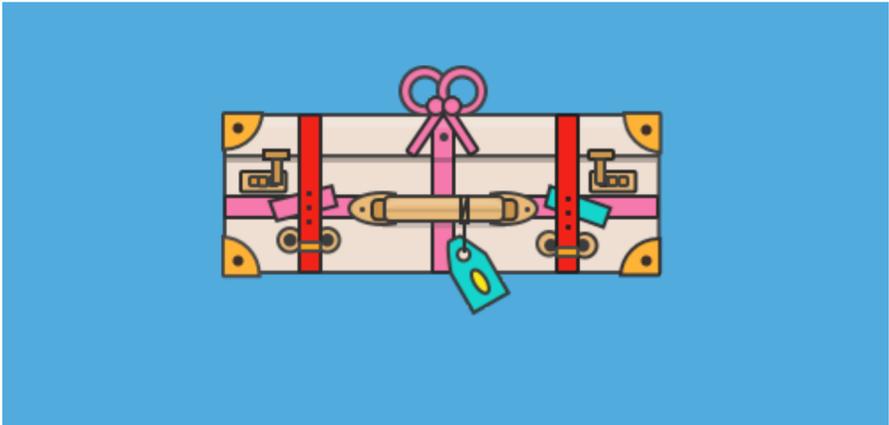
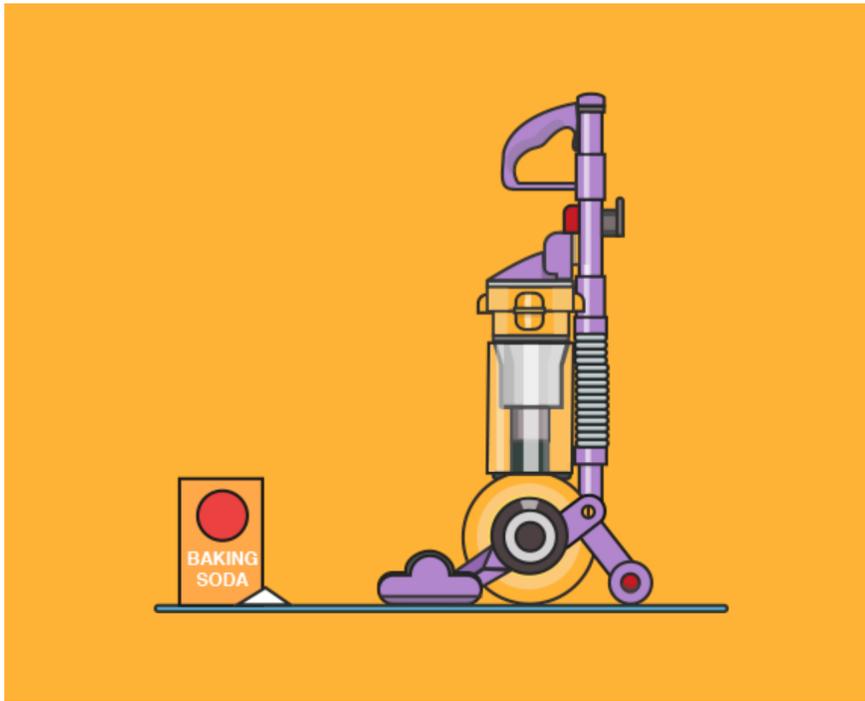


# 101 TIPS FOR AN EASY LIFE



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## Hello there.

Everyone knows that one useful tip that really works.

We wanted to create a book for all our friends that collected together all those brilliant tips.

The team at Expert Home Tips have gathered advice on:

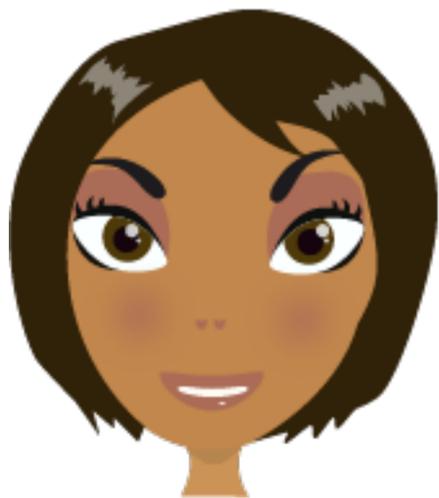
- Cleaning Tips & Home Hacks
- Health & Beauty
- Holiday Hacks
- Family & Pets
- Food & Drink Tips

We hope you enjoy these household life hacks so you can save your time and money for the fun stuff!

If you want to see more of what we do, head to

[experthometips.com](http://experthometips.com)

Hope you enjoy our first book!



