



*Sensitive*

RENTALS™

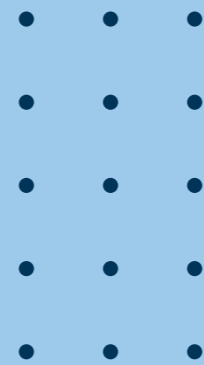
# Converting Your Rentals

Into Sensitive Rentals.

## Our Home.

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“Find your comfy place.  
We work with renters  
and those seeking an  
allergy-free getaway.”

Mark and Katy Simanski - Sensitive Rentals Family

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## WHAT'S IN IT FOR YOU?

There are thousands of people talking about “non-toxic” living. Walk in a grocery store and see the increase in products labeled “fragrance-free.” A quick search for “electromagnetic sensitivity” on Google brings up countless articles and companies now creating products for sensitive individuals. Why? Because the demand is real, and people are actively seeking these solutions.

Now, consider the housing market. How many properties advertise as fragrance-free? How many rentals take precautions to limit electromagnetic frequencies, given the number of people who need safe spaces due to EMF sensitivity? Standing out in the rental market is within reach—by being one of the first to create a sensitivity-friendly short, mid or long-term rental. The demand is high, but the competition is still low—this is your opportunity to get ahead.

To see the demand for yourself, just visit Facebook and search for groups with keywords like “non-toxic,” “fragrance-free,” “EMF,” “mold,” “Multiple Chemical Sensitivity.” There are numerous groups with thousands of members who need safe, comfortable spaces. Sensitive Rentals is the best platform to advertise on, with no cost to you! We can get your listing in front of thousands of individuals in need of safe rentals.



## FREE MEMBERSHIP

Membership is free, with an optional donation model to support the site's ongoing maintenance, marketing and other essential expenses, as well as, how we support our family. From our hearts to yours, we offer this resource at no charge, because for the thousands of people who need safe spaces, the cause is greater than the cost. Please consider setting up a recurring payment at whatever price is fair and affordable for you, if possible. Thank you!

## Clear, Honest & Proactive: Transparency and Prevention Through Your Disclaimer

At Sensitive Rentals, we provide a submission form with questions covering these essential, sensitivity categories to help you clearly communicate what your rental truly offers. Guests can review your answers, promoting transparency that minimizes misunderstandings and leads to happier, more satisfied guests—and better reviews! While we understand that guarantees aren't always possible, guests appreciate knowing that you're taking preventive steps and showing transparency. We also provide a disclaimer at the bottom of your listing. The disclaimer is as follows. “As a property owner listing on Sensitive Rentals, please note that we cannot guarantee our property will meet your sensitivity needs. Many variables and unknowns can arise, and we cannot ensure that this property will be safe for you. By listing on Sensitive Rentals, we are strictly providing information and transparency about our listing. We are not liable for any adverse health effects that may occur during your stay. Thank you for your understanding.”

# HOW TO USE THIS FORM

## Sensitivity Categories

There are three main sensitivity categories addressed by Sensitive Rentals.

- Fragrance-Free
- Mold Prevention
- Electromagnetic Sensitivity Protection (EMF)

## Tiers

Each sensitivity category is divided into Tiers 1-3, with Tier 1 representing basic accommodations, Tier 2 offering moderate upgrades, and Tier 3 delivering a superb level of sensitivity-friendliness in that category.

## Understanding What to Do

We **strongly encourage** completing, at least, **Tier 1 in all three categories** mentioned above. This is not only a proactive step but also the most effective marketing tactic to expand your rental's reach to a larger audience. **Each additional tier you complete enhances your ability to connect with a broader audience.**

### Option 1: Best Starting Place to Reach A Bigger Market

- |  |  |  |
|--|--|--|
| 1. Fragrance-Free<br>Tier 1 Fragrance-Free<br><input type="checkbox"/> | 2. Mold Prevention<br>Tier 1 Mold Prevention<br><input type="checkbox"/> | 3. EMF Protection<br>Tier 1 EMF Protection<br><input type="checkbox"/> |
|--|--|--|

## What's the Criteria for Submission Acceptance?

We understand that **Rome wasn't built in a day—and the same goes for preparing your rental.** If completing all three categories is not feasible, we accept the following option (Option 2). You'll notice that mold prevention is included in both options, as it should be a standard practice for any rental, regardless of the target audience.

