



SHOW YOUR LOVE ON

Valentines Day



MAKE CHOICES THAT SHOW YOUR
BELOVED HOW MUCH YOU CARE ABOUT
THEM AND THEIR WELL-BEING!

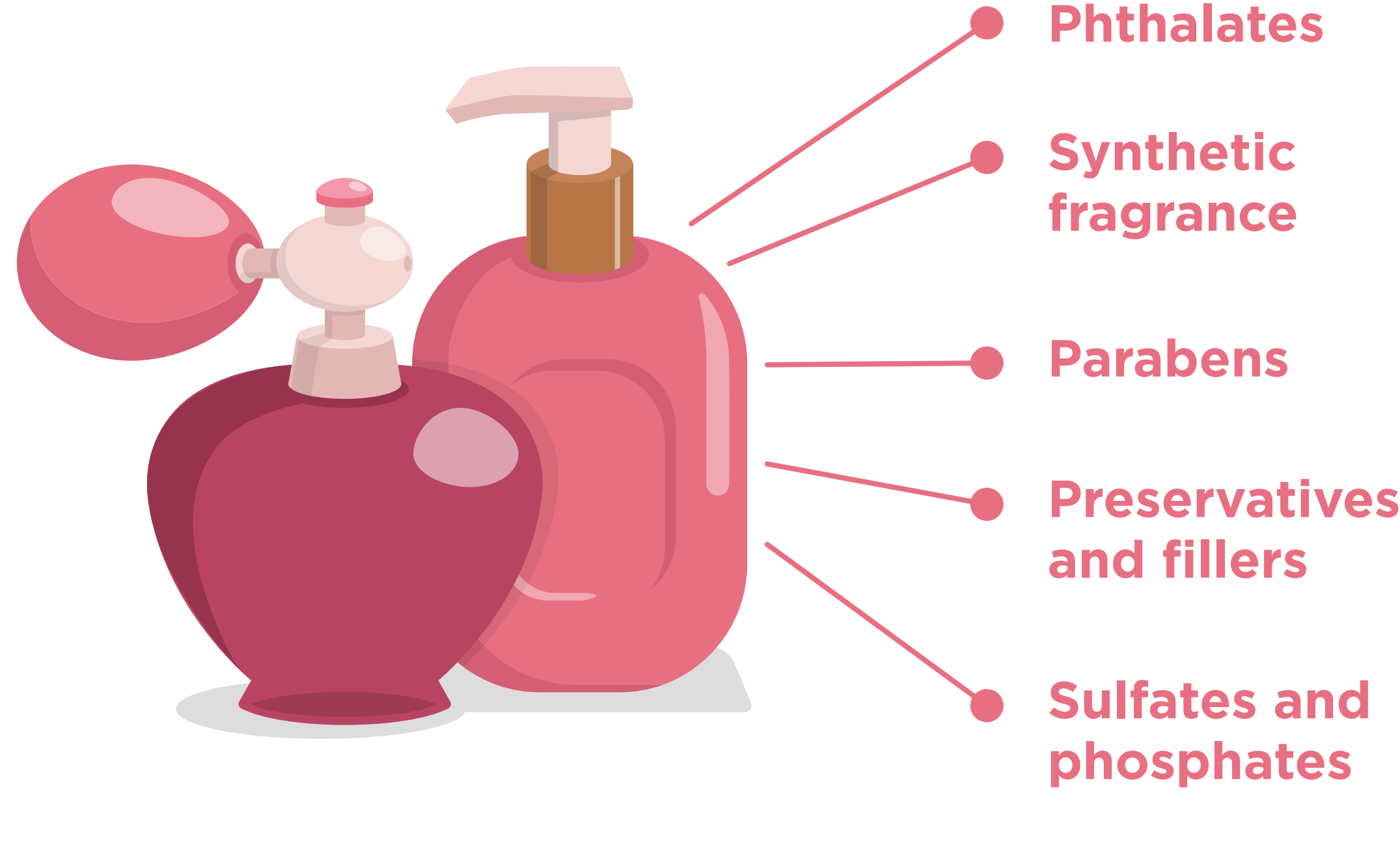
Choose a Love-ly Fragrance

Fragrance is a popular Valentine's gift. Almost 25% of people consider themselves chemically sensitive and may be bothered by strong fragrances (even if they are natural), so make sure the recipient can tolerate scents.



