

Sustainable Living:

A GUIDE TO GREEN HOME
UPGRADES



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Abstract

Sustainable living in Perth emphasizes eco-friendly practices that reduce environmental impact while enhancing quality of life. Green home upgrades are key to this lifestyle, focusing on energy efficiency, water conservation, and the use of sustainable materials. In Perth, adopting these upgrades can include installing solar panels, using rainwater tanks, and selecting energy-efficient appliances and lighting. By integrating these green solutions, homeowners can significantly lower their carbon footprint, save on utility bills, and contribute to a healthier planet. Embracing sustainable living through these upgrades not only benefits the environment but also creates a more comfortable and cost-effective home.

1. Introduction

This PDF is an essential resource for homeowners aiming to adopt eco-friendly practices. This guide explores practical ways to make your home more sustainable, focusing on energy-efficient solutions and environmentally friendly materials. It covers green upgrades such as installing solar panels, using water-saving fixtures, and choosing sustainable building materials. By following these recommendations, Perth residents can reduce their environmental footprint, lower utility costs, and enhance their home's comfort and value. This guide serves as a comprehensive roadmap to creating a greener, more sustainable living space while contributing to a healthier planet.

2. The Essential Guide to Sustainable Living

Sustainable living is good for the planet—and for you. Read on to learn how to avoid plastic, reduce your carbon footprint and be more eco-friendly in general.

“If you don’t feel like your individual contributions are making a difference, think again,” says Erin Levine, certified composting professional and resource recovery manager at World Centric, a leading compostable tableware company. “If everyone were doing the same thing, for example refusing plastic straws, imagine the difference that would make. Actions do make a difference.” Whether you’re practicing sustainable living by taking a recycling quiz, learning how to recycle, finding genius ways to recycle anything or skipping meat one day a week, any and all changes you make will go far toward making your life and the life of the planet healthier.

What is sustainable living?

Living more sustainably, or cultivating an awareness of how your actions and choices impact the environment and then adjusting your actions accordingly, has many benefits. “By living more sustainably you are lightening your load on our environment. When you choose to behave, consume and regenerate with nature in mind, you avoid unnecessary burden to our already stressed ecosystems,” Levine explains.

The perks of reducing your consumption and the waste you produce also extend to the personal level. “You will be healthier when you opt for sustainable choices, as you will be closer to natural things. You will find you are more mindful and appreciate what you have,” Levine adds. “You may even find that you save money by avoiding buying in excess or buying secondhand items.”



Why is sustainable living important?

In short, sustainable living can slow climate change, which is desperately needed. NASA shares these following facts to show that climate change is real:

While this is enough to induce climate anxiety in anybody, taking steps to live more sustainably on a daily basis and spreading this message to your community can help soften the blow. “While individual actions do matter, it’s more impactful when they’re amplified by a mass of people,” asserts Kellogg.

How can you live a more sustainable lifestyle?

Living a more sustainable lifestyle starts with the little changes you can make in your everyday life. Read on for more than 50 tips on how to live a sustainable lifestyle.

How to live more sustainably at home

Many of the simplest sustainable living ideas are those that take place in your house and in your day-to-day life. Here are some of the most common as well as most impactful changes you can make.

Conserve water

According to the Environmental Protection Agency (EPA), the average family in Perth uses more than 300 gallons of water in their home every day, with the shower, toilet, washing machine and faucet making up roughly 80%. The first step to conserving water in your house is to be more conscious of how much you’re using and wasting while completing household tasks.

Other habits to get you started on conserving water: When you’re shaving, brushing your teeth or doing the dishes, don’t keep the faucet running the entire time. If your shower takes a while to heat up, use a bucket to catch the cold water and then use it to water plants or clean. And if any of your water-using appliances, such as your washing machine or dishwasher, are more than 20 to 30 years

old, consider replacing them with newer models, which are much more efficient when it comes to water use.