### Option 2

- |   |   |
|---|---|
| <input type="checkbox"/> 1. Fragrance-Free<br>Tier 1 Fragrance-Free | <input type="checkbox"/> 2. Mold Prevention<br>Tier 1 Mold Prevention |
|---|---|

## Completion of All 3 Categories and All 3 Tiers:

If you have gone above and beyond to create an exceptional rental experience, it's important for potential guests to know about it. We will create a special advertisement for your property once you list with us. Please contact us at [sensitiverentals@gmail.com](mailto:sensitiverentals@gmail.com) to share your achievements.

## How to Prepare and Submit Your Rental Listing

- **Prepare Your Rental:** Start by completing the steps outlined in the category directions beginning on page 8.
- **Submit the Screening Form:** Visit [SensitiveRentals.com](https://www.sensitiverentals.com) to fill out the screening form. The answers you provide will be visible to your audience, and you can include a disclaimer.
- **Update Anytime:** Login to Sensitive Rentals at any time to update your answers as needed!

## First Steps: Understand Your Clientele

Not everyone may have sensitivities, but many individuals are increasingly seeking **healthier options** for themselves and their families. The term 'non-toxic' is becoming increasingly popular and widely used. When presented with a choice, people are often inclined to select the safer, healthier option.

However, there is another group to consider: individuals with **Multiple Chemical Sensitivity (MCS)**. MCS is a condition where exposure to certain chemicals and environmental factors triggers a variety of physical symptoms. Everyday items such as cleaning products, scented items, air fresheners, laundry detergents, and building materials can cause reactions, as can electromagnetic sources like Wi-Fi.

For those with MCS, reactions can range from respiratory distress and debilitating migraines to, in severe cases, being confined to bed. These individuals often face immense challenges in finding safe spaces, making the search for suitable accommodations akin to finding a needle in a haystack.

If you manage a short, mid, or long-term rental property, creating a sensitivity-friendly environment can ensure all guests feel safe and comfortable. Such accommodations not only cater to a diverse range of guests but also **help make your property to be more inclusive and marketable to a broader audience.**

You don't need to overhaul your property all at once—starting small and gradually making changes can go a long way. **These adjustments will benefit not only your guests but also your own health and well-being, as well as your properties success!**

# Let's Get Started

## Directions:

Ensure completion of Tier 1 in both the Fragrance-Free and Mold Prevention categories. To expand your market reach, consider progressing through higher tiers or adding more categories to your strategy.

### 1. Fragrance-Free Category:

Fragrance-free environments are crucial for individuals with Multiple Chemical Sensitivity (MCS). It means that no product can have an ingredient with fragrance, parfum or essential oils in it. While you're making the switch, choose [fragrance-free products that are non-toxic](#) to appeal to a wider market.

#### Tier 1 Fragrance-Free Steps

##### 1. Understand Key Terms:

- Familiarize yourself with terms like "Fragrance-Free," "Unscented," "Free & Gentle," and "Parfum." These terms can be misleading and can lead between a miscommunication with you and your guest.
- Here's a [guide on fragrance terminology](#) to help you understand the nuances.
- Here's a [video](#) to also help you understand the terminology better.

##### 2. Replace Cleaning Products:

- Ensure all cleaning products are fragrance-free (not just labeled as "unscented," "natural" or "free and gentle," which can still contain masking agents).
- Check all labels to make sure fragrance, parfum or essential oils are not added.
- No essential oils.
- Replace all and any general-purpose cleaners: floor, bathroom (toilets, shower, sinks), counter, furniture and window cleaners, carpet solutions, dish soap, hand soap and any other cleaners you have with only fragrance-free products. While making the switch, choose fragrance-free products that are also non-toxic to widen your market.
- Please check out some alternative fragrance-free, non-toxic products [here in this article](#). There are many alternatives out there and this article does not list all the options but does give popular alternatives.

- Whatever alternative products you choose may still not work for everyone. These are some of the more common choices. MCS is very individualized.

### 3. Replace Personal Care Items:

- Ensure all personal care products in the rental are fragrance-free. This includes but not limited to hand soaps, dish soap, shampoos, conditioners, hairspray, lotions, nail polish, and no perfumes or colognes. There is the option of only providing hand soap but not provide the shampoo or conditioner.

### 4. Remove Scented Items:

- Remove any air fresheners, plug-ins, scented candles, diffusers, potpourri and anything else that gives off scent. Staying neutral is better.

### 5. Post Reminders:

- Display polite reminders throughout house to ensure guests are aware and remember the fragrance-free policy.

### 6. Set House Rules:

- Clearly communicate the fragrance-free policy in the booking process. Put this in your description of your property.

