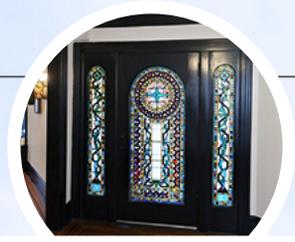


CLEAN DESIGN

Eco-minded decorator Robin Wilson is on a mission to make homes healthy and beautiful. Check out her fab work on one family's pad, and dream up your next room reno. Want fast results (so satisfying)? See our pull-out booklet for easy mini-makeover ideas.

BY REBECCA SANTIAGO
PHOTOGRAPHED BY LAURA MOSS



Portal, perfected

The stained glass front door was reinforced to hold up to weather and fitted snugly into its frame (which keeps out pests and pollen).

The Family

(From left): Dad Chris Danuser, son Romon, 8, daughter Dylan, 15, and mom Trenesa

The House

A 1920s Arts and Crafts-style beauty in northern New Jersey

The Designer

Robin Wilson, whose past clients include Robert F. Kennedy Jr. and Bill Clinton. Check out her home goods line: shoprobinwilson.com

HAIR AND MAKEUP BY ATHENA MONTAGUE AT SALLY HARLOR, ENTRY DOOR AND DINING ROOM; VANESSA LENZ, SOURCES; ANNE STEINMANN, PH.D.; DAVE MOORE, REGIONAL MERCHANDISING MANAGER FOR THE HOME DEPOT; THE ENVIRONMENTAL PROTECTION AGENCY



Greened-up walls

A mossy shade from Benjamin Moore's zero-VOC Aura line lends soothing color to a room with no harmful fumes.



Tricked-out trim

Wilson used a quick-drying, low-odor stain to spiff up wooden moldings.



Stop-and-stare stairs

Contrasting neutrals create impact in the foyer. "The staircase used to be so drab. Now it's one of my favorite parts of the house," says Trenesa.

"OUR HOUSE HAS GREAT BONES,"

says Trenesa Danuser, "but it needed brightening up. Robin used eco-friendly, nontoxic materials to create an environment that's gorgeous and good for us." Want to hit "refresh" on your own home? Consider Wilson's top three tips:

1. Dip your brush wisely.

A paint job goes a long way toward making a space feel sparkly new. Wilson sticks to formulas without volatile organic compounds (VOCs), the chemicals that give off that strong, plasticky "new paint" smell. VOCs can cause headaches, dizziness, and nausea until the fumes dissipate. (And they can be extra-bad news for allergy sufferers, like Romon, the Danusers' son.)

2. Fix up your floors.

Wall-to-wall carpeting is a magnet for dust and bacteria. Consider removing it, especially if you have allergies or respiratory issues, says Wilson. "It's a big job but worth it. I had allergies and asthma growing up, back in the shag-rug era, and my parents ripped out our carpeting," she says. "I believe that this transformed my health." Tile and solid hardwood are both better bets; top them with easy-to-clean area rugs made from natural fabrics.

3. Mind the gap.

"Leaks around your front door's frame could cost you money," Wilson says. Gaps let heat escape in the winter and AC in the summer (see ya, \$\$\$). Plus, they can usher in bugs and pollen. Take a close look at your door from inside your house when the sun's up. If you can see light peering around it, line the frame with weather-stripping tape.

DR. OZ THE GOOD LIFE

Handbook

Feel-Good Fixer-Upper | OCTOBER 2016

Healthy House Call!

OZ-IFY YOUR HOME

One easy DIY project at a time

BY MIRANDA CROWELL
PHOTOGRAPHED BY STUART TYSON

CLEAR THE AIR WITH GREENERY

Plants are powerful air purifiers, filtering out common household toxins like benzene (potentially given off by paint products and car fumes in attached garages), and formaldehyde (from composite wood furniture), according to NASA research. Environmental scientist and study author Bill Wolverton, Ph.D., recommends one houseplant per 100 square feet—say, about four medium plants or a couple of large ones in a 20x20-foot room. It's a particularly good idea for rooms that have poor ventilation or where you spend a lot of time, like the bedroom. Don't just plunk down Ye Olde Spider Plant; green it up gorgeously with these tips from Christopher Satch, a botany specialist at the Sill, a plant-decor service: He suggests mounting staghorn ferns on a wall to make a mod, bold statement, or using snake plants in a long box container as a beautiful room divider.



DIY

Hang Cuddly Family Pics

Just looking at a photo of a hug may help you feel secure, say scientists at the University of Exeter in the UK.

Gather affection-filled photos and display them, already! (One simple way: Mount a knife rack and hang up pics with magnets.)

OPT FOR NOT-SO-SNEEZY SHADES

Horizontal blinds and heavy drapes are havens for allergy-triggering dust—and are a pain in the butt to clean. Two better options: cotton curtains that can be tossed in the wash regularly, or bamboo Roman shades, which are simple to wipe off, says allergist Janna Tuck.

