



Blown away by allergies? ^{gear}

Here are a seven great tips to help make spring more allergy-friendly.

We know that allergy season can be miserable so we wanted to be sure that you are prepared a little bit in advance this year. Here are nine great tips that will help make allergy season more bearable:

1. GET A GOOD AIR PURIFIER

Air purifiers can be a major help during allergy season because they can filter out the pollen or other micro-allergens floating around in the air. One with a fine particle filter is a great option. But, did you know that you can also go filter-less and avoid the switching hassle? We found an air purifier by [AirFree®](#) that actually destroys allergens using a contained heat source that heats up to 400F! Don't worry, it doesn't actually heat up the room or anything around it. It also runs silently and has optional lighting modes.

2. SOOTHE YOUR SINUSES WITH A RINSE

There is a reason people have been using the neti pot for eons. Do you know that the word 'neti' is actually a Sanskrit word? Neti pots come in a variety of styles and are often made of ceramic. The key is to get one that you can clean easily and that you feel comfortable using. If you are not sure where to begin with a neti pot, consider using a nasal wash instead, which is similar. You can get a nasal wash starter kit like [Dr. Hirt's® Nasopure®](#) nasal wash kit. Choose from adult or child models. The kit will come with a pH balanced salt mix and Nasopure® bottle and of course easy-to-follow instructions to get you on your way to soothed and clear nasal passages.

3. KEEP THE DUST AND DANDER AT BAY

One of the best ways to keep allergens out of the air is to not sweep them off the floor. It's always dusty after sweeping with a traditional broom. That is why grandma never dusted the house before cleaning the floors. Classic floor sweeping



causes dust, hair, dander, pollen particles and more to fly into the air and land on EVERYTHING from shelving to furniture. You can reduce the overall dust and dander by keeping your pets clean and brushed, and taking off your shoes when you come into the house. Washing jackets and other clothing that might be covered in pollen can also greatly reduce environmental allergens.

We found that using a portable vacuum system like the [Raysop Omni Power Cordless Vacuum](#) is a very convenient alternative to a classic broom. The device does have washable components, is rechargeable and has three power modes for when you really need more suction on edges or carpeting. One of the reasons we really like this product is that it has an attachment for a UV Sanitizing Head. It is an optional accessory that you can use on furniture and bedding for added sanitizing needs. Use this device throughout the day between deeper cleans with a larger system especially if you have a lot of long hair or pet hair to deal with.