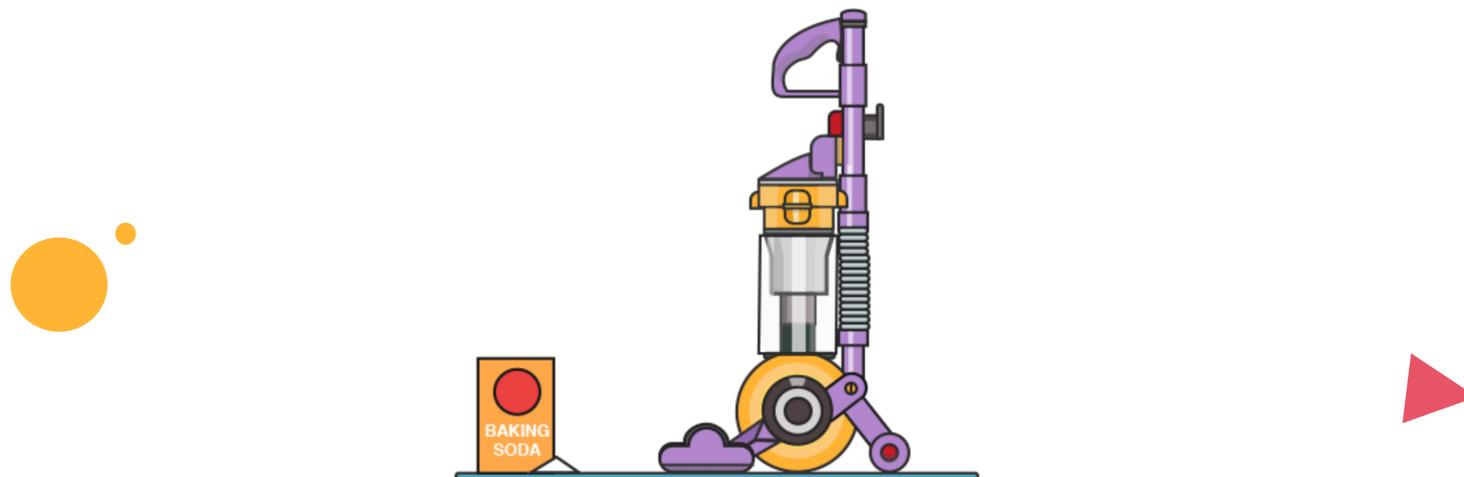
Anushka F



Colleen B

## 1. An easy fix for dirty rugs & carpets

For a bright and lovely smelling carpet or rug, sprinkle baking on it, wait for at least 15 minutes and then sweep and vacuum as normal. Magic!



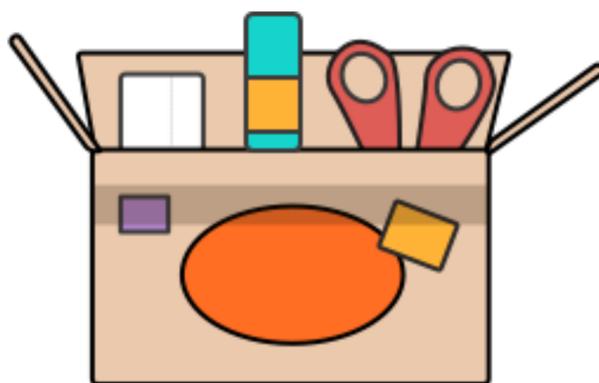
Farewell dirt, you won't be missed.

## 2. Exercise your skin

Ditch those expensive skincare products and gently massage your skin in the morning to keep it looking perky and firm. Apply daily moisturiser to your fingertips and work in a circular motion.

## 3. Moving house?

Pack a 'First Day Box' with all the essentials you'll need in your new home, such as toilet paper, teabags, milk, scissors, and mugs. If you're feeling fancy, why not include a celebratory tippie to toast your new beginning?



Don't forget the champagne glasses!

## 4. Look after your leather

Keep leather supple by adding a few drops of baby oil to a dry cloth. Gently buff your leather bags for a beautiful shine and moisture injection.

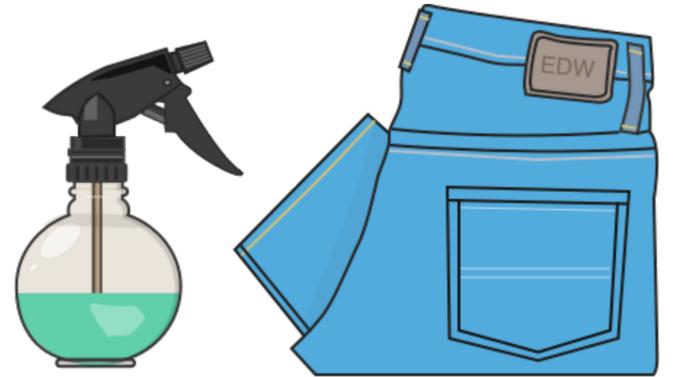
## 9. Broken blusher?



Save your broken compact with a few drops of rubbing alcohol. Gently nudge the pieces back together and leave to set – you can even make a new colour by mixing different shades!

## 10. Rules for denim

Don't over-wash your denim jackets and jeans. If it's good quality denim, they should last you for up to 10 years! Look after jackets and jeans by washing them every 10 wears. In between, spray them with a little fabric freshener to keep them smelling fresh.



## 11. Shine your shoes



If you can't find any shoe polish then head to the bathroom and grab a tiny bit of Vaseline petroleum jelly. Apply to your shoes for a quick shine. Easy!



## 12. Do-it-yourself tinted moisturiser

Make your foundation last longer and create a natural base by mixing it with your daily moisturiser. This is great trick for getting the most out of those last few scraps in the tube.

## 13. Photocopy passports & travel documents



Going on holiday? Give copies of passports and travel documents to your friends, family or neighbours. If you do happen to lose these items while you're away, you'll have easy access to this important information.



## 5. Want longer hair, faster?

Bloggers swear by the 'Inversion method'. Stimulate hair follicles by bending over and massaging your scalp for 5 minutes every day for a week. Repeat every 4 weeks for maximum hair growth.



## 6. Easy peasy pedi

Take half a lemon and rub onto hard soles, leave for 5 minutes then scrub using a brush. Cover your feet in baby oil and pop some socks on overnight. By sunrise you'll have baby-soft tootsies.