Conserve energy

Similar to water usage, most people don't realize how much energy they are using in their homes—but taking steps to conserve it is good for the environment (plus takes some pressure off your wallet). When it comes to figuring out how to conserve energy, the EPA and manufacturers have done a lot of the work for you. If you're shopping for light bulbs or appliances, look for the blue ENERGY STAR logo, which means the product has been independently certified as using less energy and reducing emissions enough to curb the air pollution the product is producing. This simple step can have big benefits: According to the EPA, energy-efficient light bulbs that are certified by ENERGY STAR use 70% to 90% less energy than regular incandescent bulbs, and an ENERGY STAR washing machine costs \$143 less to run annually versus a model from 2000.

Ditch single-use plastics

One of the easiest ways to reduce plastic pollution is to avoid single-use plastics. According to the Natural Resources Defense Council, single-use plastics are goods made primarily from fossil fuel-based chemicals that are meant to be discarded immediately after use. These include plastic straws, plastic grocery bags, candy bar wrappers, plastic bottles and other products. And while there are some plastic products that are important and necessary, such as surgical gloves, half of the 300 million tons of plastic we produce worldwide on a yearly basis comes from single-issue products.

Recycle

"Recycling can be a great way to live more sustainably," says Levine. While it's true that recycling can help you be more eco-friendly, there are rules that need to be followed to prevent your recycling from winding up in a landfill. "I would caution people not to 'wish-cycle,' which is placing an item in the recycling bin without knowing whether or not it's actually accepted," Levine adds. In general, paper, cardboard, aluminum and other non-scrap metals and rigid plastics can be recycled, while some carriers accept glass and Styrofoam as well. "Try to rinse and dry your containers to ensure they are clean to improve the quality of the recyclable item, like a metal can or milk jug," Levine says.

Sell unwanted items

Whether you need to get rid of old clothes, electronics or other household items, it's easier than ever to sell your old and unwanted stuff. That's because there are so many online marketplaces where you can safely reach people who are seeking the exact things you're hoping to bid goodbye.

If you want to sell your cast-offs, first find a reputable marketplace that has few complaints and bad reviews online. Then familiarize yourself with the user policies—some sites are focused on specific items or have unique return policies or fees—and their payment system, as some have the option to pay via credit card while others may not. Finally, price your item by visiting other marketplaces to determine the going rate and how popular similar items are.

Upcycle

Unlike recycling, in which waste products are broken down and converted into reusable materials, upcycling involves taking a product and turning it into something else of equal or higher value. And depending on your level of creativity, almost anything can be upcycled! You can do something as simple as using old T-shirts as cleaning rags or empty glass jars as food storage, or something as artistic as transforming broken furniture into stylish home decor.

Make your own cleaning products

“When I first started living more sustainably, I wasn’t really doing it from a save-the-planet perspective,” shares Kellogg. “I was making a lot of these changes to save money and have more control over the products and ingredients I was bringing into my home. I had a really bad hormonal imbalance, and things like plastics, cleaning products and beauty products have a lot of endocrine disruptors in them.” Indeed, making your own cleaning products not only reduces your environmental footprint, but this sustainable living idea can help improve your health as well.

To do so, you can use baking soda and vinegar to make a variety of different cleaning solutions. You can also repurpose other household products, such as fabric softener, dish soap and hydrogen peroxide, into homemade cleaners. And if you don’t trust yourself to mix up your own cleaning supplies, there are eco-friendly products on the market. Some of our favorite sustainable cleaning supplies include Method, Grove Co. and Dr. Bronner’s.

3. Eco-Friendly Home Improvements And How They Make A Difference



To help the environment, you don’t need to go completely off-grid. No matter your budget and lifestyle, there are eco-friendly home improvements that can lessen your carbon footprint, reduce your amount of waste and support the well-being of our planet.

What Does It Mean to Be Eco-Friendly?

At its essence, being “eco-friendly” means you are not causing harm to the environment or people—but that can look like many different things. For example, greenhouse gases are almost inevitably emitted during the production and shipping of products. However, a company can work to minimize

and even offset those effects (which is called having a “negative carbon footprint”) through its policies and practices.

