



10 EASY NON-TOXIC SWAPS YOU CAN MAKE TODAY

A GUIDE TO CLEANER HOME AND BETTER FEELING

www.snugscent.co.uk

TABLE *of* CONTENTS

A little intro

What's not safe

Simple upgrades

One step is more than enough

A quick win

My recommendations

Meet others on the same path

Final Words





HEY, *I'm Rita*

Even though I'm a chemist, I never imagined just how many of our **everyday products contain chemicals that aren't good for us.**

And not just "not great" - but in some cases, doing the opposite of what we want: quietly harming our bodies over time.

My background in chemistry helped me learn how to read labels and understand what's really inside products.

But I also know that for most people, chemistry at school wasn't exactly a favourite subject - and *reading ingredient lists can feel confusing or overwhelming.*

And honestly? **It shouldn't be that hard.**

That's why I'm here.

Not to scare you. Not to make you feel guilty.

But to help you make sense of things - simply, calmly, and at your own pace.

I'm **Rita**, co-founder of **Snug Scent** - a small brand born from my passion for **natural living and a healthier home**. We're all about bringing beautiful, natural fragrances into your space without ever compromising on your health (or your family's).





OUR HOMES ARE FULL *of* HIDDEN TOXINS

If you're just starting to question what you use at home, you're exactly where I was a few years ago.

And **you don't need a chemistry degree to take better care of yourself** - you just need the right guidance.

*Let's be real: a lot of everyday stuff is made from **materials we know aren't great** - plastics, synthetic chemicals, artificial fragrances.*

They build up slowly in our homes, bodies, and the environment.

*You might not feel the effects now, but over time, **they can mess with your hormones, skin, focus, sleep... all the good stuff.***

The worst part?

Most of us weren't even told to question it.



www.snugscent.co.uk

WHERE TOXINS CAN HIDE IN YOUR HOME?



Synthetic air fresheners

made with chemicals that impact hormones

Plastics that break down into microplastics in our food and water



Fragrance labels hiding dozens of unlisted ingredients



Cleaning and personal care products that contribute to indoor air pollution

10 SIMPLE SWAPS THAT ACTUALLY WORK



Fabric Softener:

Contain synthetic fragrance, petroleum-based coatings, and can irritate skin

Wool Balls: Reusable, chemical-free, reduce static, and soften naturally - add essential oils for a personal scent



Glass: Non-toxic, oven + microwave safe, doesn't stain or absorb smells - and lasts for years



Plastic: Can leach chemicals like BPA* and microplastics into food, especially when heated



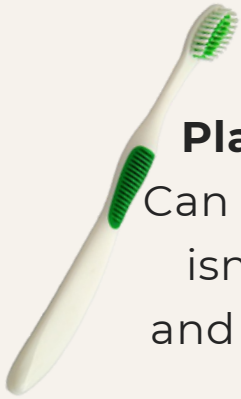
Plastic: Breaks down over time, leaches microplastics, and alters the taste of water



Steel/Glass: Durable, keeps drinks tasting fresh, and eliminates daily plastic exposure

BPA (Bisphenol A): It mimics hormones in the body and has been linked to reproductive and developmental problems.

10 SIMPLE SWAPS THAT ACTUALLY WORK



Plastic Toothbrush:

Can shed microplastics, isn't biodegradable, and piles up in landfills

Bamboo Toothbrush:

Compostable, naturally antibacterial, and just as effective for healthy teeth



Cast Iron: Naturally non-stick once seasoned, lasts forever, and adds a little extra iron to your food

Tefal / Non-stick coatings:

May release toxic fumes when overheated or scratched (often contains PFAS*)



Plastic: Tiny plastic shavings can end up in your food; absorbs stains and bacteria

Wooden/Bamboo: Gentler on knives, naturally antimicrobial, durable, and much better looking on your countertop



PFAS: "Forever chemicals". They don't break down in the body or environment - and have been linked to hormone issues, low immunity, and even cancer.

10 SIMPLE SWAPS THAT ACTUALLY WORK



Synthetic Fragrance:

Can contain phthalates*, VOCs*, and hormone-disrupting chemicals - often hidden under "parfum"

Natural Scents:

Pure essential oils support mood, sleep, and wellbeing - no toxins or hidden nasties



Soy Wax Candles:

Clean-burning, long-lasting, and naturally scented with essential oils



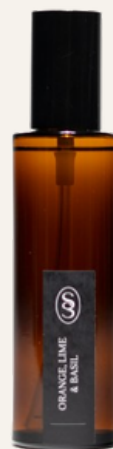
Petroleum-Based Candles:

Made with paraffin wax and synthetic fragrance, which can release toxins and black soot when burned.



Artificial Sprays:

Often filled with synthetic perfume and harsh solvents that mask odours but can irritate the skin, lungs, or trigger headaches.



Organic Essential Oil Sprays:

Made with organic alcohol and pure essential oils to naturally refresh your space - light, safe, and effective.