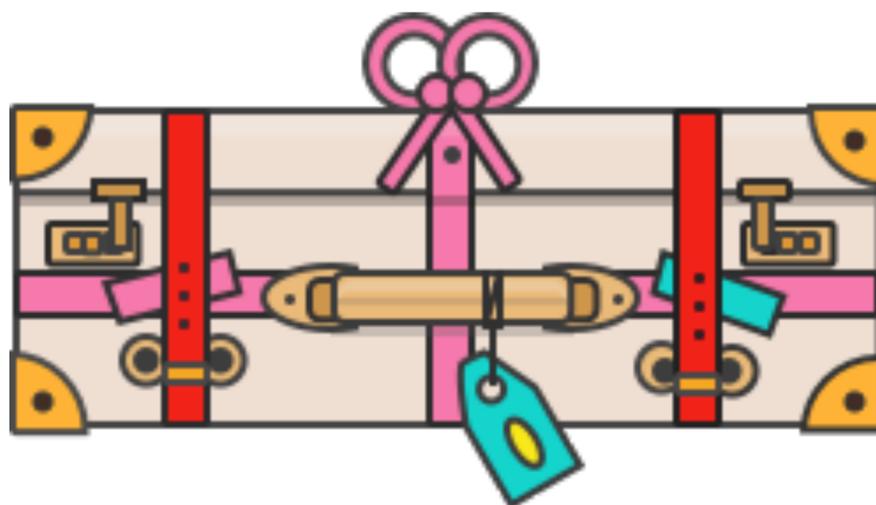
## 7. Use green tinsel on the tree

Is your Christmas Tree looking a little sparse? Get some green tinsel and wrap it around the branches to help it look thicker.

## 8. Decorate your luggage



Save time at baggage reclaim and decorate your suitcase to make it stand out. You'll be able to spot your bag quickly and start your holiday.



## 14. How to remove a lipstick stain from clothing

Spray some hairspray on the stain and leave the item to soak before popping it in the wash. The alcohol will help dissolve and loosen the lipstick stain, making it easier for the washing machine to wash it out.



## 15. Your best feline flick

Use the corner of your bank card as an eyeliner template. Place on the corner of your eye and outline the shape with your liquid eyeliner for the perfect cat-eye flick.

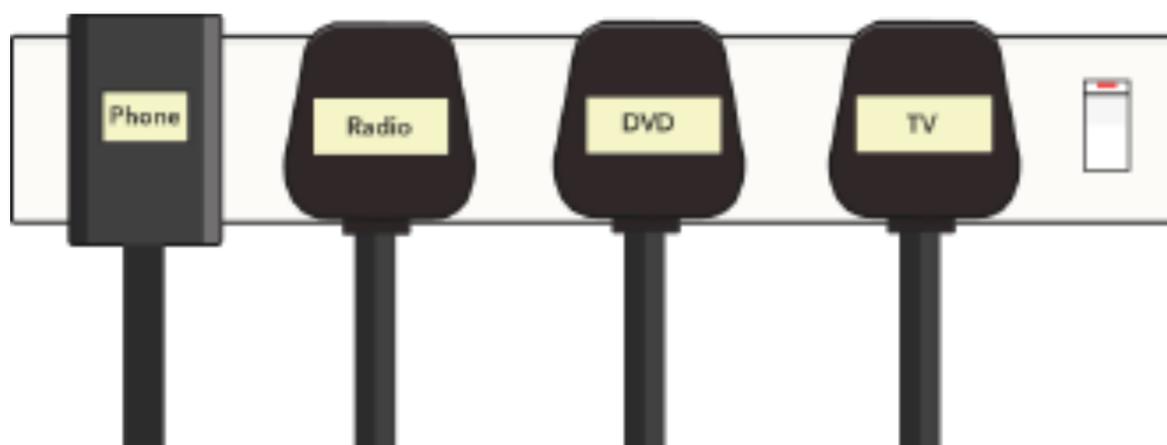
## 16. Swap shaving gel for conditioner

Hair conditioner provides the perfect surface to prevent nicks and will also leave your legs silky soft after your shave. This is a great way to use up those unwanted haircare products that weren't quite right.

## 17. Label plugs



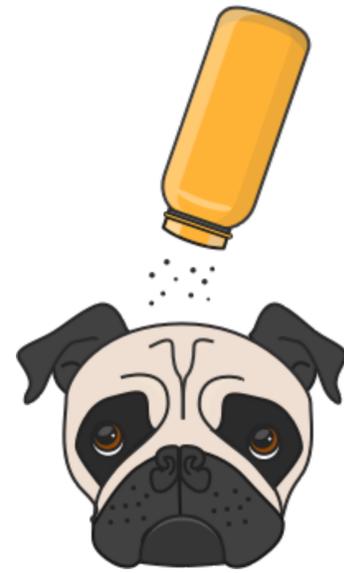
Need to plug your charger in but don't know what to unplug? Save time and label your plugs 'TV', 'DVD player' or 'Laptop' so you can quickly work out what goes where and what does what.



All you need is some tape, paper and a pen.

## 18. Dry-shampoo your pets

In between regular washes, keep your cat or dog's fur clean and fresh by sprinkling a small amount of baby powder (talc free) onto a brush and giving them a quick groom.



## 19. Don't waste stale bread

Tear it up and add it to your pasta bakes and macaroni cheese dishes, or use your stale bread to make some croutons. You can also heat it up in the oven and whizz in a food processor to make breadcrumbs.

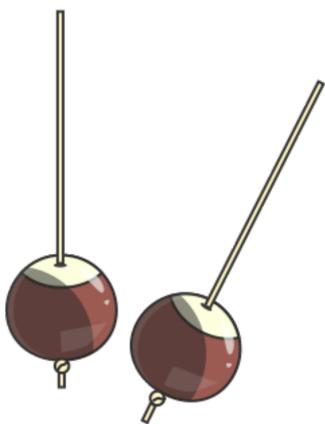
## 20. Recycle kid's party gifts

If your children receive two of the same gift or something they already have, keep hold of it. You can always give these unwanted gifts out to their friends when they attend parties.



## 21. Teach the kids your old-school games

Spend quality time with the kids by teaching them the games you used to play before the internet and gadgets existed. Play Hop Scotch, Conkers, Chain Tag, Blind Man's Bluff, Leap Frog and more.



## 22. Holiday ground rules



This is a special time for you to relax, so why not set yourself some rules to help? Try to refrain from checking your e-mails, ban the use of smart-phones and switch off the television. A break from technology will really help you to unwind and enjoy some much needed rest from screens.

