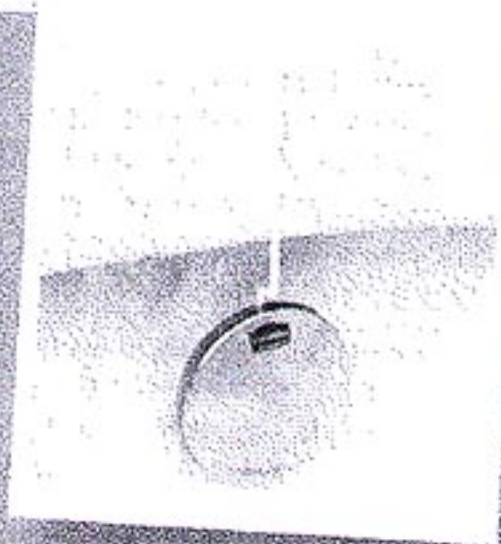


Forget the plug-in air cleaner or toilet freshener. Synthetic fragrances may contain up to 100 ingredients, some of which are absorbed into the skin and can cause allergic reactions.

Instead, try **Zielonka Toilet Smell Killer**. It hangs inside the toilet bowl and works without chemicals or synthetic fragrances to neutralise odours with every flush. The air smells fresh within 2-3 hours of first flushing. £19.95.

● Call **01628 898 366** or visit **[www.vitalia-health.co.uk](http://www.vitalia-health.co.uk)**

You don't have to compromise on your sanitary protection, either. **Natracare** tampons, towels and liners are made of organic cotton and are chlorine bleach-free. From £1.25; available in Boots, Waitrose, Sainsbury's and health food stores.



**'Plug-in air cleaners and toilet fresheners may have a cocktail of ingredients that can cause bad allergic reactions'**