On individual levels, we also inevitably impact the environment. On the flip side, we can also take steps to protect the environment, such as limiting plastic use, reducing demand for non-renewable energy sources, eating less meat and more organic products and so on. When it comes to eco-friendly home improvements, it’s even easier: With simple switches and updates, you can help the earth for years.

How to Tell If a Product Is Eco-Friendly

Once you understand the benefits of choosing eco-friendly products, it’s not a hard sell to start seeking them out. However, it is wise to be cautious about how a product is actually helping the environment. Unfortunately, some companies have seized on the marketing opportunity and advertise their products as sustainable or eco-friendly without that being true—this is a practice known as “greenwashing.”

Eco-Friendly Home Improvements

Many sustainable home improvement swaps can be done in a matter of minutes—like switching out your lightbulbs. Other projects call for more skill and an upfront expense, but the benefits that come from eco-friendly home improvements are priceless.

1. Switch to LED Light Bulbs

When you’re ready to dip your toes into the waters of sustainable home improvements, switching to energy-efficient lighting is a simple, inexpensive way to start: Next time a lightbulb goes out, just replace it with an LED bulb. Truly, using this option is a no-brainer.

Although LED bulbs are slightly more expensive to purchase than traditional incandescent bulbs, they pay off in terms of longevity and energy savings. You can use LED bulbs throughout the house as well as for holiday lights or landscape lights.

2. Upgrade Your Windows

Heating and cooling your home uses a lot of energy throughout the year—and old windows can be a significant contributor to your energy demands. According to the Perth. Department of Energy, about 25% of home energy is wasted through windows. The good news is that an effective way to cut down on that waste is by upgrading to dual-paned windows that are properly sealed. Although new windows can be costly, there is a good return on investment, and rebates or credits are often available.

3. Install a Tankless Water Heater

With traditional tank water heaters, water is continuously held and heated in the tank until it is needed. However, if you don’t need that much water, then you’re wasting a significant amount of energy each year just to keep an excess amount of water heated. As an eco-friendly alternative, tankless water heaters work by heating water on-demand as it passes through pipes—which comes with the added benefit of never running out of hot water. (No more cold showers!)

Although tankless water heaters are more expensive to purchase and install than tank water heaters, the energy savings and better lifespan can ultimately help offset the cost.



4. Update Your Plumbing

Since 1994, federal standards have required that plumbing fixtures use less water. That means if your toilet, bathtub, shower or other plumbing fixtures pre-date the early 1990s, you are likely wasting a lot of water (and money) each year. For example, by switching to a WaterSense labeled toilet model, you can reduce toilet water use by 20% to 60% annually. That translates to about \$140 in savings each year, which can easily help pay for the new toilet within a few years.

5. Prioritize Energy-Efficient Appliances

There have been significant advances in the past decades when it comes to energy-efficient appliances—think less heat lost through the oven and more cold retained in the freezer. If you are in the market for new appliances, prioritize ones that are Energy Star certified. This means the appliance meets the U.S. Department of Energy's strict criteria for energy efficiency.

Even if you aren't ready to update your appliances, you can improve your energy efficiency by covering pans while cooking, using smaller appliances rather than bigger ones when possible (such as a toaster oven rather than a full-sized oven) and aiming to run your dishwasher or washing machine only when full.

6. Upgrade to an Eco-Friendly Fireplace

In many homes, the fireplace is a nice focal point that adds some ambiance during colder weather. But, that's a missed opportunity: With an energy-efficient fireplace that helps heat your home with a renewable energy source, you can reduce your heating costs while helping the environment.

The most efficient, eco-friendly fireplace option is a natural gas fireplace. However, if you want to retrofit an existing wood-burning fireplace, a wood stove insert is a good option that can effectively help heat the home.