## 23. Creaky floor boards?

For a temporary (and cheap) fix, put some baby powder into the cracks of your creaky floor boards and top up when required.

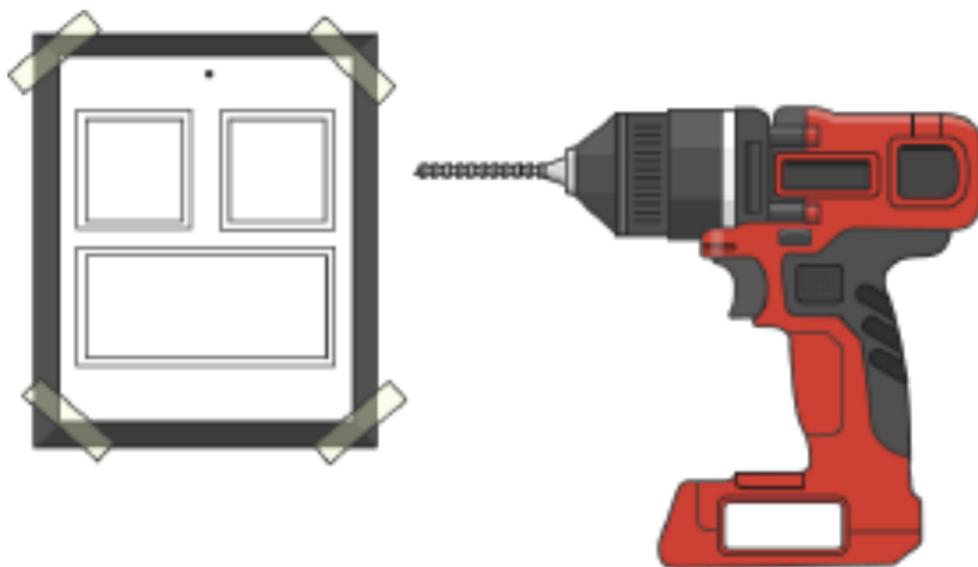
## 24. Get rid of slugs & snails

If you're growing seedlings, protect them from pesky slugs and snails by placing used coffee grounds at the base to keep them safe. They hate them!



## 25. Drill skill

Need to hang something up? Photocopy the back of your item (e.g. a photo frame) and use the photocopy as a template by taping it to the wall. You'll never drill in the wrong place again!



## 26. Use dry shampoo like a pro

Top hair stylists never apply dry shampoo directly onto the scalp. Spray some onto your hairbrush and brush through to de-grease your hair quicker than ever, and to add fabulous volume.



## 27. Wear heavy clothes

Save space in your luggage by wearing your heaviest outfit on the journey out. Think bulky shoes, coats and even hats - this way you'll be able to fit in many more souvenirs on the way back.



## 28. A day to relax

You've had a lovely holiday, so don't try and force yourself back into the daily grind straight away. If you can, give yourself a day off before returning to work and you'll have the chance to ease yourself slowly into everyday life.

## 29. Have a picnic

If you want a cheap and exciting meal when you're abroad on holiday, head to the local grocery shops. Look out for exciting new snacks and sweets to take to a beauty spot.



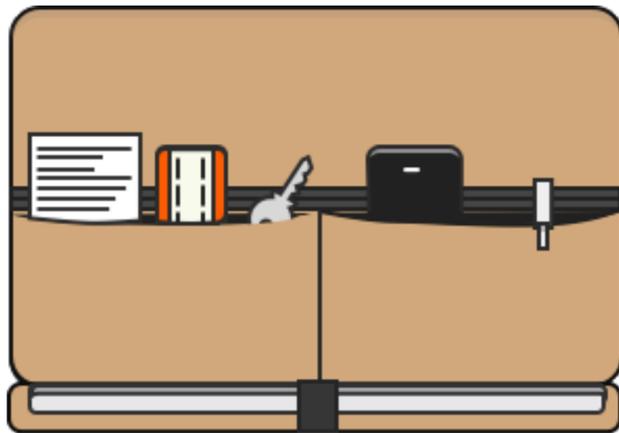
## 30. Ask the locals

Get advice from local shopkeepers and taxi drivers on where to go, what to see and what to eat when you're on holiday. You'll enjoy a more authentic experience and there's a chance it will be cheaper if you stray from the beaten track.



### 31. Pack the night before

Save time in the morning by packing your bag the night before. This includes keys, railcard, make-up and work documents. You'll be less stressed and more prepared for the day ahead.



Organised bliss.

### 32. Snip the end of tubes

Before you bin your tubed toiletries, don't forget to cut the ends and squeeze out any product. You'll be shocked at how much will still be inside and will never throw out an un-snipped tube again.



### 33. Boost your scrubbing power

When your body scrub is running low, top it up with brown sugar, or sea salt and olive oil or coconut oil. They all blend in beautifully and contain natural skin-soothing properties. Your skin will be buttery soft!

### 34. Disinfect chopping boards

Grab a cut lemon and place it in the microwave for a minute. Rub it on your plastic chopping boards to disinfect them.



### 35. No holiday snaps

Don't make yourself sad as soon as you get home by reminiscing with photos about how good your life was one day, or two days ago. Give yourself a break until you've acclimatised to everyday life again and can look back with happiness!



### 36. Cutting carbs?

Try cauliflower mash as a worthy replacement of potato mash. Chop up your cauliflower into bite-sized bits, steam (or boil), then blend / mash up with a bit of butter, salt and pepper. If you've got a food processor, just whiz it up – easy!

### 37. Buy a pashmina



A big pashmina scarf can have multiple purposes for you on holiday. It can act as a blanket for sitting on, sun shelter, warmth and you can also use it to carry things in.

