently scrub the surface with a brush or a sponge and rinse the area. Wipe and dry to prevent re-growth.

3. Ensure Proper Bathroom Ventilation



If you want to freshen up your bathroom, focus on improving the indoor ventilation. After each shower or bath, you can open the doors and windows for 10-20 minutes. This helps in ventilating the space, preventing musty odours and promoting fresh air. Run a vent or fan for 10 minutes in the absence of a bathroom window and prevent bathroom condensation. According to end of lease cleaning Melbourne experts, regularly clean and maintain your ventilation systems to keep them running efficiently.

4. Clean and Disinfect Drains

Believe it or not! Blocked and slow drainage systems can lurk harmful germs and bacteria, leading to foul smells. To create a fresh-smelling drain, pour a cup of baking soda, followed by a cup of white vinegar, down the drain. Let it sit for 10 minutes to break down stuck gunk and grease. Next, flush it with hot water. Baking soda is a natural deodoriser that can leave the drainage system smelling fresh naturally.

You can also install strainers to trap loose debris, hair and other gunk. This will help you prevent clogs in the long run. Regular cleaning and maintenance can help you avoid permanent damage, especially when living in a rental property in Victoria.

5. Wash or Replace Bathroom Textiles

Wet bathroom towels, dirty mats and shower curtains can breed harmful germs and bacteria, causing unpleasant odours. Thus, regularly wash your towels and mats in hot water to kill germs. If required, replace them once every three months to create a blissful retreat.

After using, ensure you dry them completely to prevent mould infestation. It is also good to invest in fabrics that dry quickly.

6. Use Diffusers and Candles to Refresh the Air

Diffusers and scented candles can help you absorb unpleasant odours from your bathroom. Fill it with your favourite essential oil, such as lavender, tea tree, citrus, etc and create a fresh-smelling space.

Charcoal bags can also be an ideal option to freshen up the space without leaving toxic fumes behind. Natural or chemical-free deodorisers not only freshen up the air but also prevent potential health concerns like respiratory disorders and pre-existing allergies.

7. Empty and Disinfect Trash Bin



The overloaded trash bin can be a major culprit for stinky odours in your bathroom. You can banish the smell by regularly emptying and cleaning the bin. Wash the bottom and sides of the trash bin with white vinegar or castile soap. Add a few drops of your favourite essential oil to clean a trash bin like a pro.

Regular bathroom cleaning and maintenance can help you create a spotless and hygienic space. It can save you a lot of time and energy during a quality end of lease cleaning

Melbourne, leaving a great impression on your landlord or property manager. This can help you retrieve the full bond back without any stress.

Wrapping Up

There is no rocket science in maintaining a clean and fresh-smelling bathroom all day long. With a consistent approach, effective products and the right strategies, you can banish unpleasant odours, stubborn stains, grime, gunk and germs effectively. Hopefully! This guide has helped you discover the best ways to refresh your bathroom like a pro.

5. How Can Incorporating Natural Elements Improve the Freshness of Your Home?

Incorporating natural elements into your home is one of the simplest yet most effective ways to enhance freshness, improve air quality, and create a more inviting atmosphere. Natural elements can range from indoor plants, fresh flowers, and herbs to natural cleaning products, sunlight, and natural fabrics. These additions not only beautify your living space but also contribute significantly to a healthier and more refreshing home environment.

One of the primary ways natural elements improve home freshness is through air purification. Indoor plants such as snake plants, peace lilies, and spider plants are known to filter toxins and pollutants from the air. They absorb carbon dioxide and release oxygen, which enhances air circulation and creates a cleaner, fresher environment. Even a few strategically placed plants can help reduce dust, allergens, and indoor pollutants, leading to a noticeable improvement in air quality.

Fresh flowers and herbs can also uplift the environment. Flowers like lavender, jasmine, and roses not only add visual appeal but also naturally emit pleasant fragrances that eliminate stale odors without relying on artificial air fresheners. Similarly, herbs such as mint, basil, or rosemary can serve a dual purpose—they enhance freshness while being useful for cooking. The natural scents of these elements are often subtler and healthier than chemical-based sprays, making the home feel more vibrant and welcoming.

Natural light and ventilation are other key factors. Sunlight not only brightens up spaces but also helps reduce dampness, mold, and bacteria, which are common causes of unpleasant odors. Opening windows and letting in fresh air encourages circulation and keeps indoor spaces from feeling stuffy. Even simply positioning furniture or mirrors to maximize light flow can create a perception of freshness and space.

