



To What Extent Are Popular Cleaning Products Putting Families At Risk, Asks Utama Spice Bali

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Indonesia based Utama Spice Bali recently issued a public advisory to the general public about the potential dangers of chemicals inherent to traditional household cleaning supplies. They have also uploaded a number of useful DIY videos on their YouTube channel to discuss how essential oils can be used as a safe, natural, and effective alternative to commercially available home cleaning products.

“Many of us have developed a positive outlook about everyday household cleaning products because most of them truly work as advertised—to clean dirt, remove bad odour, and kill 99.9% of germs and bacteria. However, most of us are also unaware regarding the significant health risks of prolonged exposure to chemicals present in traditional cleaning products,” said Ria Templer from Utama Spice Bali.

Recently, scientists in Norway released a study, spanning 20 years, of more than 6,000 participants that showed a clear connection between the risk of developing lung-related diseases and prolonged use of household cleaning products. Researchers discovered that the more people cleaned with these products, the more serious the effects to their lungs. Furthermore, those who worked as professional cleaners and were exposed to chemicals more often incurred as much lung damage as would be expected in someone that

smoked 20 cigarettes a day.

Meanwhile, Templer also warned the public of specific chemicals and compounds present in everyday household cleaning products. They stated that many fragranced household products, such as air fresheners, dish soap, and even toilet paper contain Phthalates. In fact, according to a 2003 study conducted by the Centers for Disease Control and Prevention (CDC) and Harvard School of Public Health, Phthalates are capable of reducing sperm counts among men and cause endocrine disruption as well.

Furthermore, the United States Environmental Protection Agency (US EPA) is currently investigating whether a chemical called Triclosan causes endocrine disruption. Triclosan is a strong antibacterial agent that is commonly found in liquid dishwashing detergents and hand soaps and, according to the latest research from the American Medical Association (AMA), prolonged exposure to such antibacterial chemicals not only creates drug-resistant bacteria but also weakens the effectiveness of antibiotics in the human body as well.

In addition, one of the most common cleaning agents, Ammonia, is known to cause lung-related diseases such as chronic bronchitis and asthma. Ammonia is an irritant that is capable of producing harmful gases when mixed with bleach, and is also known to cause breathing problems and lung issues in older people, Templer added.

On the other hand, she explained that essential oils can be used as a natural and effective alternative to chemical-based cleaning agents. She said that there are numerous options to choose from, including lavender oil infused fresheners, tea tree oil based antibacterial soaps and sprays, lemon extract as an antiviral and antibacterial agent, eucalyptus as germicide, and so on. More insights to essential oils can be found on the company's website and Press Advantage page. It is very important to create proper awareness when it comes to using natural cleaning agents, to remind everyone that the safety of their loved ones and the environment are more important than mere convenience, Templer said. Utilizing environmental-friendly cleaning products not only contributes to more savings in the long run but also decreases water pollution, ozone depletion, air pollution, and global climate change.

Those looking for natural, and essential oil infused, products may visit Utama Spice Bali's website. They offer a wide range of natural products, including essential oils, sprays, body mists, soaps, face masks, lotions, bug sprays, lip balms, and more. They also pride themselves in using 100% pure essential oils from natural ingredients which are locally sourced in Bali.

One of their satisfied customers, Wyatt Daily, said on Facebook, I absolutely loved Utama Spice's body butter, scrub, and hair oil because they are all natural and handmade. I was able to visit their Ubud location and I was amazed at how the company runs their manufacturing facility. I can say that this company is truly passionate in providing eco-friendly and natural products inspired by Balinese tradition.

Customers may visit their Ubud store to purchase their health and wellness products. Furthermore, interested parties may connect with them through their official social media pages on Facebook, Instagram and YouTube to stay up to date with their latest news and important announcements.

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Utama Spice

Utama Spice is a traditional skincare company based in Ubud, Bali. We focus on applying ancient Balinese herbal knowledge to create products that not only enhance your skin's natural beauty but also provokes your mind to consider the raw power of nature.

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