### 38. Take some plastic bags



Pack some plastic bags in your luggage, they're great for separating dirty clothes from clean clothes, keeping dirty shoes away from clean items, packing souvenirs and for protecting any breakables.

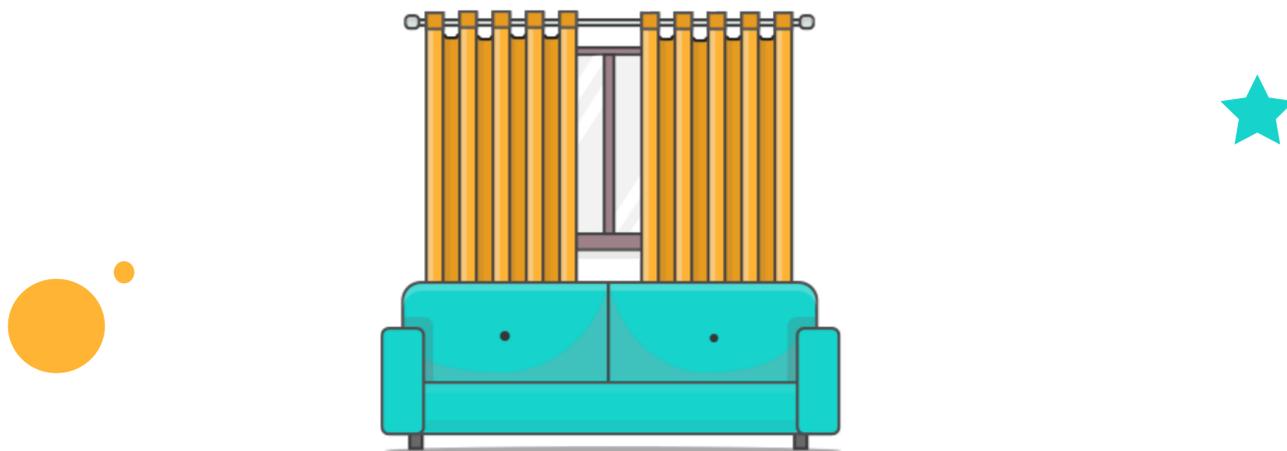
### 39. Laundry



Make sure the laundry basket is empty before you go on holiday, you're going to have enough to wash after you come back!

## 40. Make your living room look bigger

Choose a sofa with exposed legs to create the illusion of more light, and therefore more space. Match the colours of walls and curtains - sticking to the same colour will make the room appear larger.



## 41. Good morning make-up bag

If your make-up bag is crammed full of lipsticks and eyeshadows, keep your basics and everyday items in a separate bag to save time in the morning. Less rummaging, less stress!

## 42. Speed-dry your hair



Squeeze excess out, wrap wet hair in a towel and do the rest of your morning rituals – eat breakfast, apply make-up and dress. Leave blow-drying to the very end and it will cut your drying time in half.

## 43. Save time: moisturise in the shower

Swap shower gel and moisturiser for a tub of hard-working coconut oil. Massage into skin while in the shower and your skin will be so soft and supple, you won't need to moisturise after.



## 44. Look out for free maps



Visiting somewhere new? Save money and battery life on your phone by grabbing free maps from local tourism offices, railway stations and airports for you and your fellow travellers.

## 45. A home for everything

Teach your kids that every item they own has a home. Shoes go by the door, school bag behind the bedroom door and so on. This will keep the house well organised and clutter-free – the dream!



## 46. Enjoy a healthy light meal

Been on holiday? Chances are you've been indulging on delicious foods and drink. Munch on a light healthy meal, rich in vegetables and you'll feel great.

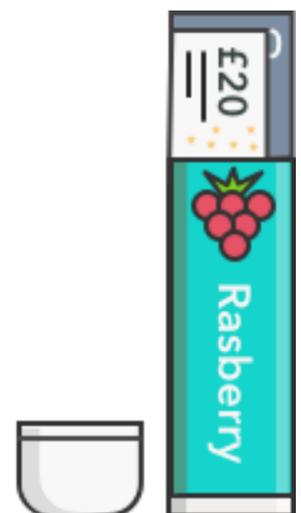


## 47. Stay away from e-mails

Don't check your work e-mails as soon as you get back from holiday, you'll only end up in tears. Save it for your desk.

## 48. Hide emergency money

Just in case you lose your purse or get your wallet stolen, make sure you have some emergency money on your person. Secret hiding spots can be under shoe inserts, in a secure money belt or in an empty lip salve tube.



## 49. Enjoy shiny windows

Fill a spray bottle with an undiluted white vinegar and clean your windows with it. Dry them off with an old newspaper. Bask in the glory of beautifully shiny windows.



## 50. Get A-List hair

For hair that really shines, don't turn to hair products - just blast your hair with cold water (as cold as you can take it) at the end of your shower. This will strengthen your locks and create a beautiful glossy finish.

## 51. Keep lips flake-free

Mix lip balm with some brown sugar and rub into your lips to remove dead skin and reveal softer, fuller-looking lips. Use that trusty old toothbrush to stimulate the blood flow for a bee-stung effect.



## 52. Get sparkling teeth

Mix 2 teaspoons of baking soda with water or fresh lemon juice to make a paste. Wipe away excess saliva from your teeth then apply and leave for a few minutes. Rinse to reveal a brighter smile!



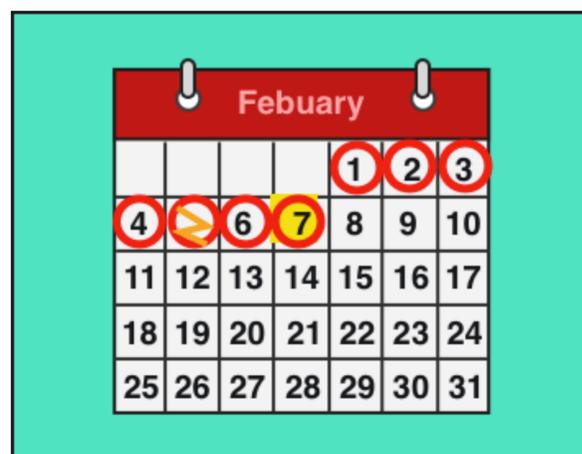


## 53. Discover Geo-caching

For a cheap day out, download the Geocaching.com app and follow the directions to find different spots around the UK. It's a modern day treasure hunt that's buckets of fun.