In addition to plants and light, natural materials such as wooden furniture, cotton or linen fabrics, and stone surfaces contribute to a sense of freshness. These materials are breathable, reduce chemical exposure, and often require less maintenance than synthetic alternatives. Using essential oils, vinegar, or baking soda for cleaning and deodorizing instead of harsh chemical cleaners can also maintain a fresh scent without compromising health.

Incorporating natural elements also has psychological benefits. Studies show that exposure to greenery and natural textures reduces stress, improves mood, and creates a sense of calm. A home that feels calm and pleasant contributes to the perception of cleanliness and freshness, enhancing overall well-being.



Finally, combining multiple natural elements creates a holistic approach. For instance, placing potted plants near windows for sunlight, using fresh herbs in the kitchen, and maintaining proper ventilation together can dramatically improve both the physical and sensory freshness of a home. Small habits, like regularly watering plants, replacing flowers, and ensuring sunlight reaches key areas, maintain the benefits over time.

In summary, incorporating natural elements into your home improves freshness in numerous ways: it purifies the air, eliminates odors, enhances light and ventilation, introduces healthy materials, and promotes a calming atmosphere. By integrating plants, flowers, herbs, natural fabrics, and sunlight into your lifestyle, you not only create a visually appealing space but also a healthier, fresher, and more invigorating home environment. The result is a living space that feels alive, vibrant, and naturally welcoming every day.

6. Which Consistent Lifestyle Habits Make Maintaining a Fresh Home Easier?

Maintaining a fresh and inviting home is much easier when you adopt consistent lifestyle habits rather than relying solely on occasional deep cleaning sessions. Small, regular actions not only save time but also reduce stress, prevent clutter, and ensure that your living space feels clean, organized, and welcoming every day. These habits, when practiced consistently, create a rhythm that naturally maintains freshness without overwhelming effort.

One of the most effective habits is daily tidying. Simple tasks like making your bed, putting away items after use, wiping down kitchen counters, and doing the dishes immediately can prevent clutter and mess from accumulating. Spending just 10–15 minutes a day on these tasks creates a noticeable difference, making your home feel orderly and fresh without requiring long cleaning sessions later.

Another crucial habit is regular decluttering. Setting aside a few minutes each week to assess items you no longer need or use prevents unnecessary accumulation. Keeping only what you truly need and love simplifies cleaning and ensures surfaces remain clear. Decluttering also reduces stress and creates a sense of calm in your living environment, contributing to the perception of freshness.



Consistent cleaning routines for high-use areas like the kitchen, bathroom, and living spaces are essential. For instance, wiping down bathroom sinks and kitchen counters daily, vacuuming or

sweeping floors regularly, and cleaning bathroom fixtures weekly ensures that grime, dirt, and odors do not build up. Following a set schedule makes these chores feel manageable and reduces the likelihood of overwhelming cleaning tasks.

Laundry and textile maintenance is another lifestyle habit that supports a fresh home. Washing and folding clothes, towels, and bed linens consistently prevents unpleasant odors and keeps fabrics clean. Rotating towels and bedding, and keeping closets organized, ensures that textiles do not contribute to a stale or cluttered environment.

Proper ventilation and air circulation is often overlooked but highly impactful. Opening windows daily, using fans, or strategically placing indoor plants can keep air fresh and prevent stuffiness. Regularly airing out rooms and allowing natural light to enter reduces dampness, mold growth, and stagnant odors.

Finally, cultivating a mindful approach to daily habits—such as immediately cleaning spills, returning items to their designated places, and addressing small messes before they grow—prevents clutter and maintains freshness over time. These consistent actions, though seemingly small, create a cumulative effect that makes a home feel perpetually clean and welcoming.

Bottom Line

Maintaining a fresh and inviting home doesn't have to be complicated. By adopting simple, consistent lifestyle habits like daily tidying, regular decluttering, proper ventilation, and routine care of kitchens, bathrooms, and laundry you can keep your space clean, organized, and refreshing with minimal effort. Incorporating natural elements such as plants, fresh flowers, and natural cleaning products further enhances air quality and overall freshness. Involving household members and practicing mindful daily habits ensures consistency. Ultimately, small, regular actions compound over time, creating a home that feels welcoming, healthy, and effortlessly fresh every day.

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