7. Install Energy Star Ceiling Fans

As heat waves become increasingly normal—even in parts of the world that previously had more moderate temperatures—the popularity of air conditioning units is on the rise. However, that isn't without an environmental cost: Approximately 20% of people in Perth' residential energy use is to power air conditioning units.

Even if an air conditioner is essential in your household, you can start to minimize how much you use it by setting it to a higher temperature and utilizing more fans throughout the house. With 60% more efficiency than conventional ceiling fans, Energy Star-rated ceiling fans can keep you cool while cutting down on greenhouse gas emissions.

8. Consider Switching to Solar

When you think about eco-friendly home improvements, solar panels often come to mind—but that's for good reason. According to the Perth. Office of Energy Efficiency & Renewable Energy, solar power can reduce greenhouse gas emissions, preserve water and limit air pollution.

Especially as the cost to install solar panels continues to decrease and the quality of panels improves, this sustainable home improvement is worth considering. Residential solar panels cost an average of \$16,000 to install but can pay for themselves with energy savings within 10 years.

4. What Is Green Architecture? How to Build an Eco-Conscious Home

Green architecture is an eco-conscious approach to home building and design that aims to reduce the strain put on the environment. This includes how homes are built and outfitted as well as how they function, from the architecture to the building materials and the appliances inside. These green building choices minimize negative impacts on the environment, create homes that work smarter and more efficiently, and make the most of natural and sustainable resources. With green architecture, environmental considerations are just as integral as factors like cost or color. Learn more about the principles of green architecture, plus decorating and design ideas to consider for your own home.

Principles of Green Architecture

Climate change, a growing awareness of diminishing resources, and a desire to live more sustainably have brought environmentally conscious building to the forefront. But many of the concepts behind green architecture aren't new. In fact, they're very old—as in ancient-civilization old. Before HVAC systems or even glass windows, living areas were built to produce natural airflow, maximize daylight, and rely on natural ways of heating and cooling.

Today, there are numerous opportunities—large and small, natural and technology-based—for making greener choices. Mary Homa, vice president and design consultant at P.E.A. Builders, a company specializing in sustainable building, shares five overarching design principles of green architecture.

1. Attention to Property Details

Consider the topography of the land. Can the house be built to take advantage of natural features? How can it be constructed with minimal harm to the natural habitat? This includes designing the house for the best orientation to the sun, specifically for windows and solar panels, for maximum heat and

light. "In the north, we orient most of the living space (great room, kitchen, dining) to the southern exposure, with most windows on this side of the home," says Homa.



2. Material Selections

There are two facets to selecting green building materials. The first is choosing the best materials, including long-lasting materials that withstand wear and use. "Things like hardwood floors or well-built cabinetry that won't have to be replaced in a few years," says Homa. Or opt for materials that work harder to protect the home, like cool roof shingles that reflect heat in especially sunny areas. Secondly, source materials as locally as possible to reduce energy usage, carbon emissions, and even packaging that results from shipping.

3. Maximizing Space

A "well thought-out floor plan that doesn't waste space" is another key element of green architecture, according to Homa. An efficient layout is more effectively heated and cooled to save on energy over time. Plus, a right-sized (versus oversized) home saves on building materials and energy upfront. Layouts should also be designed to last, with universal design principles in mind, to avoid major renovations down the line.

4. Tight Building Envelope

A home's building envelope is a critical part of green architecture. "Think superior exterior wall systems, efficient windows, and lots of insulation," says Homa. She recommends triple-pane fiberglass windows (or double-pane composite for cost savings), and high solar heat gain glass (or SHGC) on south windows in northern climates.

However, new, efficient windows make less of an impact if the rest of the home isn't insulated, and the same is true for energy-efficient HVAC choices. This principle ensures the whole house is sealed so that climate control isn't wasted by air leaking out of or into the home.