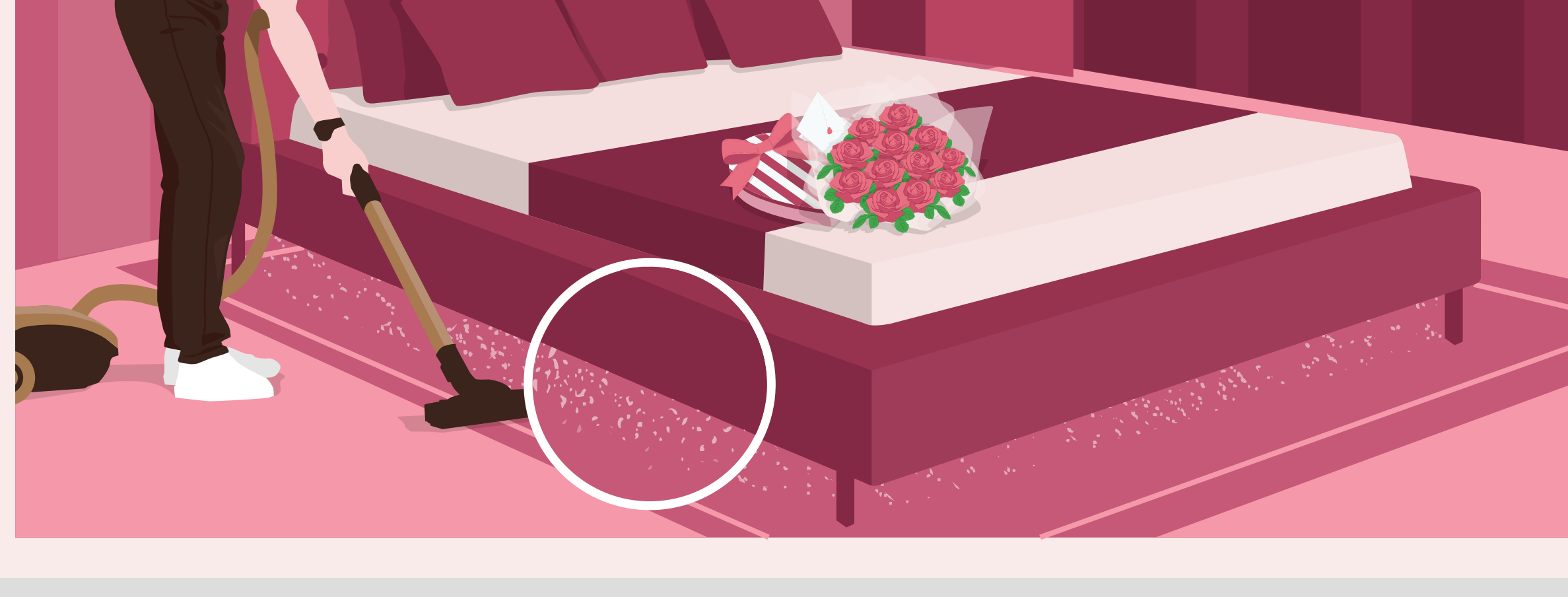
If they like fragrance, make a less-toxic choice to help protect their health. It's estimated that up to 90% of perfumes that contain chemicals can cause headaches, exacerbate respiratory conditions like asthma, and are known endocrine disruptors.

Show your love by choosing a fragrance that is made without:



