

**Natural vs.  
Chemical Odor  
Eliminators:  
Why Choose  
Green  
Solutions?**

## Abstract

The debate between natural and chemical odor eliminators is gaining momentum as more people seek eco-friendly alternatives. Natural odor eliminators, like coffee grounds, vinegar, and essential oils, offer an effective way to neutralize unpleasant smells without the harmful chemicals found in synthetic products. They are safer for the environment, non-toxic, and often more affordable. On the other hand, chemical odor eliminators may provide quick results but can release harmful fumes and cause long-term damage. This guide explores the benefits of choosing green solutions for odor control and why natural options are a healthier, more sustainable choice for your home.

From deodorizing trash cans with coffee grounds to using essential oils in diffusers, you'll learn simple and effective ways to keep your space fresh while protecting your health and the planet.

## Getting Started

In today's world, more and more people are shifting towards eco-friendly solutions, especially when it comes to maintaining a clean and fresh home. One of the growing debates revolves around natural vs. chemical odor eliminators. While chemical products promise quick fixes, they often come with hidden dangers, such as toxic fumes and environmental damage. On the other hand, natural odor eliminators offer a safer, more sustainable approach to keeping your home smelling fresh.

This guide delves into the key differences between the two, highlighting the benefits of choosing green alternatives. From simple methods like using coffee grounds to deodorize trash cans to essential oils for freshening rooms, discover why natural options are the smarter, healthier choice for your home and the environment.

### 1. What Are Natural Odor Eliminators And Chemical Odor Eliminators?

Natural and chemical odor eliminators serve the purpose of removing unwanted smells from various environments, but they operate in very different ways.

**Natural Odor Eliminators** are substances derived from natural sources designed to neutralize or absorb odors without the use of synthetic chemicals. Common natural odor eliminators include baking soda, activated charcoal, vinegar, and essential oils. These substances work by neutralizing odors through chemical reactions or by absorbing smells from the air. For instance, baking soda absorbs odors, while essential oils can mask smells with pleasant fragrances. Natural options are often praised for their environmental friendliness and safety for human health, as they typically lack harmful chemicals.

**Chemical Odor Eliminators**, on the other hand, use synthetic compounds to eliminate odors. These products often contain chemicals like ammonia, chlorine, or artificial fragrances. They can be highly effective in quickly neutralizing strong odors but may have potential drawbacks, including health risks and environmental impact. Chemical odor eliminators can sometimes cause allergic reactions or contribute to indoor air pollution.



Choosing between natural and chemical odor eliminators often depends on factors like effectiveness, safety, and environmental considerations.

## **2. What Are the Benefits of Using Natural Odor Eliminators?** **The Benefits of Natural Air Fresheners**

When it comes to keeping your home smelling fresh and clean, there are a variety of options available on the market. However, many of these options contain harmful chemicals that can be harmful to both you and the environment. That's where natural air fresheners come in. Using natural ingredients to freshen up your home not only provides a safer and healthier alternative, but it also offers several other benefits.

### **1. Better air quality**

One of the most significant benefits of using natural air fresheners is that they can help improve the air quality in your home. Many traditional air fresheners contain chemicals that can release harmful pollutants into the air, which can be particularly problematic for those with respiratory issues. Natural air fresheners, on the other hand, use ingredients like essential oils and plant extracts to freshen up your home without adding any pollutants.

## 2. Cost-effective

Another advantage of using natural air fresheners is that they are often more cost-effective than traditional options. While some natural air fresheners can be more expensive upfront, they typically last longer than their chemical counterparts, so you won't need to replace them as often. Additionally, many natural air fresheners can be made at home using ingredients that you likely already have on hand, which can save you even more money.

## 3. Aromatherapy benefits

Many natural air fresheners use essential oils to provide a pleasant scent. These oils not only freshen up your home, but they can also provide aromatherapy benefits. For example, lavender essential oil is known for its calming properties, while peppermint essential oil can help boost energy and focus. By using natural air fresheners, you can enjoy these benefits while also keeping your home smelling great.