#### Tier 2 Fragrance-Free Steps

##### 1. Deep Clean for Residual Scents:

- If you've previously used scented products in the home, it's best to perform a deep clean, especially on walls, carpets and other surfaces. Fragrance oils from plug-ins, diffusers and air fresheners can absorb into these materials, leaving lingering scents that may not be noticeable to some but are very apparent to those with sensitivities. Check out this helpful article from the, [My Chemical-Free House Blog](#), for detailed guidance on removing residual scents left by plug-ins.

##### 2. Deep Clean Fabrics:

- If you've previously used scented laundry products, a thorough cleaning is advised, as oils and chemicals from these products can absorb deeply into fabrics and are challenging to remove. To clean these items, run them through multiple cycles in the washing machine using a non-toxic, fragrance-free detergent ([see this article here](#)), then let them air out in the

sun—the sun can help neutralize odors. However, even with these steps, complete scent removal is not guaranteed and may need replaced.

### Tier 3 Fragrance-Free Steps

#### 1. Replace Items:

- If you've previously used scented laundry products, replace items such as bed linens, towels, furniture covers and curtains, as these fabrics retain lingering fragrances over time.

#### 2. Remove Carpet:

- If the previously scented room had carpet, go the extra mile and remove it entirely. Carpets can off-gas for years, continuously releasing volatile organic compounds (VOCs), while also trapping dirt, moisture and odors, including fragrance scents. For a healthier option, consider replacing the carpet with non-toxic flooring or area rugs, which can be easier to clean and less likely to harbor allergens. For recommendations on floors and rugs, please check the "New Construction" Category, below, for safer options.

#### 3. Screen Potential Guests Options:

- "Are you aware that this is a fragrance-free property, and do you agree to follow our fragrance-free guidelines?"
- "Are you willing to avoid using fragranced products during your stay, including items like perfume, cologne, lotion, hair spray, gel, shampoo, conditioner, and similar products?"
- Begin the conversation by saying, "We have a fragrance-free policy here. Could you let me know what personal care products you typically use?"
- **Offer a Contract Option:** Some guests may appreciate the added clarity of a contract outlining fragrance-free policies while also protecting your property. Providing this option can attract those who value and are committed to these guidelines, but it can also deter and scare others away.

#### 4. Hire a Consultant (Optional):

- [Corrine Segura with "My Chemical Free Home:"](#)

## 2. Mold Prevention Category:

Whether or not your guests are sensitive to mold, no one wants to be around it. Mold can sometimes be hidden and go undetected in your home. For this category, we want to know if you're actively taking steps to prevent mold. Here are some ways to stay aware and reduce any chance of mold growth.

### Tier 1 Mold Prevention Steps

#### 1. Know What to Look For:

- **Water Damage:** Change the Air Foundation provides helpful visual resources for identifying potential water damage. Visit the [Free Download](#) page and click on the **5 Signs of Water Damage** link to download the document.
- **Mold:** Often appears as green, white, or black growths. It can sometimes be mistaken for dirt or dismissed as mildew. You can view visual examples on the [Mold-Answers website](#).

#### 2. Check Areas Regularly for Mold and Water Damage:

- **Regular Mold Checks:** Make regular mold and water inspections a part of your cleaning routine.
- **View Comprehensive Checklist:** Visit the [Free Download](#) page and click on the **Checklist: Where to Look for Mold and Water Damage** link to download the document.
- **Washing Machine and Appliances:** For front-load washers, inspect the door gasket, dispensers, and around the door for any signs of mold. Additionally, check behind or underneath the washer and other appliances, such as dishwashers and refrigerators, for leaks or moisture buildup..
- **Windows:** Look around window frames, as leaks can lead to mold growth.
- **Garbage Disposal:** Food particles or a dropped rag or sponge in the disposal can foster mold.
- **Attics:** Attics are sometimes overlooked, but if a tile falls off or bolts on a metal roof loosen, water can seep in. Regular checks are important
- **HVAC System:** Look for black spots or dust around air vents, as these can indicate that the filter is not working properly or that mold is present. Mold spots are often difficult to wipe off and may feel wet or slimy.
- **Mini Splits:** When inspecting mini-split systems for mold, look for signs such as moisture buildup, black splotches on or around the unit and any noticeable musty or unpleasant odors.



