



Your 30-Day Guide to Low-Tox Living

| | | | | | |
|--|--|--|---|--|---|
| <i>Day 01</i> Ditch Your Deodorant | <i>Day 02</i> Set a Dusting Schedule | <i>Day 03</i> Turn Your Wifi Off at Night | <i>Day 04</i> Switch to Non-Toxic Cleaners | <i>Day 05</i> DIY Your Insect Repellent | <i>Day 06</i> Change Your Shower Curtain |
| <i>Day 07</i> Toss Out Your Candles | <i>Day 08</i> Switch to Dryer Balls | <i>Day 09</i> Swap Your Laundry Soap | <i>Day 10</i> Start Using Cast Iron | <i>Day 11</i> Ditch the Sunscreen | <i>Day 12</i> Opt for Cleaner Dish Soap |
| <i>Day 13</i> Change Where Your Phone Charges | <i>Day 14</i> Tackle Stains Naturally | <i>Day 15</i> Change Out Your Makeup | <i>Day 16</i> Sweat Every Day | <i>Day 17</i> Check Your Local Water Rating | <i>Day 18</i> Toss Your Perfume |
| <i>Day 19</i> Swap Handsoaps & Sanitizers | <i>Day 20</i> Throw Out the Plastics | <i>Day 21</i> Choose a Natural Toothpaste | <i>Day 22</i> Clean Up Your Skincare | <i>Day 23</i> Eat With Intention | <i>Day 24</i> Change Your Pest Control |
| <i>Day 25</i> Shop Safer Feminine Products | <i>Day 26</i> Add Supplements to Your Routine | <i>Day 27</i> Get Outside & Soak in the Sun | <i>Day 28</i> Toss Your Bluetooth Headphones | <i>Day 29</i> Learn to Rest | <i>Day 30</i> Reduce Your Stress |

Kara Layne
KARALAYNE.COM