5. Green Technology

Green architecture isn't limited to natural materials. Homa points to things like photovoltaic (PV) solar panels, radiant flooring, and geothermal heating and cooling systems as technology to consider when building a home. Car chargers are another newer element Homa puts in this category. In many cases, green technology is about prioritizing renewable energy sources and making those resources accessible to the home now or in the future. "Every home that we build is solar ready; the PV can be installed at the time of the build or at a later date," says Homa.

Green Remodeling Ideas

"One size fits all" is a big misconception about green architecture, according to Homa. For example, geothermal technology is a common request, but it's not always the answer. "We discuss with clients the pros and cons for their lot, needs, and budget. Geothermal may be the best option, or another heating/cooling system." Similarly, green building isn't all-or-nothing. Inefficient layouts can still benefit from a tight building enclosure, and making smart material selections isn't negated by not having solar energy.

Install an on-demand water heater. Also called tankless water heaters, these heat water immediately when engaged, so there's no water wasted while waiting for the shower to get hot and no unnecessarily heating a large tank of water just so it's available as needed.

Improve the building envelope. Replace windows or add insulation to areas that need it.

Update to energy-efficient LED light fixtures and bulbs.

Add an ERV (Energy Recovery Ventilator) or HRV (Heat Recovery Ventilator). "We call this the "lungs of the home," says Homa. These can be used to pre-heat or pre-cool air being brought into the home to reduce HVAC usage.

Green Decorating Ideas

Decorating presents the opportunity to think green as well. When shopping, look for key labels and certifications that indicate a product is eco-conscious or sustainably produced—you'll likely recognize some of the most common ratings like Energy Star and WaterSense.

Kristin Bartone, creative director and principal of Bartone Interiors, recommends finding Forest Stewardship Council (FSC) building products and furniture. "By selecting products made from FSC certified wood, you are decreasing deforestation, global warming, and increasing conservation efforts by preventing extinction of certain plants and animals important to the rainforest ecosystem," Bartone says.

Slow Decorating and Secondhand Items

Choose long-lasting, locally sourced furniture and decor. Consider slow decorating, a design trend that promotes mindful selection and quality products rather than buying quickly available, low-quality products that fit an immediate need. Or outfit your home by buying secondhand and using architectural salvage, which not only recycles materials but also goes hand-in-hand with buying locally.

Water-Conserving Fixtures

If you're updating kitchen or bath fixtures, look for opportunities to conserve water. "Conserve water by using a dual flush toilet," says Lina Galvao of Curated Nest. "This reduces the volume of water used to flush." You can also find low-flow faucets, water-saving showerheads, and greywater recycling systems, including products that recycle shower and tub water for use in toilets.

Low-VOC Materials

Select furniture and materials like paint that have low or no VOCs (volatile organic compounds). Bartone also suggests avoiding upholstered goods with added flame-retardant chemicals. These steps reduce off-gassing, which can decrease indoor air quality. In addition, Galvao points to Greenguard Certification, provided when an item meets chemical emissions standards.

Energy-Saving Tech

You can also look for ways to make energy-saving upgrades, like occupancy-sensing light switches (so you never have to worry about someone turning off lights) and replacing old appliances with more efficient Energy Star-rated models. Even a smart home system that controls temperature and electricity usage or monitors for water leaks can up a home's efficiency, says Galvao.

Green Building Terms to Know

Green architecture can also be discussed as green building, green design, or sustainable building. The terminology varies based on the type of project, the professionals involved, or even the local vernacular. When building green, here are a few terms to know:

Circular construction is a concept that includes reusing, sharing, and upcycling building materials. Galvao gives the example of using locally-sourced reclaimed wood for building or in furniture, which diverts waste from the landfill.

A net-zero home, or zero-energy home, produces as much power as is needed to run the house. For example, a house that generates power through solar panels and makes enough energy to run the entire home.

A passive home is a house built to need as little energy as possible. Not only does it produce its own power, but it also has an incredibly robust building envelope and design intended to minimize required energy usage.

Blower door tests determine how energy efficient your home is by measuring how much air is entering and escaping your home.