- **Basements:** Check for any water seepage, pipe leaks, or discoloration on walls or floor corners.
- **Bathrooms:** Inspect ceilings, walls, toilet tank and showers for any signs of mold, especially around tiles.
- **Fireplaces:** When checking around fireplaces, look for key indicators like: Musty odors or unusual smells, dripping sounds, dark water stains or dampness around the chimney material and firebox. For a more detailed guidance, you can refer to HomeCleanse's resource: [Mold in the Fireplace: The Ultimate Guide](#).
- **Pipes:** Regularly inspect pipes under sinks or in basements for leaks. Even minor leaks can contribute to mold over time.
- **Baseboards and Floors:** Regularly check baseboards and floors for mold to catch hidden moisture issues early and prevent health risks or costly damage.
- **Plants:** Be mindful of any indoor plants, as damp soil can foster mold.

### 3. Cleaning:

- **Washing Machine:** Include your washing machine in your regular cleaning routine. Wipe down the door gasket, clean the dispenser and run a high-temperature cycle with fragrance-free, non-toxic detergent, vinegar or rubbing alcohol to sanitize.
- **Garbage Disposal:** Add garbage disposal maintenance to your cleaning list. Pour ½ cup of baking soda and 1 cup of vinegar into the disposal, let it sit for 10 minutes, then rinse with hot water while running the disposal.
- **HVAC System and Mini Splits:** Have your HVAC System or Mini Split professionally cleaned minimally once a year and consider hiring a [NADCA](#) or [ACCA](#) certified company to do so. Before getting your HVAC system cleaned, it is advised to visit the [Free Download](#) page from Change the Air Foundation and click on the HVAC and Duct Cleaning Basics link to download the document.
- **Mold Removal- Hire A Professional:** If you discover any mold during inspections, ensure it is removed safely and thoroughly. For extensive or persistent mold issues, contact an Indoor Environmental Professional (IEP) for proper remediation. Before hiring an IEP, please consider visiting the [Free Download](#) page from Change the Air Foundation and click on the [Questions to Ask When Hiring an Indoor Environmental Professional \(IEP\)](#) link to download the document.

### 4. Run a Dehumidifier:

- **Dehumidifier Use:** Run a dehumidifier, particularly in the basement, to reduce moisture. In areas with high humidity, it may also be beneficial to use a dehumidifier in other parts of your home.
- **Regular Maintenance:** If your dehumidifier doesn't have a drain hose, be sure to include checking and emptying it in your regular cleaning routine.

### 5. Exhaust Fan or Window in the Bathroom:

- **Ventilation:** Proper ventilation in the bathroom is crucial due to the condensation from shower steam. If your bathroom has a separate switch for the exhaust fan or a window that needs to be opened, it may be helpful to leave a polite reminder for guests to turn on the exhaust fan while showering. This helps prevent moisture buildup and mold growth.

### Tier 2 Mold Prevention Steps

#### 1. Purchase an Air Purifier:

- An air purifier can significantly improve indoor air quality by removing allergens, mold and chemicals like VOCs. The [Austin Air Healthmate Plus](#) or the [smaller version of the Austin Air Healthmate Plus](#) is a commonly used air purifier. For a deeper understanding of the best air purifiers check out, My Chemical Free Home's article [here](#) and another [here](#).
- **Change Filters Regularly:** Ensure filters are replaced as recommended to maintain the efficiency of your air purifier and continue benefiting from clean air.
- **EMF Considerations:** Be aware that air purifiers can emit electromagnetic fields (EMFs). To minimize exposure, place the purifier at least 5 feet away from frequently used spaces like your bed or seating areas. If EMFs become an issue, unplugging the device is an easy solution.

#### 2. HEPA Vacuum First Before the Broom or Mop:

- A HEPA (High-Efficiency Particulate Air) vacuum is highly effective for managing mold issues, as it traps tiny particles like mold spores, preventing recirculation into the air. People can bring mold into a home via their clothes or belongings. It's best to vacuum with a HEPA filter before using a broom or mop, which can disturb and spread spores. In cases of significant visible mold, this is not the case.
- After the HEPA Vacuum, you can then use a damp cloth to clean.
- Examples of some quality HEPA vacuums are: [Prolux HEPA Vacuum](#) and [Shark Rotator HEPA Vacuum](#)

### 3. Microfiber Cloths:

- Use microfiber cleaning cloths for hard surfaces, as they are more effective at capturing fine dust particles compared to regular rags or towels, which may smear debris rather than remove it.
- If using reusable microfiber cloths, wash them in a hot water cycle to ensure thorough cleaning.