## 54. Enjoy a staycation!

Take time off work, hire a cleaner, eat al fresco, create a room-service menu (take it in turns with your partner to serve), and plan a mix of day trips and lazy days. Don't forget to take some holiday snaps!



## 55. Use it? Wipe it!

Keep a packet of cleaning wipes in the bathroom and get everyone in the household to give the bath, shower and basin a quick wipe-down after every use. It'll save you lots of cleaning time in the long run.

## 56. Be a multi-tasking wizard

If you've got kids, you can save lots of time by cleaning the rest of the bathroom or doing chores like folding clothes while they take a bath. You'll be in the room for safety and get housework done too.



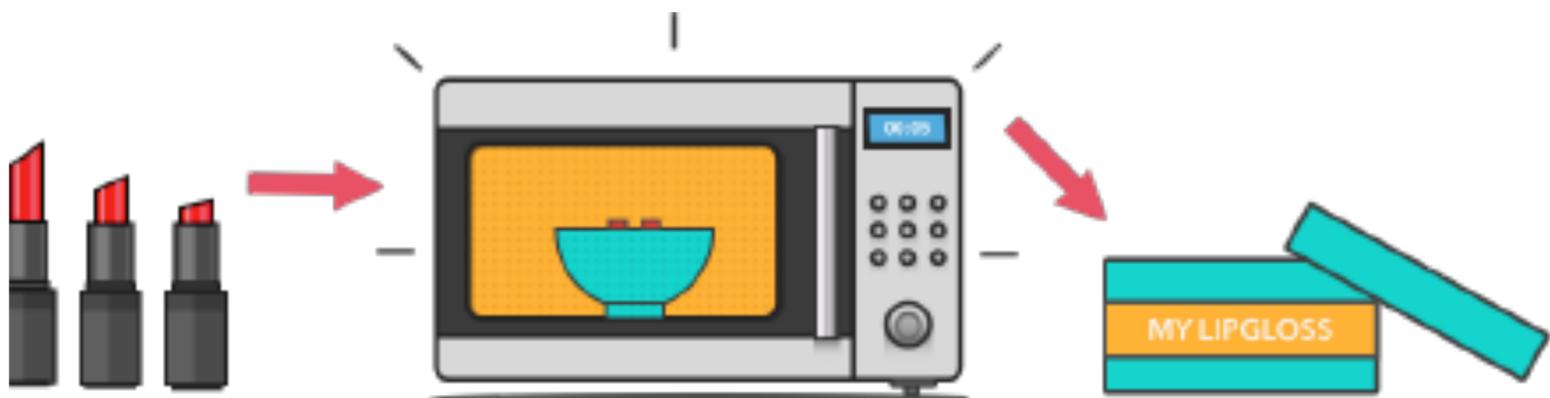
## 57. Spider fear

Rub lemon peel on your windowsills, bookshelves and anywhere else you've spied an 8-legged critter. They hate citrus and will soon be on their way. Phew.



## 58. Turn old lippies into new lip gloss

Harbouring lots of old lipsticks? Melt them down in the microwave for a few seconds, mix with a little Vaseline and just like that – you've made yourself a shiny new lip gloss!



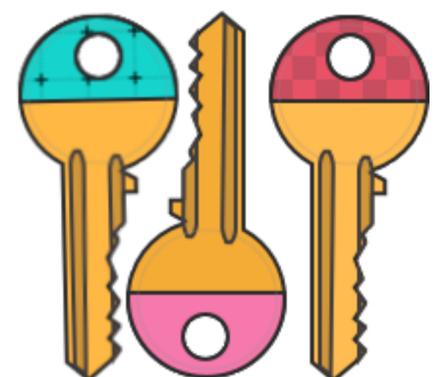
Save money, make your own!

## 59. Lovely lashes

To make your lashes curl better and last longer, take a hair dryer to your eyelash curler for a few seconds. After you've curled, immediately apply your mascara, focusing on pushing those lashes up.

## 60. Paint your keys

If you struggle to tell your keys apart, paint them with brightly coloured nail varnish. You'll never be caught out in the rain trying all your keys in the lock again!



## 61. Host a cinema night

For a fun evening for all, host a movie night for your friends and family. If the weather is nice, project a film outside, scatter cushions and throws, light candles and enjoy old-school cinema snacks.



Now... what film shall we watch?

## 62. Travelling with kids?

Avoid endless 'Are we there yet?' moans by setting off when it's sleep time. You'll be able to drive uninterrupted and if they're in their pyjamas, they'll be all set for bed when you arrive.



## 63. Sort that laundry

Save time by creating a sorting area in your home with different coloured baskets for 'lights', 'darks' and 'whites' and teach the kids how to sort their own dirty clothes out every day.



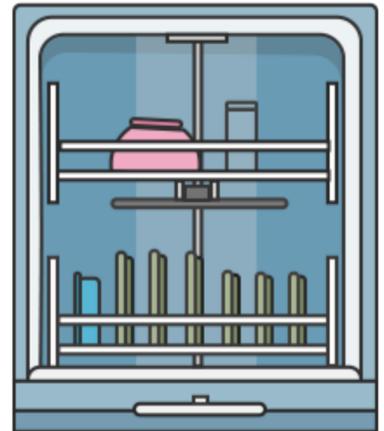
## 64. Tame unruly brows



Big brows are in but they can look a little wild without essential maintenance. Dab some petroleum jelly on an old toothbrush and gently brush and nudge those misbehaving hairs into place.