There are also terms to note when looking for professionals to work with on green building projects. You might see LEED (Leadership in Energy and Environmental Design) listed behind a builder or designer's name with other professional credentials, in the description of a completed building project, or in the details of a design firm, architect, or builder. LEED recognizes energy-efficient building practices and projects that meet their energy-efficient standards. LEED is certified by the Green Building Council (GBC), and there are multiple levels of certification. However, Homa notes that LEED is more prevalent in commercial design than residential design. There are many other green-related credentials you might encounter, including the National Association of Home Builders' Certified Green Professional (CGP) certification.

5. Indoor Plants We Love to Bring Freshness and Life into Your Home



No interior design trend is better justified than the houseplant boom, and some of the best indoor plants for your home also are easy to care for—win-win. Indoor plant ideas abound on The Spruce, and we're here to take you through some of our favorite options.

You might already have a large collection of tropical palms and furry ferns, or maybe you just started to dip your toe into the world of being a plant parent. Either way, there are a few considerations to think about before you stop by the greenhouse or order some new popular houseplants online.

This list of indoor plant ideas includes 30 additions that are worthy of any home and are low maintenance enough for anyone to care for.

Snake Plant

Snake plants—otherwise known as mother-in-law's tongue—are some of the most popular houseplants out there, and for good reason. They add plenty of personality and color to a room but can handle a lot of neglect and aren't too finicky when it comes to care.

Light: Full sun to partial shade

Soil: Well-drained, sandy soil with slightly alkaline or acidic pH

Size: Around 2 ft. tall

Helpful Tips: These are pretty drought resistant, so just be conscious of not overwatering them.

Pothos

Indoor plant ideas aren't complete without pothos, which will grow and grow (and grow) without asking for much in return. These easy-to-please plants look lovely in hanging planters or trailing across the top of cabinets. It's a great choice for beginning houseplant parents but equally a fun and low-lift addition for advanced indoor gardeners.

Light: Full sun to partial shade

Soil: Well-drained, moist soil with neutral to slightly acidic pH

Size: Up to 40 ft. long

Helpful Tips: A monthly boost of fertilizer during its growing season (spring through summer) will support your pothos and help it flourish.

Heart-Leaf Philodendron

Similar to pothos, heart-leaf philodendrons have wonderful tendrils that grow very easily and make for great climbing and hanging plant configurations. They're also relatively simple to propagate if you'd like to have a few at home.

Light: Partial sunlight

Soil: Well-drained neutral or acidic soil

Size: 1-3 ft. wide, up to 13 ft. long

Helpful Tips: Pruning leaves (just pinch them off) occasionally can help keep your plant looking bushy and full.

ZZ Plant

The shiny oblong leaves of the ZZ plant are its hallmark look and it adds a burst of green to any room, whether you place it in a living room or spare bathroom. This is another plant that can go a long time without water, so forgetful plant parents won't have to stress too much.

Light: Partial shade

Soil: Well-drained neutral or acidic soil

Size: Up to 4 ft. tall and 4 ft. wide

Helpful Tips: This is a great plant for low-light zones of your home as it doesn't need a lot of sun to thrive. Same with water—don't overwater it and let it dry out fully.

Aloe Vera

You're likely very familiar with the look and benefits of aloe vera. If you don't yet have one in your own plant collection, it's worth considering. The spiny succulent brings the tropics into your space and its gel-filled leaves are always nice to have on hand.

Light: Partial to full sunlight

Soil: Sandy, acidic soil

Size: Up to 3 ft. tall, and 1 ft. wide

Helpful Tips: Aloe can handle little to no fertilization and is strong enough to deal with poor soil conditions, making it easy to care for in these areas.

Jade Plant

After a houseplant with an ultra-long lifespan? The jade plant is it. These hardy succulents can live up to 70 years, so dedicated plant parents can cherish them for decades.

It's a low-maintenance plant but needs ample light and occasional fertilizing. Its water schedule will differ based on the time of year, but just keep an eye on its soil so that it's not constantly soggy (or dry for too long).