### 4. Remove Carpet:

- Carpets trap moisture, dirt, and organic debris, creating an ideal environment for mold growth. Dampness from spills, humidity, or leaks often goes unnoticed, allowing mold to thrive and impact air quality and health. As a rental property, there's no way to be certain about past spills or whether they were cleaned up properly. For recommendations on floors and rugs, please check the "New Construction" Category, below, for safer floor options.

### 5. Steam Cleaner not to be Confused with Carpet Steamer: Key Differences

- **Carpet Steamers:** These are designed specifically for cleaning carpets by applying water and cleaning solutions. However, improper use—such as over-wetting the carpet or failing to dry it properly—can lead to mold growth. It is often best to remove carpeting, as it is easier to maintain and helps prevent issues like mold growth, the buildup of toxic dust and the release of harmful VOCs over time.
- **Best Practice:** If carpet removal isn't an option, ensure carpets are dried within **24 hours** after steam cleaning. This may involve lifting the carpet off the pad or using a professional carpet cleaning service that specializes in fast drying methods.
- **Steam Cleaners:** Unlike carpet steamers, steam cleaners use high-temperature steam to clean and sanitize a variety of surfaces without using harsh chemicals. They are ideal for fast-drying surfaces and can effectively remove stains without leaving excess moisture behind. [McCulloch MC1275](#) is an example of a quality steam cleaner. Please check what fast drying surfaces can be used for steam cleaning.

#### Tier 3 Mold Prevention Steps

##### 1. Hire an Indoor Environmental Professional (IEP):

- A professional IEP would be a good consultant and would help with proper remediation. Before hiring an IEP, please consider visiting the [Free Download](#) page from Change the Air Foundation and click on the [Questions to Ask When Hiring an Indoor Environmental Professional \(IEP\)](#) link to download the document.

### 2. Testing:

There are various tests available. If you're catering to individuals with mold sensitivities, a great starting point is addressing their primary concern: whether your property has passed a mold test. There are several testing methods available, with two well-known options being:"

- [Ermi Test](#): Tests for 36 mold species and includes a consultation with an analysis. The Hertsmi Test, offered by Mycometrics, tests for 5 mold species but doesn't include a consultation. It is recommended to start with the Ermi Test and follow up with a Hertsmi Test after remediation.
- [Hertsmi-2](#): This test uses a dust swab to check for 5 types of toxic mold from EnviroBiomics Incorporated.

### 3. Dive Deeper:

- For those sensitive to mold, products like [foggers](#) and mold fogging solutions (e.g., [Superstratum](#)) may be effective options. However, individual reactions to these solutions can vary, just as they do with ozone machines—some people tolerate them well, while others may not. To ensure a positive experience, it's essential to understand your target audience, clarify what you're trying to prevent, and be transparent in your listing about the tools or methods used.
- For additional support and guidance, [Mold Help for You](#) is an excellent resource, offering recommendations for products, mold removal strategies, and consulting services. Additionally, [John C. Banta](#) is a valuable expert in creating and maintaining a healthy home, providing insights and expertise for those seeking a safer living environment.



### 3. Electromagnetic Sensitivity Protection (EMF) Category:

People who are sensitive to **electromagnetic fields (EMFs)**, often referred to as “**electromagnetic hypersensitivity**” (EHS), may experience physical symptoms when exposed to EMFs from devices like Wi-Fi, Bluetooth devices, smart meters and various household and smart appliances. As you explore ways to address EMF exposure, you’ll discover a variety of products designed to help reduce it. These solutions may work for some individuals but not for everyone. You can always implement additional measures over time, but for now, **let’s focus on these initial steps.**

#### ☐ Tier 1 EMF Protection Steps

##### 1. Placement:

- **Router Location:** Place the router box outside of bedrooms and away from high-traffic living spaces, such as living rooms and kitchens.
- **Bedroom Location in Relation to Smart Meter:** If a smart meter (used by the gas or water company) is located directly outside a bedroom, take precautions. If possible, consider relocating the bedroom to another room. If relocation isn’t an option, avoid placing the bed against the wall adjacent to the smart meter. For added protection, use Faraday cages (refer to step 4 in Tier 1) specifically designed for smart meters.
- Leaving space between the bed and the wall can help reduce exposure to EMFs exposure, especially from sources such as electrical wiring, smart meters or appliances that may be in the walls.