## 4. Eco-friendly



Finally, using natural air fresheners is a more eco-friendly option than traditional air fresheners. Many traditional air fresheners come in single-use containers that end up in landfills, contributing to environmental issues. Natural air fresheners, on the other hand, often come in reusable or recyclable containers, or can be made using ingredients that are biodegradable. When it comes to choosing a natural air freshener, there are several options available. Some popular choices include:

- Essential oil diffusers: These devices use water and essential oils to create a mist that freshens up your home.
- Beeswax candles: Beeswax candles not only add a pleasant scent to your home, but they also help purify the air.

- DIY sprays: You can make your own natural air freshener spray using ingredients like water, vinegar, and essential oils.

- Houseplants: Certain houseplants, like aloe vera and spider plants, can help purify the air in your home while also adding a natural scent.

Ultimately, the best option for you will depend on your personal preferences and needs.

However, by choosing a natural air freshener, you can enjoy the benefits of a fresh-smelling home without exposing yourself or the environment to harmful chemicals.

### **3. What Are the Common Risks of Chemical Odor Eliminators?**

Air fresheners are seemingly everywhere in today's society, including in the workplace, public restrooms, schools, homes, and automobiles. While they may be called "air fresheners," the name is somewhat misleading. Contrary to how it appears, air fresheners in many cases do not actually improve air quality by removing impurities. While some air freshener products claim they can do just that, when asked for data to back up their claims, manufacturers were unable to provide public data and information.<sup>[1]</sup>

Most of us are familiar with outdoor air pollution, but did you know that the air inside our homes can be more toxic than the air outside?<sup>[2]</sup> Common household products like air fresheners, cleaning products, personal care products, and even furniture contribute significantly to indoor air pollution (along with other sources like appliances, radon, building materials, and outdoor sources).<sup>[3]</sup> Indoor air quality is important because between school, the workplace, and our homes, people today tend to spend up to 90 percent of their time indoors.

Air fresheners are a source of indoor air pollution and either directly emit or cause the formation of numerous substances associated with negative health effects. In studies measuring the different substances that air fresheners emit, researchers have found numerous chemicals associated with toxic effects. These include: volatile organic compounds (VOCs), benzene, formaldehyde,<sup>[7]</sup> toluene,<sup>[8]</sup> m,p-xylene,<sup>[9]</sup> phthalates,<sup>[10]</sup> and more. For example, formaldehyde, a known carcinogen, has been measured at high levels. Levels were found to be even higher when air quality was measured during simultaneous use of multiple scented products (cleaning products, air fresheners, and perfume).<sup>[11]</sup> High concentrations of VOCs<sup>[12]</sup> have been measured in the emissions from numerous air freshener types too, including sprays, plug-ins, solids, and more.<sup>[13]</sup>

Some indoor air pollutants associated with air fresheners aren't substances emitted directly from the air freshener. In such cases, primary ingredients mix with ozone (a common indoor and outdoor pollutant) and create new substances, which are called secondary pollutants. Some secondary pollutants associated with air freshener use include: formaldehyde, acetaldehyde, acetone, picric acid, and methyl vinyl ketone. These secondary pollutants are also concerns for human health.<sup>[14]</sup>

Air freshener chemicals can also stick to and be absorbed by furniture, walls and surfaces, carpets, and more. They can then be released and re-enter indoor air even after the air freshener is no longer in use.<sup>[15]</sup>

## Ingredient Disclosure



If you've ever taken a look at air freshener packaging, you've likely noticed that labels only include vague terms like "fragrance" and "odor eliminator." In many cases, there may be no ingredients listed whatsoever.

Companies are legally allowed to keep fragrance ingredients confidential because they're deemed trade secrets by the U.S. Food and Drug Administration. Trade secret status exempts them from requirements about listing ingredients on product packaging, which is why air freshener packaging contains little to no information about what's truly inside the product.

A lack of fragrance ingredient disclosure is problematic because numerous substances known to be found within fragrances (like those listed below) are associated with health impacts.<sup>[16]</sup> Without listing ingredients on the label, it is impossible for consumers to know what substances they might be exposed to.