SIMPLIFY BATHROOM RECYCLING

We won't tell Captain Planet if you sneaked an empty shampoo bottle into the bathroom trash because the kitchen was too far away. Stashing a basket under your bathroom sink makes recycling more convenient.

Set Up for a Clean Sink

You don't want bugs like *E. coli* or salmonella near your food. But one study found both hanging out in kitchen sinks—and it's a short leap from there to your plate. Clean this area daily, and make it easy for yourself. Clea Shearer, cofounder of the Home Edit organization company, recommends putting a sink-cleaning station—soap, sponges, and sanitizing spray in a pretty bottle—within reach.



**Scrape
it off**
A bristly outdoor
mat helps get
the gunk off
your shoes...

**Trap
grime**
...while an
absorbent
indoor mat can
catch residual
ickiness.



**Boost
your brain
with green**

*One study found
it can rev up
creativity.*

**Peace out
with blue**

*Researchers think
this hue may help us
feel calmer because
it reminds us of
the ocean
and sky.*

Paint Your Stress Away

A new hue on the walls could work wonders for your mood, says Nancy J. Stone, Ph.D., a professor of psychology at Missouri University of Science and Technology. Use a non-VOC paint—it skips the new-paint-smell chemicals that can cause headaches and dizziness. Benjamin Moore, Sherwin-Williams, Valspar, Behr, Glidden, and other major brands all have VOC-free lines.



DIY

Aah! Natural Room Spritz

In a spray bottle, combine 1 cup water with 10 drops each of lavender and lemon essential oil, and mist it into the air, says Kasey Schwartz, author of *Essential Oils for a Clean and Healthy Home*. Studies have linked both scents to mood boosts.

TRADE OUT CABINET KNOBS

High-touch spots tend to be germ zones, which is why we like the idea of cabinet handles that practically clean themselves. Solid, unfinished copper handles are a good bet; research says the metal can be naturally antimicrobial. You do still need to wipe them down regularly (they're germ-fighting, but they're not magic), so stick to sleek designs over ornate ones: They're easier to clean, with no hard-to-get-into crevices where germs can hide, says Harvard Medical School microbiologist Deborah Hung, M.D., Ph.D.

FAB UP YOUR FIREPLACE

Flickering flames may be cozy, but they're not the greatest for your health. Burning wood in your fireplace fills the air with nitrogen oxides and particles, which can cause a range of unpleasant symptoms, like coughing, itchy eyes, and sneezing. (If you're asthmatic, it could even set off an attack.) Instead, consider bringing homey loveliness to your hearth without setting anything ablaze. Try these cool fireplace-decorating options from Robin Wilson's book *Clean Design*:

- ▶ Treat the fireplace opening like a diorama, and fill it with pottery, vases, and small sculptures.
- ▶ Surround the area with plants of different heights in matching pots.
- ▶ Stack ornamental white birch logs on the fireplace grate.

A BETTER-FOR-YOU HOUSE WITHOUT BREAKING THE BANK OR SCRUBBING LIKE CRAZY? YES. A THOUSAND TIMES YES. DOCTOR YOUR PLACE WITH THESE SO-WORTH-IT WEEKEND PROJECTS.

SWAP SHOWER CURTAINS

If you have a vinyl liner, toss it. The material's been found to release more than 100 chemicals into the air, and some are potentially harmful. Nylon and polyester are safer bets, says Veena Singla, Ph.D., a staff scientist at the Natural Resources Defense Council. (And stretch your liner out post-shower to discourage mildew growth.)

BUNDLE UP THE BED

Nobody wants to get intimate with dust mites, but if you have allergies or asthma, you should be extra wary, since the critters can trigger both conditions. Use allergen-proof covers for pillows and mattresses to keep mites from hanging out there, and wash them twice a year, suggests Janna Tuck, M.D., a spokesperson for the American College of Allergy, Asthma, and Immunology.



DIY

Divvy Up Cutting Boards

Designate one for meat and one for produce to avoid cross-contamination during food prep, says Donna Duberg, an assistant professor at Saint Louis University. Dab their edges with nontoxic nail polish to mark which is which.

SET UP A SHOES-OFF STATION

If you wear them inside, you risk tracking in grossness galore: bacteria, pesticides, other street muck we don't even want to think about. So wipe your feet when you get home (see a smart tip for that below), then store your footwear right by the front door. A traditional shoe rack or boot tray works, or you can repurpose a bookshelf for an especially pretty fix. If you're pressed for space, put your walls to work: Mount floating shelves in your entry, then stack your shoes on 'em.

Double Down on Doormats
Health-focused decorator Robin Wilson recommends fighting germs with two welcome mats: one outside for wiping the bottoms of your shoes, and one inside to stand on while you're kicking them off.



Bacteria love wet sponges
So help 'em dry out faster by storing them in a nifty holder.

Do the sniff test
As soon as you notice a funky smell, it's time for a new sponge.