##### 2. Avoid:

- **Avoid Plugged-in Devices in the Bedroom:** Avoid keeping appliances plugged in during the night, such as alarm clocks or other devices. If it is not possible, ensure that guests have the option to easily unplug these devices or consider providing battery-powered alternatives. If unplugging appliances isn’t feasible, consider using [E-shielded power cords](#) for any devices that must remain plugged in. Be sure to confirm that the appliances are compatible with power cords.

##### 3. Giving Guests the Option to Turn Wi-Fi Router On or Off:

- For those with EHS sensitivity, sleeping may be difficult if Wi-Fi or “dirty” electricity from plugged-in devices is active.
- Provide an easy way for guests to turn off the Wi-Fi router, particularly at night.

- Consider offering a [Wi-Fi kill switch](#) as a convenient solution.

##### 4. Faraday Cages:

- **Smart Meters:** Many locations now require smart meters, but if you have the option to decline, it’s best to opt out. If smart meters are already installed (including those for energy or water services), install Faraday cages around them to help reduce electromagnetic field (EMF) exposure. [Smart Meter Guard Store has one here.](#)
- **Wi-Fi Routers:** Install Faraday cages around your router. [Router Guard Store has one here.](#)

##### 5. Limit Smart Appliances, if Possible, and Turn Off Their Wi-Fi and Bluetooth:

- Many modern appliances are now “smart” devices that rely on Wi-Fi or Bluetooth, which can make daily tasks easier.
- When addressing EHS sensitivity, it is recommended to limit the use of smart appliances. As a best practice, turn off their Wi-Fi and Bluetooth features whenever possible, or consider removing the appliances entirely.
- Most smart appliances, when Bluetooth or WIFI are turned off, will still perform necessary functions but won’t include smart features

##### 6. Lighting:

- Light dimmers can increase EMF exposure. If dimmers are already installed, those with EHS sensitivity will want to avoid using them all altogether and won’t use them.
- Opt out of dimmers or have another form of light. Light dimmers can increase EMF exposure. For individuals with EHS sensitivity, it is best to avoid using dimmers altogether or opt for an alternative form of lighting, such as, a lamp.
- Incandescent or halogen light bulbs, which produce lower EMFs, are preferable but may be harder to find. If you have a choice, consider opting for these.

##### 7. List Location Benefits (Optional):

- If your property is situated in a wooded area, farther from neighboring houses, or at a distance from cell towers or transmission lines, it may provide a reduced-EMF environment, naturally. If your rental meets any of these criteria, consider mentioning it in the comments section of the listing screening submission page.

- Don't worry if your property doesn't qualify under "Location Benefits." Your property can still be listed in the "Emf Protection Category." On the other hand, if your property is right next to a cell tower or transmission lines, I would mention that in the comment section of the listing screening submission page.

### Tier 2 EMF Protection Steps

#### 1. Switch Cutoff:

- **Cutoffs:** Devices like the [Emf Safe Switch Cutoff](#) or [RCS4 Remote Cutoff Switch](#) cut off power to sleeping areas, allowing guests to turn off electric fields from the breakers in their bedrooms at night for more restful sleep.

### Tier 3 EMF Protection Steps

#### 1. Hard Wire Your Home:

- **Hardwire Your Home:** Hire a professional to set up Ethernet connections throughout your home. Another option is to use a WiFi [Hardwire Kit](#).

#### 2. Hire an EMF Consultant:

- An EMF consultant is a great option for managing the complexity of EMFs in your home. Since some properties have higher levels of "dirty electricity" or electromagnetic fields, a consultant can guide you through the best steps to reduce EMF exposure in your specific situation. Two examples of EMF consultants are [Oram Miller](#) and [Jermery Johnson](#).

## Important Considerations for Sensitive Guests When Choosing a Rental

In addition to the categories mentioned above, the following section highlights what sensitive individuals "non-toxic" or guests should be aware of when evaluating a place. These are not necessarily specific items to address but are important considerations to keep in mind. If action is required—such as purchasing new furniture (like a couch or bed), undertaking construction, or dealing with pests—please refer to the categories below for further guidance.

### **New Construction/Remodeling:**

Any remodeling, from painting to new flooring, can introduce volatile organic compounds (VOCs) into your home. These harmful chemicals can trigger adverse reactions. Thankfully, there are safer alternatives available.

#### 1. Understand VOCs and the Associated Adverse Health Effects:

- Learn more about adverse health effects and sensitivities to new construction [here](#) and these articles from Green Building Supply [here](#), [here](#) and [here](#).

#### 2. Purchase From Green Building Supply:

- You can consult with and purchase safer alternatives from [Green Building Supply](#), where a knowledgeable support team is available to guide you.