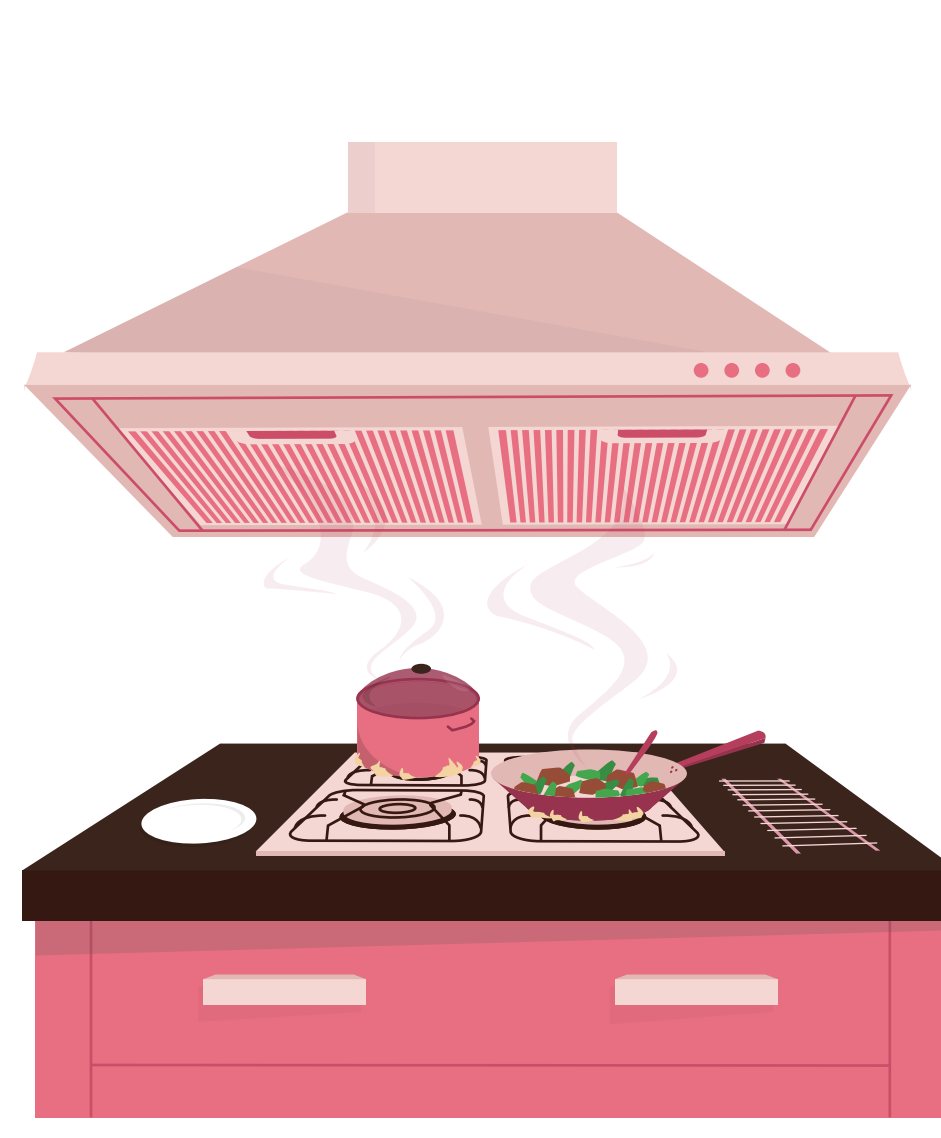
Looking for all-natural products is a good start, but check the labels. Natural and organic don't always mean chemical-free.

Make Sure Only Romance is in Your Air!