## 65. The dishwasher is not just for dishes

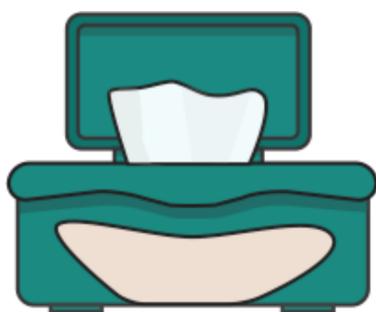
You can clean plastic brushes, combs, keys and toys in your dishwasher, or think big and clean those salad drawers from your fridge! If you're a beauty fan, use your dishwasher to clean make-up brushes, hairbrushes, combs, nail clippers and hair ties.



## 66. Clean your kitchen sponge



Microwave your damp kitchen sponge for 2 minutes. Studies have shown that after microwaving, 99% of bacteria were inactivated and E. coli bacteria were killed after just 30 seconds.



## 67. Pack baby wipes

A little pack of baby wipes can go a long way! You can clean, remove stains and they're great for the beach.



## 68. Lost your lemon squeezer?

Use a sturdy pair of tongs to get every last bit of juice out of lemons, limes and oranges.



## 69. Leaving your dog at home?

Dogs love rituals. Get on your knees and pet them on your way out and do the same when you return – doing this daily reinforces trust and hopefully they will feel less anxious while you're out.

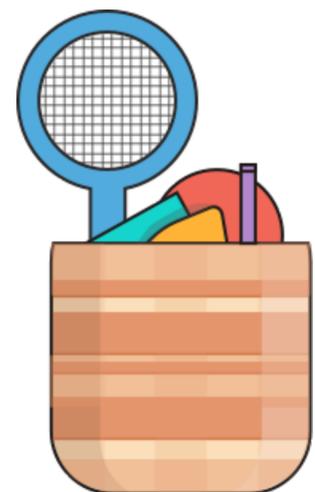


## 70. Organise a pet play-date

For a cheap day out, send invites to your neighbours to meet in your local park for a pet picnic. Even if they don't have a dog, rabbit or so on, animal lovers can still attend and enjoy an afternoon of fun.

## 71. Keep a clutter basket

Are there endless toys and papers flying around your home? Keep a clutter basket in each room and chuck in any items that don't belong. Once a week, the kids can take each basket and return the items back to their proper homes.



## 72. Make birthday cards in bulk

Do you get the kids to make cards or draw inside them for loved ones? Every now and then, have an arts session with them so you have nice home-made or personalised cards on hand.



## 73. Don't waste herbs

If you've got a few fresh herbs left that are on their way out, chop, then freeze them with olive oil in ice cube trays to use in later meals.

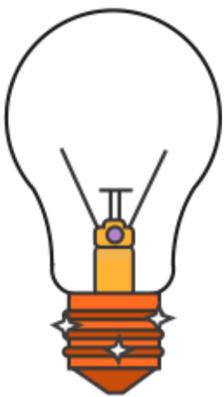
## 74. Get sparkling taps

Roll up tin foil into a ball and scrub your chrome taps and appliances with the shiny side.



## 75. Ear plugs & sleep masks

If you're staying in a hostel or somewhere noisy, don't forget your ear plugs and sleep masks. You'll enjoy a good night's sleep and be well rested for the day's activities.



## 76. Loosen lightbulbs

Before you screw a lightbulb in place, apply a small amount of petroleum jelly to the base. When it comes to changing the lightbulb in the future, you shouldn't have any problems with it getting stuck.



## 77. Mini medical kit

Be prepared and fill a small toiletries bag with plasters, bandages, allergy tablets, paracetamol, anything you think you might need. Do check the local laws before adding medicines to your kit.



## 78. Wine bottle

If you don't have a rolling pin, grab an empty wine bottle to roll out your pastry with instead.



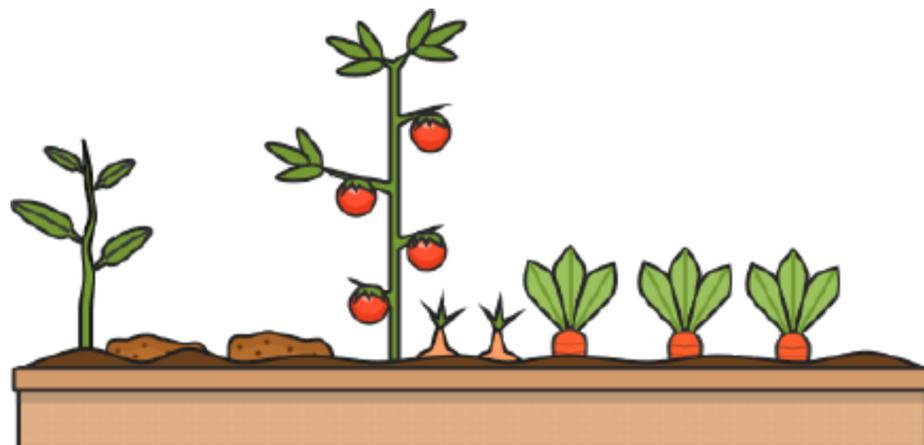
Quick, pour me another glass, we need the bottle!

## 79. Enlist mini chefs in the kitchen

Get the kids to help out with family meals by giving them small jobs to do like prepping veggies or tearing bread. While you're cooking, catch up on the day's events – share stories and have fun!