#### 3. Suggested Products at My Chemical Free Home:

- Check out the [My Chemical Free Home blog](#) for numerous articles with suggestions of products that are especially tolerable for sensitive individuals.

#### 4. Air Purifier:

- An air purifier can significantly improve indoor air quality by removing allergens, mold, and chemicals like VOCs. A commonly used air purifier is the [Austin Air Healthmate Plus](#) or the [smaller version of the Austin Air Healthmate Plus](#). For a deeper understanding of the best air purifiers for those with Multiple Chemical Sensitivity, check out, My Chemical Free Home's article [here](#) and another [here](#).

## 5. Rugs:

- [Hook and Loom](#) is one company that sells healthier rugs.

### **Water-Filtration System:**

There are many opinions about water quality, but the key is understanding why people care and how certain sensitivities can be triggered by the water used.

#### 1. Learn and Understand:

- Please read the importance of [water filtration here](#).

#### 2. Water Filters:

- Consider purchasing water filters, such as those for [showerheads](#), faucets, refrigerators, or a whole-home filtration system.

### **New Furniture, Appliances and Bedding:**

New furniture, bedding or appliances can bother individuals with Multiple Chemical Sensitivity (MCS) because it often emits volatile organic compounds (VOCs) and other chemicals that are released during the off-gassing process.

#### 1. Volatile Organic Compounds (VOCs):

- New furniture, bedding and appliances are typically treated or manufactured with materials that emit VOCs, such as:
- **Formaldehyde:** Commonly found in pressed wood, glues, and finishes.
- **Flame retardants:** Used in cushions, fabrics, and foams for fire safety compliance.
- **Solvents and adhesives:** Emitted from glues and binding agents used during assembly.
- **Synthetic materials:** Fabrics, foams, and coatings often release VOCs and other chemicals. Upholstered furniture may have stain-resistant or waterproof coatings, which release chemicals. Wood furniture may be treated with paints, varnishes, or lacquers, which emit strong odors and VOCs. Some furniture items may be treated with scented products or exposed to fragrances during shipping and storage.

#### 2. Alternatives:

- Opt for non-toxic bedding without flame retardants, as well as non-toxic furniture or furniture that has been fully off-gassed.
- Please read, [Furniture, Creating a Comfortable Living Space with Thoughtful Furniture](#) and [Embracing Comfort: The Allure of Allergy-Friendly Bedding for a Blissful Sleep](#).

### **Kitchenware:**

Certain kitchenware materials can release harmful chemicals or toxins, particularly when heated or scratched. While people driving to a rental can easily bring their own kitchenware, those traveling by airplane may face limitations due to baggage restrictions

#### 1. Types of Kitchenware:

- **Non-stick coatings (e.g. Teflon):** These can release per- and polyfluoroalkyl substances (PFAS), which are linked to health concerns like hormone disruption and cancer.
- **Plastic Utensils and Containers:** These may leach chemicals like BPA or phthalates into food, especially when exposed to heat.
- **Aluminum Cookware:** Uncoated aluminum can leach into food, potentially posing risks to people sensitive to heavy metals.
- **Ceramic or Enamel Coatings:** These are popular non-toxic options for cookware, but they require proper care to avoid damage. Scratches can compromise the coating, especially in older or lower-quality products, potentially leading to the leaching of harmful substances. If you're using these types of cookware, consider providing care instructions to ensure they remain safe and functional.
- **Stainless Steel:** Another popular non-toxic choice, but it can scratch if metal utensils are used while stirring. If you're using these types of cookware, consider providing care instructions to ensure they remain safe and functional.
- **Glass:** Glass is a safe choice for plates and cups.
- **Utensils Alternatives:** Opt for stainless or bamboo utensils with stainless steel being easier to maintain and avoiding mold.
- There are various options and preferences when it comes to kitchenware. Select the ones that best suit the needs of your rental and align with the expectations of your guests.

#### 2. Enhancing Your Rental with Non-Toxic Kitchen Essentials:

- Since the Sensitive Rentals audience values non-toxic and healthier living, many will also prioritize non-toxic cookware and kitchen essentials for preparing meals. Additionally, supplying versatile appliances like a [blender](#), [instant pot](#), [food processor](#) and [juicer](#) can attract health-conscious guests, especially those that are flying. If your rental does not include an oven, consider providing an [air fryer](#) as a convenient alternative for guests to cook their meals.