## Ingredients of Concern

Air fresheners contain synthetic fragrance ingredients to impart a scent, but they also contain other ingredients including those that suspend or bind the fragrance to the liquid, gel, or solid substrate; those that disperse the fragrance; and those that preserve the product. In fact, some of the unscented ingredients (like solvents) can be emitted in even higher concentrations.<sup>[17]</sup>

This list below includes common synthetic fragrance ingredients, other air freshener ingredients, and secondary pollutants:

1,4-Dichlorobenzene (1,4 DB): a VOC that may impair lung function. Impairment of lung function is of special concern for those who have asthma or other respiratory illnesses, especially children.<sup>[18]</sup>

- Acetaldehyde: a probable carcinogen.<sup>[19]</sup>
- Benzene: a known carcinogen and developmental and reproductive toxin.<sup>[20]</sup>
- d-Limonene: associated with skin and eye irritation This substance is a sensitizer, which means it's likely to increase the odds of a future allergic reaction.<sup>[21]</sup>
- Formaldehyde: a known carcinogen.<sup>[22]</sup>
- Parabens: linked to breast cancer and effects associated with hormone disruption.
- Phthalates: associated with effects from endocrine disruption, including damage to the female reproductive system, birth defects, and lower sperm counts.
- Styrene: associated with cancer and neurotoxicity.<sup>[23]</sup>
- Toluene: linked to developmental<sup>[24]</sup> and reproductive toxicity.<sup>[25]</sup>
- Xylene: linked to the effects of central nervous system depression, like headache, dizziness, depression, and impaired short-term memory.<sup>[26]</sup>
- Volatile Organic Compounds (VOCs): substances that readily become vapors or gases. Because a wide range of substances are known as VOCs, the associated health impacts span a wide range. Numerous VOCs are known to be toxic. (Some of the other substances on this list are VOCs.)

#### **4. How Do Natural Odor Eliminators Compare to Chemical Ones in Terms of Efficacy?**

The natural product movement continues to gain steam as more and more people become concerned about the environment and its effects on health and well-being. Synthetic fragrances are one thing that many green-minded and health-conscious individuals seek to avoid. In fact, we founded Fresh Wave to offer odor-eliminating products for those who want to keep their homes smelling fresh and clean while avoiding artificial fragrances.

From talking to customers, we know that many people have questions like “what does natural fragrance mean?” and “what is the difference between natural and synthetic material?” This post will answer those questions, breaking down the benefits and drawbacks of natural vs. synthetic fragrances.

## What Is Natural Fragrance?



A natural fragrance comes from nature. When formulating products with natural fragrance, brands like Fresh Wave use substances derived from trees, flowers and other plants. Some sources of natural fragrance include:

- Essential oils: Concentrated oils that contain the compounds of plants that give them their scent and other properties
- Oleoresins: Oils and resins that occur naturally in plants
- Distillates: Compounds extracted from plant matter through distillation, heating it to a high temperature and then cooling it
- Isolates: One specific type of odor molecule that has been isolated from the other compounds in a plant

Many plants provide pleasant natural fragrances. Lavender, lime, lemon, orange, clove, cedar wood and anise are some examples of plants that add pleasing natural fragrance to air fresheners, perfumes and other products.



## **What Is Synthetic Fragrance?**

Synthetic or artificial fragrance is man-made rather than derived from nature. Some synthetic fragrances do contain natural plant-based extracts, but they're paired with chemicals produced in factories and laboratories. With synthetic fragrance formulation, the goal is often to produce scents that are similar to those of natural plants.

## **Why Are Synthetic Fragrances Common?**

The main reason why synthetic fragrances are common is price. Processing plant matter into the forms described above is a delicate process. It takes time and money. Companies that make skin care, beauty and home care products can purchase synthetic fragrances for less than essential oils, distillates, oleoresins and isolates, and artificial options are usually less expensive for brands that want to develop their own custom scents.