Light: Full, indirect sunlight

Soil: Well drained, neutral to acidic soil

Size: Up to 6 ft. tall and 3 ft. wide

Helpful Tips: Keep these plants away from vents, doors, or any place that experiences major temperature fluctuations.

Lucky Bamboo

Lucky bamboo is a fun plant to have around thanks to its vertical stalks. Oftentimes it'll come in unique growing patterns, too. Although it might look like bamboo, it's not and hails from the dracaena family (like snake and corn plants). The number of stalks you have can also represent certain things, such as love, balance, and growth.

Light: Partial shade

Soil: Moist but well-drained, acidic soil

Size: 1–5 ft. tall, 1–2 ft. wide

Helpful Tips: Ensure the water your bamboo sits in is good quality and this plant will live a long life.

Corn Plant

Another low-maintenance dracaena member is the corn plant (which, no, doesn't sprout any ears of corn). Nail down its care requirements and this tropical addition will thrive indoors. It's a great blend of a tree and potted plant as it can grow up to 6 feet tall but also remain relatively short.

Light: Bright, indirect light

Soil: Moist but well-draining loamy, acidic soil

Size: Up to 6 ft. tall

Helpful Tips: Corn plants like humidity. Set up a humidifier near your plant or allow the plant pot to hover above a tray of water and pebbles.

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Prayer Plant

Maybe you're searching for a houseplant with a little more pizzazz sans any hefty care requirements. The prayer plant will exceed expectations. The most common variety (red/tri-colored maranta) has dark and light green leaves outlined with pink veins, providing the perfect pop of color.

Light: Partial sun and shade

Soil: Moist and well-draining

Size: 6–12 in. tall and wide

Helpful Tips: Prayer plants take a little patience. Sometimes they struggle to adjust to a new home, but don't fret. Stay on top of its care and remove any dead leaves and it'll warm up to your space in no time.

6. Top 10 Green Carpet Cleaning Tips



Carpets are the shining glory of a house that add comfort and charm to the interiors. These floor coverings are picked carefully by families to match their upholstered furniture and create an inviting space. They need proper care and cleaning to maintain their look and feel for years. However, it is often challenging to keep them spruced up when you have kids and pets in the house.

Families with carpets in high-traffic zones should focus on regular carpet cleaning to keep dust and germs away. If the rug is laden with dirt and stains, vacuuming may not be enough. In such situations, it is better to hire budget vacate cleaners in Perth to bring back the lost lustre of your floor coverings.

Here are the top ten green carpet cleaning tips used by professionals to ensure eco-conscious cleaning. Anyone can use them for the best results.

Carpet Steam Cleaning

If you have a steam cleaner, you can brighten your carpets in no time. All you need to do is vacuum the carpet to remove all the dust and then begin the steam cleaning process. It requires adding water and vinegar in equal parts to the steam cleaner chamber of the machine.

It is ideal to begin the cleaning from the corners and then cover the remaining area in forward and backward movements. Many reputed companies offer carpet cleaning in Perth that includes eco-friendly steam cleaning and can be booked if you do not have the machine.

Baking Soda For Bad Odours

Families with pets have to constantly struggle with pet hair over the rugs and carpets. In addition, since your furry friends love to laze on the tufts of the floor coverings, the carpets start emanating a dog smell. To get rid of the bad odour without using chemicals, use baking soda. Sprinkle the household item on the carpet and let it sit for half an hour. Vacuum the carpet to remove the powder and smell.

Baking soda or sodium bicarbonate is an alkaline substance and can neutralise unpleasant odours of pet stains, food spills, mould spores, and leave your carpets fresh again. This versatile natural cleaning agent can also remove stubborn stains and kill lethal germs without causing discolouration or dullness to your delicate floor coverings.