### **Pesticides:**

We understand the urgent need to eliminate pests. No one wants a pest in their home and no guest wants to encounter a pest. When making a choice on how to eliminate pest, consult a specialist and consider the least toxic way to eliminate them.

#### **1. Eliminate Pest Naturally:**

- Please read this [Bed Bug article here](#).

#### **2. Diatomaceous Earth:**

- Consider using [Diatomaceous Earth](#), which should be applied as a fine mist or spray rather than poured in clumps for optimal effectiveness. This pack includes a powder duster to help with proper application.

#### **3. Wondercide:**

- [Wondercide](#) offers a variety of natural pest control products. While these products contain essential oils, which may trigger those with fragrance sensitivities, they can be a good option for outdoor pest control. If you use these products, mention this in your listing for transparency.

### **Smoke-Free:**

- Please read the article, [Is It a Smoke-Free Residence? Prioritizing Clean Indoor Air Quality](#).

### **Pet-Free:**

- Please read the article, [Animals: Welcoming or Prohibiting Pets on your Property](#) which also touches on service dogs.

### **Eco-Friendly Steps that are also EMF-Friendly:**

It's no doubt that the term "eco-friendly" has become more common, and people are increasingly aware of its importance. Many want to make a positive change. However, some eco-friendly steps may conflict with being EMF-conscious. The good news is, there is a way to compromise! Below, we will list various eco-friendly options and note whether they align with EMF protection. If you're aiming to balance both eco-friendliness and EMF sensitivity, feel free to choose the items marked as suitable for both.

#### **1. Reusable Bottles for Cleaning and Personal Care Products:**

- Use refillable bottles for cleaning solutions, shampoo, conditioner and soap, homemade solutions, such as hydrogen peroxide and baking soda mixtures, or products like Branch Basics, can be great alternatives to put into reusable bottles.

## **2. Compost Food Scraps**

### **3. Plant-Based or Biodegradable Garbage Bags**

- Click [here](#) for a recommended product.

### **4. Non-Smart Energy-Saving Appliances:**

- This means they do not connect to Wi-Fi or other networks but still provide energy-efficient functionality. Choose ENERGY STAR® certified appliances for energy savings but make sure they do not have smart features. Non-smart energy-saving appliances with updates, such as sensors, may produce minimal additional electromagnetic fields (EMFs) compared to standard appliances, so it's important to consider this when addressing your audience's needs.
- Non-Smart Kitchen Appliances: ENERGY STAR® refrigerators, efficient dishwashers, convection ovens, manual slow/pressure cookers.
- Non-Smart Laundry Appliances: Front-loading washing machines, dryers with moisture sensors.
- Non-Smart Heating/Cooling Appliances: Programmable thermostats (non-smart), efficient ceiling fans, window/portable AC units.
- Non-Smart Water Heating Appliances: Tankless water heaters
- Other Non-Smart Appliances: Energy-efficient dehumidifiers, manual clotheslines, basic electric kettles and manual vacuum cleaners.

## Next Steps for Submitting Your Rental and Enhancing Your Listing

### 1. Submit the Screening Form:

- Once you have completed either Option 1 or Option 2, you are ready to submit your rental!
- Visit [SensitiveRentals.com](https://www.sensitiverentals.com) and click, "Get Screened" to complete the screening form.
- Be sure to refer to this checklist and include as much relevant information as possible in the comment sections of the screening submission form. The answers you provide will be visible to your audience, helping to avoid misunderstandings and demonstrating that you are transparent and committed to maintaining a high-quality rental.

### 2. Completion of All 3 Categories and All 3 Tiers:

If you have gone above and beyond to create an exceptional rental experience, it's important for potential guests to know about it. We will create a special advertisement for your property once you list with us. Please contact us at [sensitiverentals@gmail.com](mailto:sensitiverentals@gmail.com) to share your achievements.

### 3. Update Anytime:

Log into Sensitive Rentals at any time to update your answers as needed! A good way to update your site is every 6 months or when you have done an update to your rental. Please view your changes on the site afterwards to make sure that it appears correct.

### 4. Please Consider Donating:

Everyone's financial situation is unique, just like their individual sensitivities. If you're in a position to contribute, we kindly ask you to consider making an optional donation and subscribing to monthly support. Your generosity helps us cover essential costs to sustain and grow this site and provides for our family, as this is our livelihood. We deeply appreciate your support and thank you for joining us in our mission to enhance the lives of others.

### 5. Contact:

6. **Check Back:** We are continually learning and updating the essential standards for Sensitive Rentals. Please revisit this page for updates.





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