Synthetic fragrances are also more stable than plant-based ones. Products that are truly natural may need to be stored and shipped with extra care to prevent spoilage, and this further increases costs for manufacturers. Because synthetic fragrances are generally more economical, they allow companies to make more of a profit without having to raise prices for customers.

## **Health and Environmental Impacts of Synthetic Fragrance**

Although synthetic fragrance is beneficial from a cost standpoint, there are potential drawbacks to artificial scents for the people who use them. Some synthetic scents found in household products give off volatile organic compounds of VOCs, gases that get released from liquid and solid matter and can cause health problems. Short-term exposure to VOCs can cause irritation of the eyes, nose and throat, nausea, dizziness and headaches in sensitive people. Repeated exposure over a number of years could raise the risk of liver, kidney and nervous system problems as well as some forms of cancer.

VOCs also have a negative impact on the environment. When they combine with nitrogen oxides in the air, they can produce ground-level ozone, reducing air quality. Ground-level ozone can wreak havoc on ecosystems, preventing some plants from growing and harming wildlife. The U.S. Environmental Protection Agency (EPA) doesn't have the authority to pass regulations to promote indoor air quality, as laws only allow the agency to regulate products and processes that contribute to outdoor air pollution. As a result, companies are free to use synthetic fragrances that contain VOCs in household products.

It's important to note that not all synthetic fragrances are the same. Some may have little or no effect on health and the environment. However, it can be difficult for consumers to know which ones could cause problems. Making the switch to natural fragrances is one way to avoid exposure to potentially harmful artificial fragrance entirely.

## Is Natural Fragrance Safe?



Natural fragrances typically don't release harmful VOCs that negatively impact health and the environment. From that perspective, they may be a safer choice than artificial fragrance. Some people may be allergic to certain natural ingredients. For these individuals, coming in contact with natural fragrance could cause allergy symptoms like sneezing, nasal congestion and itchy and watery eyes. Individuals with asthma may also be sensitive to some natural fragrances. If you or someone in your household has allergy-induced asthma or allergies, you may need to avoid using some naturally derived fragrances.

As a consumer, it's important that you carefully research products before you use them. There are no regulations regarding the use of the word "natural" to describe products at this time. As a result, brands are free to combine one or two natural fragrances with synthetic scents or to add other types of man-made ingredients like preservatives and stabilizers to products and still say that they are natural. The other chemical ingredients in these products may also give off VOCs or pose other risks to health and the environment.

Look for products that are specifically labeled as containing "no harmful ingredients" and "water-based." The EPA's Safer Choice designation can also help you identify products that are safer for humans, pets and the planet. Fresh Wave is proud to have earned the EPA Safer Choice seal for our original and lavender Odor-Removing Gel and Odor-Removing Spray.

## **Freshen Your Home With Natural Fragrances**

In the comparison of natural vs. synthetic fragrances in air fresheners, true natural options come out on top in terms of safety. However, it's important that you read labels to ensure that natural fragrances aren't combined with other chemicals that are potential irritants.

Fresh Wave offers truly natural odor-eliminating products that you can trust. Not only do we use natural fragrances, but the active ingredients in our formulas are also plant-based, and every product in our collection is free of toxins and harsh chemicals. Choosing Fresh Wave odor eliminators allows you to avoid synthetic fragrances and other chemicals that can pose risks to people and pets. Check out our product selection to discover all the ways that you can freshen your home without artificial fragrance.

## **5. Are Green Solutions More Cost-Effective Than Chemical Odor Eliminators?**

Let's be honest: If you run a business, reducing your carbon footprint might not be your top priority. But going green can actually save money for you and your business — and improve your workplace culture in the meantime.

For example, one report from 2012 found that hospitals that reduce energy consumption and waste produced could save \$15 billion over a decade.

Another study that year, by UCLA and the University of Paris-Dauphine, found that employees at eco-friendly companies are 16 percent more productive than average. The authors wrote that these workers were more motivated, better trained and formed more interpersonal relationships, which in turn increased efficiency.

Helping your company become more environmentally conscious can be a lot easier than you might think: A move as simple as installing solar panels can cut your taxes by nearly a third of the installation cost — and could cut your energy bills in half.

