

Mortimer Markston

Graphic Design

View the full portfolio at http://www.thecreativefinder.com/mort_markston

Professional Experience and Curriculum Vitae

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Previous Clientele

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Awards and Accolades

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The Benefits of a Clean Home

Health

It will even help you burn calories!

Put on your favourite music and dance as you go to burn even more!

Your body will thank you!

Regular sanitizing will kill bacteria and viruses in your home which will improve your overall wellbeing.

Reduce the most common allergens at home

Dust (27%)	Pet Dander (13%)	Pollen (20%)
Cockroaches (13%)	Mold (27%)	

Regular cleaning will keep pests away from your home without the use of harmful chemicals.

Mental

A clean and tidy home will greatly increase your resistance to stress and ability to relax, improving your mental health.

As a result your productivity will rise and a well organized home will help you concentrate better and longer.

And your mind as well!

With these in mind, prepare for a surge of creative juices!

Lifestyle

Decluttering your home will remove any hazards that might pose a threat and allow your kids to make the most out of your floorspace.

Hosting guests will no longer be a stressful affair requiring a full day of preparation. Might not seem like much at first glance, but it will improve your enjoyment from an evening with friends.

Try and go for a minimalist approach to your interior and keep it clean and tidy. It will open up your mind as well as more room for activities.

It will make you a happier person overall.

Sources:

<http://beforeitsnews.com/health/>

<https://neatandtidy.org/cleaning>

<http://news.allergygone.com/allergy-infographics/>

Fantastic Cleaners

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Caroline Springs