Hydrogen Peroxide for Spills

Accidental spills can ruin the surface of your floor coverings. An eco-friendly way of removing stubborn stains created by coffee, chocolate, wine, etc., includes using hydrogen peroxide. Professional vacate cleaners in Perth use this organic cleaner to clean the stains. It involves blotting the spillage with cloth and rinse the area with hydrogen peroxide. If the stain is still visible, use warm, soapy water to clean it effectively.

Vinegar and Salt for Dirt and Odour

If you are looking for a quick green carpet cleaning method, mix water and vinegar in 2:1 ratio and add a teaspoon of salt for every cup of water added to the solution. Spray this liquid on the carpet including the stains and let it dry. Now, vacuum the floor covering to make it neat and clean.

Lemon Juice for Food Stains

Food stains can be hard to remove if they dry up. An eco-friendly way of cleaning these tough stains is to apply lemon juice on the spot and let it linger for a few minutes. Now, use a damp cloth to clean the mark. If the stain remains, mix equal parts of lemon juice and water with a few drops of dishwashing soap and spray it on the spot. Next, use a clean cloth to wipe the stain.

Organic Paste for Dirty Stains

Certain stains can be nasty and damage the texture of your carpets. They can be easily removed with the help of a chemical-free paste made at home. Most experts use this paste when performing the professional vacate cleaning in Perth to help tenants pass their rental inspection without any hassle. It requires mixing borax, vinegar and salt in equal parts in a cup and applying the paste on the stains while wearing gloves. Let the paste stay on the spot for a few hours, and then vacuum it.

The trio of these natural ingredients can do wonders in removing grease stains, oil splatters, grime, mould and mildew in the most effective manner. Make sure you use a HEPA-filtered vacuum machine to fetch the residue and other grime quickly and leave your carpets shiny again.

Cornstarch for Oil Marks

Another green carpet cleaning ingredient is cornstarch, which can be easily found in the kitchen pantry. It is perfect for removing oil and grease stains from rugs and carpets. Sprinkle the powder on the spot

generously and let it absorb the oil and grease for a few hours. Vacuum it to remove the residue. It also helps to deodorise the carpet without using household chemicals.



Ice Cubes for Removing Wax

Lighting fragrant candles around the house is a modern trend that creates a soothing atmosphere. However, it can also lead to wax stains on the carpets that can harden and become challenging to remove. In this case, it is best to use an ice cube.

You can place the cube over the stain and let it melt. Next, use a scrubber or damp towel to remove the wax. The same process can be used to remove gum from the tufts.

Club Soda for Effective Cleaning

Club soda is one of the best organic cleaning solutions that can be used to remove wine and juice stains. It is also helpful in getting rid of oil marks and pet stains with a pet-friendly cleaning solution. However, it requires quick action. As soon as the stain appears, blot it with paper towels to absorb the liquid. Next, pour some club soda over the spot and let it stay for a minute. Now, dab the area with a clean paper towel to remove the stain.

DIY Mixture for Carpet Cleaning

Another DIY cleaning agent commonly used during vacate cleaning in Perth can be easily made at home. It is prepared by gathering two cups of baking soda, half a cup of cornmeal, half a cup of cornstarch, one tablespoon of borax, one teaspoon of cinnamon and a few bay leaves. All the ingredients must be blended in the mixer grinder to prepare a fine powder. It must be sprinkled over the carpet and brushed over the entire surface to reach every fibre.

Allow the powder to stay on the floor covering for up to 12 hours, and then vacuum it to remove the residue. You will have a shining and fresh carpet in the morning.

Carpet cleaning is tough because it requires eliminating dirt, stains and germs from the fibres while maintaining the shine. Chemicals can damage its texture and fade away the colours. So, use the green cleaning tips above to keep them in perfect condition.

7. Conclusion

In conclusion, "Sustainable Living: A Guide to Green Home Upgrades in Perth" empowers homeowners to make impactful changes that benefit both the environment and their daily lives. By implementing these upgrades, you'll not only reduce your carbon footprint but also enjoy a more energy-efficient, cost-effective, and comfortable home, fostering a sustainable future for Perth.

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