### **1. Switch to eco-friendly lighting**

LED light bulb (L) and a compact florescent (CFL) light bulb  
Light emitting diode (LED) bulbs can use 25 to 30 percent less energy than incandescent light and last 25 times longer — which means big savings.

“LEDs are the most efficient lighting technology on the planet,” said Josh Gehly, vice president of Green Lighting LED.

Some LEDs can last 20 years or more. While they are slightly more expensive upfront than incandescents, these bulbs and others like it (such as compact fluorescent lights or CFLs) pay for themselves in saved energy and replacement costs. Depending on the size of your company and where it is located, you could save hundreds or even thousands of dollars annually:

Switching out 100 bulbs turned on for eight hours each day could save more than \$1,000 per year.

In fact, the Department of Energy projects that widespread use of LEDs could save the U.S. more than \$30 billion overall by 2027.

## 2. Buy used or eco-friendly furniture



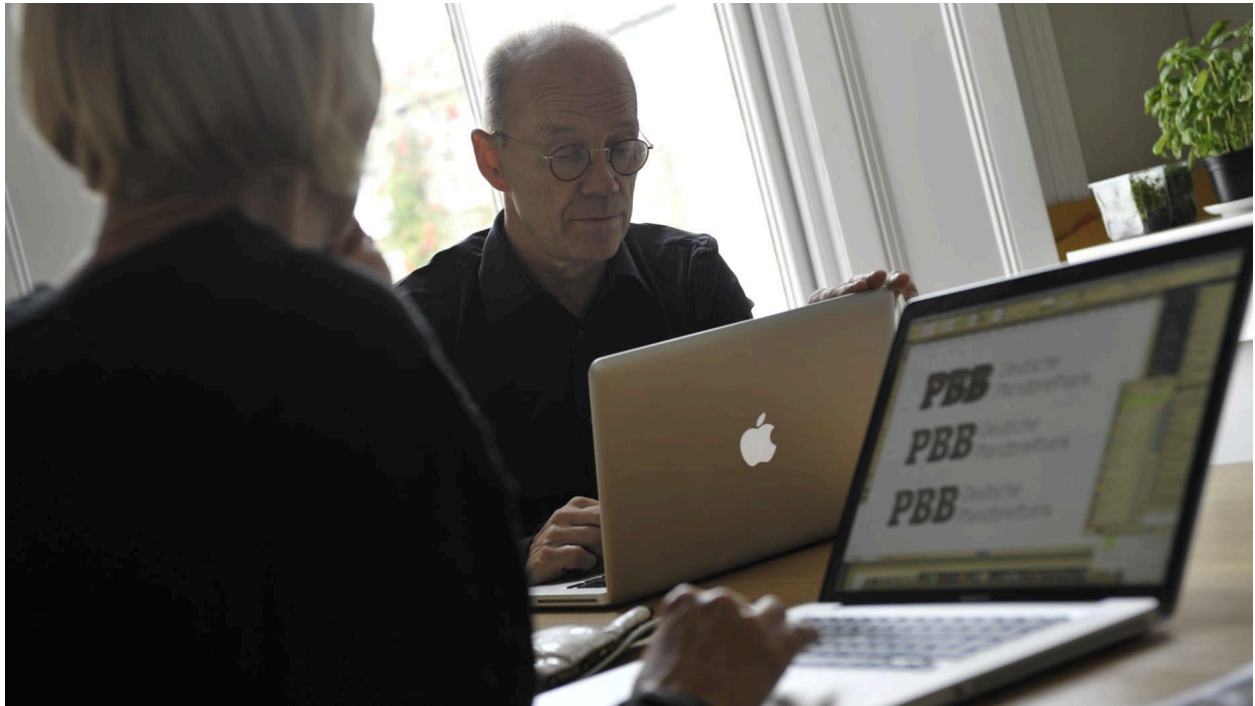
Shoppers carry items purchased during the Alameda antiques fairDavid Paul Morris | Bloomberg | Getty Images

Some people may not enjoy the idea of buying second-hand furniture, but used items can cut furniture costs in half and reduces landfill waste.