Phthalates: Linked to hormone disruption and fertility problems. **VOCs** (Volatile Organic Compounds): Pollute your indoor air and can cause headaches, allergies, or long-term health issues when breathed in often.

10 SIMPLE SWAPS THAT ACTUALLY WORK



Car Freshener:

Usually full of artificial fragrance and solvents that can cause headaches or respiratory irritation

Natural

Diffuser: Uses essential oils for a gentle, mood-lifting scent that's safe to breathe - especially in small spaces



BONUS SWAP:



White Sage or Palo

Santo: Natural, grounding alternatives that cleanse the air, promote calm, and bring a soothing ritual to your space - no chemicals, just earthy, intentional scent.



Synthetic Potpourri: Often heavily fragranced with artificial scents and dyes that release VOCs and can trigger allergies or headaches.

www.snugscent.co.uk



START WITH **ONE**

You don't have to overhaul your entire home overnight.

Pick one *swap* - the one that feels easiest or makes the biggest difference to you - **and start there.**

That's how I did it, and that's how real change sticks.

If you're not sure where to begin, a **natural home fragrance is a beautiful place to start.**

It's something you'll feel instantly - the mood shift, the calmer air, the fact that you're no longer breathing in synthetic junk.

When I created **Snug Scent**, I wanted to give people that same feeling: **safe, soothing scents that genuinely support your wellbeing.**

If you're curious, feel free to explore.



www.snugscent.co.uk

TOP 4 SWAPS I RECOMMEND



If you're curious where to start with natural home fragrance, here are a few of our **most-loved blends** that customers (and I) keep coming back to:



Lavender & Eucalyptus Diffuser

a classic pairing, perfect for those who love a refreshing, SPA-like scent

150ml, up to 5months, £32



Orange, Lime & Basil Spray

the ultimate citrus burst for lovers of vibrant, citrusy, and energising scents

100ml, up to 800 spritzes, £23

Bergamot & Bay Candle

grounding, sophisticated and masculine aroma that's rich yet subtle

140g, 35hrs, £26.00



Lemongrass & Cedarwood

Car Diffuser + Spray Set

crisp and woody, offering a versatile and uplifting aroma

Up to 3months, £39.10



www.snugscent.co.uk



WANT TO GO A BIT FURTHER?

If you'd love to learn from others on the same journey - whether you're just starting or already halfway there - come join our growing Facebook group:

Natural Homes UK – Safe, Clean & Non-Toxic

It's a growing community, a relaxed, friendly space where people share their favourite finds, ask for tips, and recommend swaps that actually work.

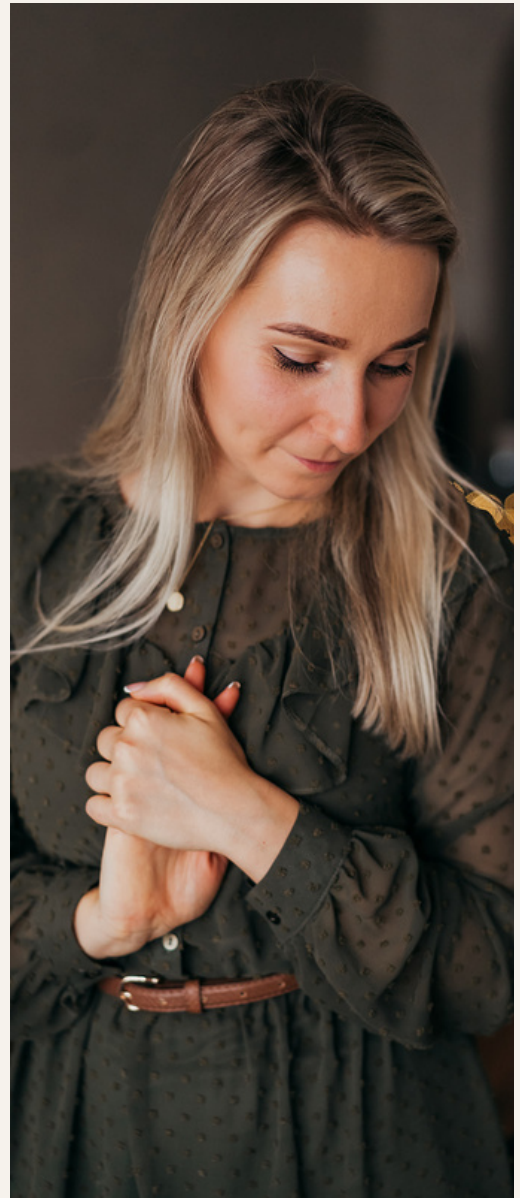
[JOIN NOW](#)



YOU'VE GOT THIS!

**Thank you for letting me
be a small part of this
shift in your life.**

Each little change you
make is a quiet act of care
- for your body, your home,
and the world around you.



**Take your time, trust your instincts, and know
that you're not alone on this path.**

You've already begun - and that's something truly
beautiful.

Best regards,

Rita

www.snugscent.co.uk