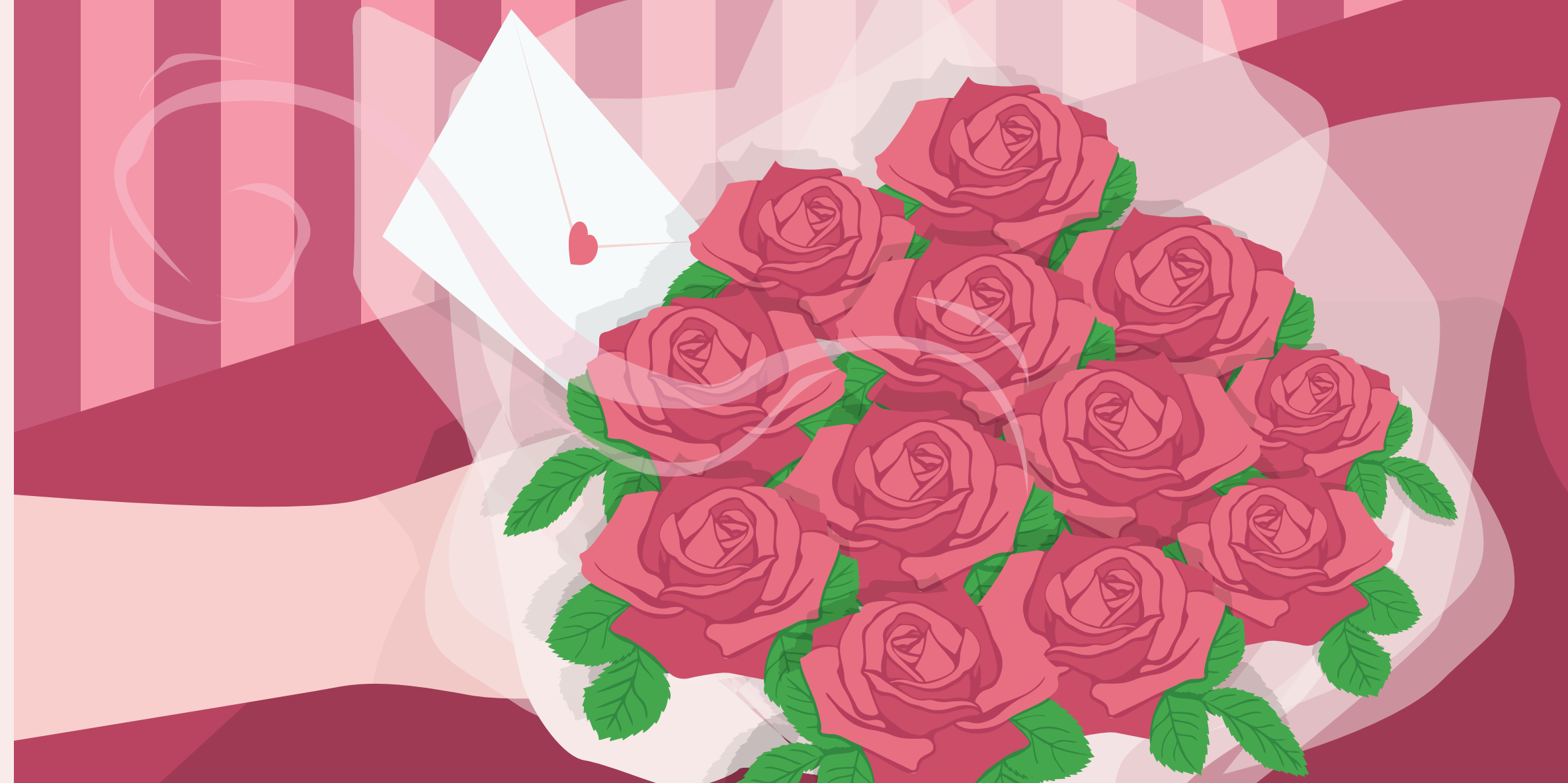
A few days ahead, make sure to vacuum the bedroom thoroughly, especially under the bed. Don't let dust bunnies trigger allergies and spoil the mood.

If you are cooking a romantic dinner at home, make sure to run the exhaust fan so you don't ruin the mood with kitchen odors and chemicals!



To set the right mood and make sure no one ends up with a headache, choose candles that are unscented, made of 100% natural soy or beeswax, and have cotton or paper wick. You'll get the romantic glow without adding any chemicals or carcinogens into the the air.

Skip the Floral Pesticides!



Roses are red, violets are blue...and they are likely to arrive after being treated with organophosphate pesticides and other agricultural chemicals. So even if you know the recipient isn't allergic to flowers or pollen, they may still react to the chemical residue. You don't have to skip flowers, just make better choices!

- 🌹 Opt for certified organic flowers.
- 🌹 If you're struggling to find an organic certification, look for fair trade certification or other local label that identifies farms that focus on environmental sustainability which usually means fewer pesticides.
- 🌹 Grow your own and skip the pesticides completely!

Don't Forget the Chocolate



A box of chocolates is a Valentine's Day classic. Make sure your beloved can enjoy a sweet treat without added chemicals from the chocolate or its packaging! Choose organic products and look for non-toxic packaging. Avoid artificial sweeteners such as aspartame that some people may be sensitive to.

Make Your Whole Home Healthy for Valentine's Day!

Get your Hayward Score at www.haywardscore.com