“The greenest thing you can do is buy re-used furniture,” said sustainability expert Jennifer Schwab.

In the wake of the recession, purchases of second-hand furniture rose as many failed businesses were forced to sell their furniture to other operations, she said. If the pieces you buy are high-quality or collector’s items, the furniture can even retain its value, she said. Those shopping for new chairs, tables and other items should consider furnishings made of green materials. Wood pieces certified by the Forest Stewardship Council, for instance, come from trees grown in sustainable and socially responsible conditions. Bamboo is also considered by some experts to be eco-friendly, since its fast growth avoids the need for pesticides. New eco-friendly furniture might not be cheaper upfront, but good-quality pieces last longer and can be more intelligently made, said Schwab. For example, Herman Miller designs modular furniture with easily replaced sections, so you can spend less if only one part of a piece breaks.

### 3. Let them work from home



Jesse Wild | Computer Arts Magazine | Getty Images

By allowing employees to work remotely, you can reduce your carbon footprint and paper waste, and cut down on costs required to light, heat and cool your office.

More people working from home also cuts down on carbon emissions from commuting. The federal government seems to support the shift toward more flexible policies: A 2013 report found that 47 percent of EPA employees were working remotely or “teleworking.”

Companies can reap big financial benefits from letting workers go remote, according to Global Workplace Analytics: IBM has cut down real estate costs by \$50 million, and overall the average real estate savings for a full-time teleworker is roughly \$10,000 per employee per year.

### 4. Cut food waste and encourage healthy eating

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Healthier employees means lower health-care costs.

If you have a company cafeteria, consider creating incentives for employees to purchase heart-healthy, nutrient-rich foods. For example, General Mills subsidizes its salad bar and has removed junk food from vending machines. And encouraging people to eat more produce (and less beef) isn't just good for them: It can cut your company's carbon footprint in a big way. Finding smart ways to manage food waste is another move that can pay off for the environment and your bottom line: Wasted food is the biggest component of garbage in our country, and contributes to methane emissions. Uneaten and discarded food makes up 133 billion pounds of the 430 billion pounds of the available U.S. food supply.

Businesses should consider taking leftover or uneaten cafeteria food and turning it into rich compost. Airline Jet Blue, for example, takes food waste from JFK International and gives it to McEnroe Organic Farm, where it is turned into soil that Jet Blue buys back to use in a sustainable rooftop garden at the airport.

The government offers free webinars and reports for businesses that take part in the “Food Recovery Challenge,” which helps reduce your environmental footprint and nets you some positive PR.

## 5. Conserve water



Fairfax Media | Fairfax Media | Getty Images

By using water- and energy-efficient appliances, you can save about \$300 annually for a small office.

Plus, by using inefficient toilets and heaters, your company might be having a bigger impact on the environment than you'd think: Businesses and public institutions consume more than 25 percent of the water used in metropolitan areas, according to NASA.

Simple ways to conserve water in the workplace abound, with several great ideas listed at [treehugger.com](http://treehugger.com). One easy step? Fix a leaky faucet or toilet, which can save up to 90 gallons of water a month.

## 6. Use eco-friendly paper or go paperless

Julie Thurston Photography | Getty Images

Going digital can save you serious cash: One report found that businesses like Lockheed Martin and General Electric estimated savings of \$250,000 to \$10 billion just for digitizing paper manuals and processes that used to require paper.

If you absolutely must print that 50-page report for the afternoon meeting, make sure you are printing on recycled paper.

“It’s a no-brainer to buy recycled paper,” Schwab said, since the cost today is comparable to that of traditional paper.

Other ways of cutting down on paper waste include asking employees to print double-sided documents and take messages on scrap paper.

## 7. Look for local rebates



Adam Berry | Getty Images

While investing in things like sustainable energy to power your office can snag you generous reductions in your federal tax bill, there are other tax rebates, credits and deductions that vary from state to state.

