



# DETOX CHECKLIST

## Home Detox

- Start with opening the windows to get more oxygen in the room and maybe some music.
- Remove the below items
  - i) Clothes you don't like, clothes you don't wear, clothes that don't have any sentimental value - if you can't do it, ask someone for help
  - ii) Old make-up and organise your make-up preparation area so it's easy to reach. Makes it easier to decide and saves time.
  - iii) Old magazines, newspapers and books - less is more.
  - iv) If you have any dying or dead plants, its time to let go.
- Replace your bedsheets and pillow cases with sheets that suit your current mood. We spend more than 6 hours sleeping so your bed should be your oasis.
- Check to see if your mattress is supporting your back. Sometimes flipping the mattress over every few months can help. If not, consider buying a new mattress. I have to admit - I thought buying a mattress is not worth it. But its the difference between waking up cranky in the morning and being refreshed.
- Buy new pillows. It can make a world of difference. Depending if you sleep on your side, back or even on the front, get a pillow to suit your sleeping habits.
- Check under your bed. That's right. Throw out any things you don't need and donate any items that may be helpful for somebody else.



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- Review your self care products. Get rid of any products you don't use or like. Personally, I am a fan of organic products. It is less greasy and I feel fresher longer throughout the day.
- Organise your wardrobe into categories such as the following:
  - i) Coats / Jackets
  - ii) Winter clothing
  - iii) Pants
  - iv) Shirts
  - v) Underwear / socks
  - vi) Dresses / skirts
  - vii) Scarves
  - viii) Shoes
- Vacuum the house, sweep the house and mop the house. It sounds easy but you know it also takes a lot of time. If you are extremely busy, consider professional services. But surprisingly, cleaning can be therapeutic.
- After you have cleared the products from your bathroom, replace any towels and give the bathroom a good scrub. Sink, toilet, bath and floor.

Don't be too stressed if you can't do all at once. I  
It is supposed to be a therapeutic experience.

Just going through your clothes can ignite some memories  
and some tough decisions.

If you feel its too much, I have created these categories  
(tick as you go):

Bed and bed-related items  
Self-care / make up products  
Clothes  
Bathroom  
Cleaning rooms