



healthy home
INTERIOR DESIGN

How to Choose Wellness-Forward
Products That Still Look Beautiful

KMCC
DESIGN CO.

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Your Home Should Support Your Health

When we talk about healthy living, we usually think of food, fitness, and mental well-being.

But the spaces we inhabit every day—our bedrooms, living rooms, home offices and kitchens—play a profound role in supporting (or disrupting) our overall health.

At KMCC, we believe wellness should be woven into every detail of your home's design—not just in how a space looks, but in how it feels, functions, and supports your life.

The best part? You don't have to compromise your aesthetic to prioritize your health. Today's wellness-forward design choices allow you to create beautiful, comfortable spaces that naturally enhance your well-being. From low-toxicity materials to air-cleansing strategies, here's how to make smart, stylish decisions for a healthier home.

CHOOSE LOW OR NO-VOC PAINTS

Paint is one of the largest surface areas in your home—and unfortunately, one of the biggest hidden sources of indoor air pollution.

Traditional paints often release volatile organic compounds (VOCs), chemicals that can linger in the air for years, contributing to headaches, allergies, and long-term respiratory issues.

Better Choices:

Opt for low-VOC or zero-VOC paints that deliver rich color without the toxins. Prioritize healthy finishes especially in spaces where you spend the most time—like bedrooms, nurseries, and living rooms.

Top Low-VOC Paint Brands:

- [Sherwin Williams Super Paint](#)
- [Alkemis](#)
- [Clare Paint](#)
- [ECOS Paints](#)



KMCC Tip: *Even with low-VOC options, ventilate your space well during and after painting to speed up air purification.*

Select Natural, Breathable Textiles

Fabric touches nearly every aspect of daily life—from the sofas we relax on to the bedding we sleep in.

Synthetic materials, however, often trap chemical residues, flame retardants, and dyes that impact air quality and skin health. Choosing natural fibers like organic cotton, linen, hemp, or wool promotes cleaner air and offers a timeless, elevated feel.

KMCC Tip: *If you need high-performance fabrics for durability, seek out certifications like Greenguard Gold or OEKO-TEX® to ensure safer chemical profiles.*



Minimize Off-Gassing with Smarter Furniture Choices

That "new furniture smell" is not harmless—it's often the result of off-gassing, where chemical compounds like formaldehyde are slowly released from synthetic glues, resins, and foams.

Prioritize furniture built with:

- Solid wood (instead of particle board or MDF)
- Natural latex or organic wool fillings over synthetic foams
- Water-based, low-toxin finishes and adhesives

KMCC Tip: Always ask brands for their material sourcing and certifications. Transparency is a good sign of healthier manufacturing.

Trusted Wellness-Focused Brands:

- [Maiden Home](#)
- [The Citizenry](#)
- [Armadillo Rugs](#)
- [Avocado](#)
- [Urban Natural](#)
- [Medley](#)

DESIGN FOR NATURAL AIRFLOW & CIRCULATION

Creating a healthy indoor environment isn't just about what you bring in—it's also about how air moves through your space.

Simple Design Upgrades:

- Arrange furniture to allow free airflow and avoid blocking vents or windows.
- Use woven window treatments that filter light and promote natural ventilation.
- Bring in air-purifying plants like peace lilies, snake plants, or ferns.
- Incorporate an aesthetic air purifier that blends with your decor (good design meets good function).

KMCC Tip: Daily rituals like opening windows for even 10 minutes can dramatically boost air freshness and indoor energy levels.

Rethink Candles, Cleaners & "Scented" Accessories

Scent is powerful—but many conventional candles, air fresheners, and cleaning products introduce hidden toxins into your home.

Common Issues Include:

- Synthetic fragrances containing phthalates
- Paraffin wax candles releasing soot and VOCs
- Plastic-based diffusers leaching chemicals when heated

Wellness-Friendly Swaps:

- Essential oil-based candles made with soy, coconut, or beeswax
- Fragrance-free or naturally scented cleaners
- Ceramic or glass diffusers that use water-based vaporization

KMCC Tip: Create your own signature home scent using essential oil blends or an herb simmer pot—tailored to the season, your mood, or your health goals.



Your 6-Step Starter Kit for a Healthier Home:



OPEN
WINDOWS
DAILY TO
REFRESH
INDOOR AIR



ADD TWO AIR-
PURIFYING
PLANTS



REPLACE
SYNTHETIC
CANDLES WITH
ESSENTIAL OIL
CANDLES



SWAP
BEDDING FOR
NATURAL
FIBER
OPTIONS



UPGRADE ONE
FURNITURE
PIECE TO
SOLID WOOD



CHOOSE
LOW-VOC
OR ZERO-
VOC PAINTS

READY TO PRIORITIZE HOME HEALTH?

At KMCC Design, we specialize in creating beautiful environments that also nurture wellness. If you're ready to align your home with your health goals, we'd love to help.

If you're ready to refresh your space with thoughtful, wellness-centered design, KMCC is here to help.

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