In California, for example, you can get rebates of \$50 to \$500 for installing energy-efficient refrigerators, air conditioners and heat-pump water heaters.

Vermont Gas provides rebates ranging from \$100 to \$1,000 for installation of high-efficiency equipment in existing commercial buildings. Eligible energy-efficient technologies include steam boilers and certain commercial ovens, among other equipment.

## **6. How Can You Make Your Own DIY Natural Odor Eliminators?**

I'm always very flattered when I get emails from my readers with questions about a specific issue they are dealing with at home. Whether it's a stain that needs removing or an appliance that needs cleaning, I do my best to help out wherever possible! And among those questions I receive, there's one subject that come up more frequently than almost any other, and it's not stain removal or appliance cleaning—it's eliminating odors!

There are a lot of different factors that can cause unpleasant smells around your home. And while I can't help every single person identify the specific cause of a specific weird smell, I CAN share an idea that can improve the situation for everyone! So today I'll be showing you how to make your own homemade deodorizer disks. These handy little pucks are so easy to make, and they do a great job of absorbing moisture and eliminating odors.

And the best part about these disks is that you can put them wherever you need them! (For specific ideas on putting these deodorizer disks to work, check out the last section of this post.) These deodorizing disks check all my boxes for a great homemade solution—they're quick to make, easy to use, and they get the job done!

### **How To Make Your Own Deodorizer Disks**

You'll need:

- ❖ 2 cups baking soda
- 1 cup distilled water
- 3-4 drops lavender and/or lemon essential oil
- Silicone mold or muffin pan

#### **Directions:**

- Add 3 to 4 drops of your chosen essential oil to about 1/2 cup of water. I like the combination of lavender and lemon oils, so I used both.
- Pour the scented water into the baking soda and mix well. Continue to add small amounts of water until the mixture forms a very thick paste. Divide the mixture into the cavities of your silicone mold or muffin tin. Let the disks dry for 24 to 48 hours until completely hardened. (Mine took about 24 hours, but Utah is extremely dry! So depending on the humidity in your area, it could take longer.)

### **How To Use Your Deodorizer Disks**

Place a deodorizer disk anywhere that could use a little freshening up! (Just make sure to keep them out of reach of pets and children.) Place a deodorizing disk...

- In the bottom of your trash can
- In the bottom of your diaper pail



- Near your cat's litter box
- In your bathroom
- Under your kitchen sink
- In your fridge

One deodorizing disk should last about one month before it needs to be replaced. And when you're ready to replace an old disk with a fresh one, you can crumble the old one into your laundry to help eliminate odors there too!



Natural and chemical odor eliminators are used to tackle unwanted smells, but they operate in distinct ways. Natural odor eliminators, such as coffee grounds, baking soda, and vinegar, work by absorbing or neutralizing odors. For example, used coffee grounds are excellent for deodorizing trash cans and other smelly areas around your home. Their absorbent properties help to naturally trap unpleasant odors without introducing synthetic chemicals into your living space.

On the other hand, chemical odor eliminators use artificial compounds like ammonia or chlorine to mask or neutralize smells. While they may be effective, chemical-based products can contribute to indoor air pollution and may cause allergic reactions for some individuals.

When it comes to deodorizing trash cans or other areas, using natural solutions like coffee grounds not only offers an eco-friendly alternative but also ensures a safe and effective way to keep your home smelling fresh.

## How To Use Coffee Grounds For Deodorizing Trash Cans And More

Using coffee grounds is considered an effective and simple way to get rid of unpleasant odours in your home. This is because coffee grounds are well-known for their strong odour-absorbing properties, which is why they can be repurposed easily as a safe cleaner.

They serve as a natural deodoriser and easily absorb unpleasant odours that might be caused by things like food spills. Very different from chemical-based air fresheners, coffee grounds are able to neutralise odours without the involvement of toxic chemicals or artificial fragrances. Moreover, it is worth noting that coffee grounds are budget-friendly, eco-friendly, and readily available. The same cannot be said about commercial cleaning products. This is why coffee grounds are a versatile solution for eliminating unpleasant odours. Many professionals who do expert vacate cleaning Perth have started using coffee grounds due to the benefits.

Here is how to use coffee grounds for deodorising trash cans and more. This will help you repurpose this item to remove the bad odours.

### 1. Keep the Trash Cans Smelling Fresh

Undoubtedly, the trash cans you use to manage waste will smell bad. This is where using coffee grounds can be a great option. The easiest way to eliminate the unpleasant odours from the trash cans is by pouring some of the coffee grounds into the can's bottom before proceeding with adding a bag.

There is no need to use the most expensive coffee because even the cheapest one can work just as well. According to the experts who do professional vacate cleaning Perth, this is the best way to ensure your trash cans always smell fresh.

### 2. Deodorise Your Refridgerator

It is fairly easy to deodorise your refrigerator using coffee grounds. Begin with collecting all the required supplies. This includes:

- A small container or bowl
- Used coffee grounds
- Sponge or clean cloth

Next, place the coffee grounds in the container or bowl and place it in the back of the refrigerator. Allow it to stay there for around 24 hours so that it can absorb odours. After a day, remove the container and discard the coffee. Use a moist cloth or sponge to wipe the appliance's interior. This will help remove any remaining odour and make your refrigerator clean. Finally, use a clean towel to dry the refrigerator.

### 3. Remove Bad Odour from the Carpets



Over time, your carpets will start to smell bad, and that is where using coffee grounds can be a handy option. Coffee is typically known to let off a strong smell that is able to mask the bad odours and remove it.

It is best recommended to simply sprinkle a generous amount of dry coffee grounds on the rugs and carpets to eliminate the bad odours. Allow it to sit there for numerous hours. Finally, vacuum the coffee grounds away. According to professionals who do cheap vacate cleaning Perth, this will help make your carpets and rugs smell fresh.

### 4. Deodorise the Microwave

If you are looking for an eco-friendly and safe way to deodorise your microwave, then it is best to use coffee grounds. Begin by taking about two tablespoons of used coffee grounds. Add them in a microwave-safe bowl and add about half a cup of water. Place it inside the microwave and set it to high power.

Let it heat for about 2 – 3 minutes. Practice caution when removing the bowl because it will likely be hot. Finally, wipe the microwave's interior gently using a moist cloth, confirming there is no residue left. There is also the option of placing a container that has dry coffee grounds in the microwave.

Allow it to stay there for numerous hours, ideally overnight, because that will permit the grounds to absorb and neutralise the unpleasant odours. Lastly, remove and properly dispose of the coffee.

### 5. Eliminate Unpleasant Odours From Your Closet

From time to time, you will likely notice that your closet contains unpleasant odours. It will likely be the result of a lack of proper ventilation and the presence of too much moisture. If you fail to deal with it, the odour can make its way to your clothes. However, there is no need to panic since you can easily solve this problem using coffee grounds.

According to professionals who do cheap vacate cleaning Perth, using coffee grounds is ideal for removing bad odours from your closet. Simply add a few generous scoops of coffee to a brew bag.



Next, just hang the bag in your closet. To make hanging easier, it is best to use either a hook or a hanger on the closet's either side. Let the bag stay there for a few days so that the coffee can do its work. You will be surprised to see the difference it makes. Similarly, you can remove bad odours from shoes with just coffee and a bag. Place the bag filled with coffee inside your shoes overnight. The next morning, you won't notice any bad odour.

### **Wrapping Up**

Underestimating the power of coffee is never good since it can be used for plenty of household tasks. One of them is handling unpleasant odours. You can effectively deodorise the things mentioned in this article using coffee grounds.

## Bottom Line

When it comes to odor eliminators, choosing natural solutions over chemical-based ones is not only better for your health but also for the environment. Green alternatives, like coffee grounds or essential oils, offer effective, non-toxic ways to keep your home fresh while reducing your ecological footprint. As awareness grows, embracing these eco-friendly options ensures a cleaner, safer living space without compromising the planet. Choose green solutions for a healthier tomorrow.

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