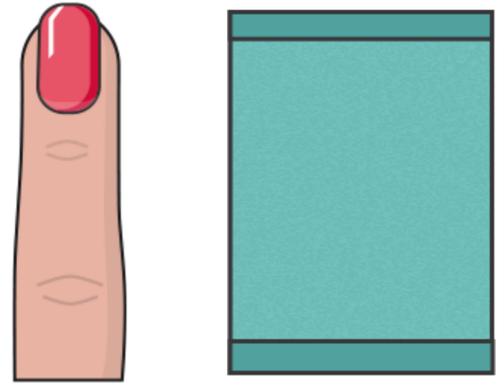
## 80. Plant fruit & veggies

Not only will you save money on food, but growing your own and getting the whole family involved can be great for bonding. Kids will also learn that a little bit of handwork will be rewarded.



## 81. Remove nail polish in one wipe

Use an old flannel to remove nail polish. Not only will you save a fortune in cotton wool pads, but the thick texture will help remove even the most stubborn nail polishes.



## 82. Research taxis

Before you jump in a taxi when you're abroad, make sure you've done a bit of research on average costs and ask for the meter to be used. You don't want to be fooled by any cheeky drivers and end up paying a fortune.

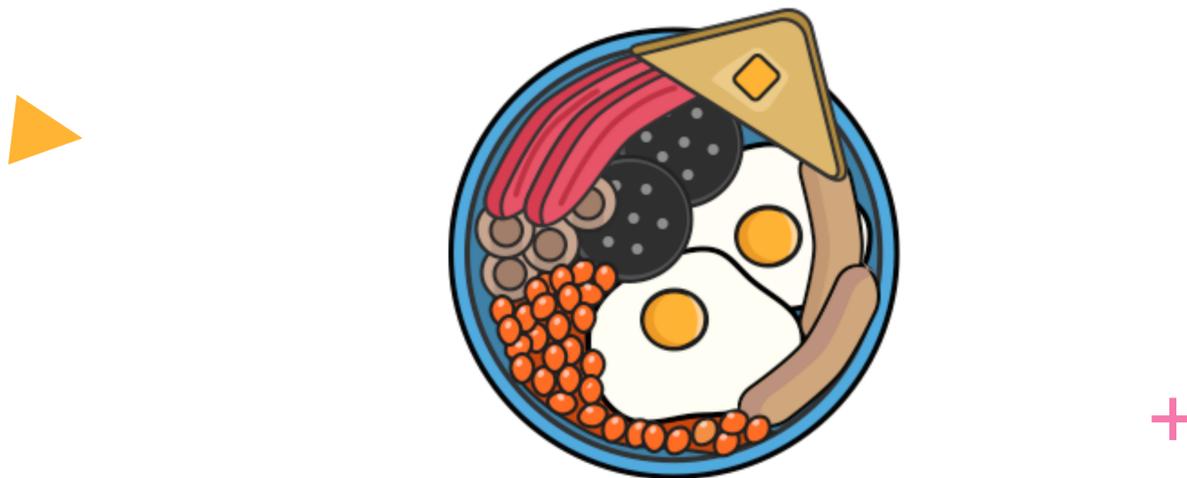


## 83. Keep a chore jar

Spice up the weekly chores by writing each task down and placing them in a jar. Get everyone in the household to pick at random a chore every day – now what's more exciting than that?

## 84. Eat lots for breakfast

If you're lucky enough to be staying somewhere with a free breakfast buffet, make sure you eat lots and stock up on supplies for the day ahead.



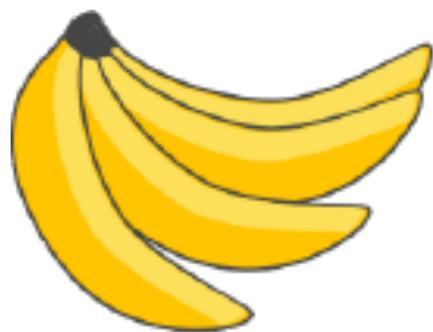
## 85. Keep a family calendar

Write down everything in your calendar, from dentist appointments to kid's parties and daily dog walking duties. Keep it somewhere everyone can see and contribute to – you can even colour code it for quick and easy scanning.



## 86. Keep bananas longer

Using cling film or tin foil wrap tightly around the stem of your banana bunch. You'll help keep your bananas going for longer.



## 87. Ginger secret

Don't use a vegetable peeler to peel ginger root. Grab a teaspoon instead. You'll prevent waste and it's super-easy to do.

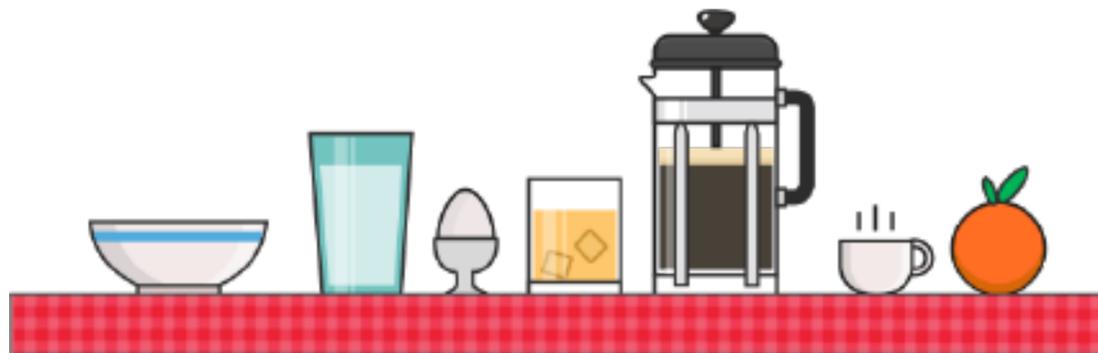
## 88. Keep oldies at the front

Keep your fridge nice and organised by pushing new items to the back and old perishable items to the front.



## 89. Set the table before bed

Save lots of time and stress in the morning by setting the breakfast table right before bedtime. Lay out cereals, bowls and cutlery ready to use.



Enjoy a relaxing breakfast.

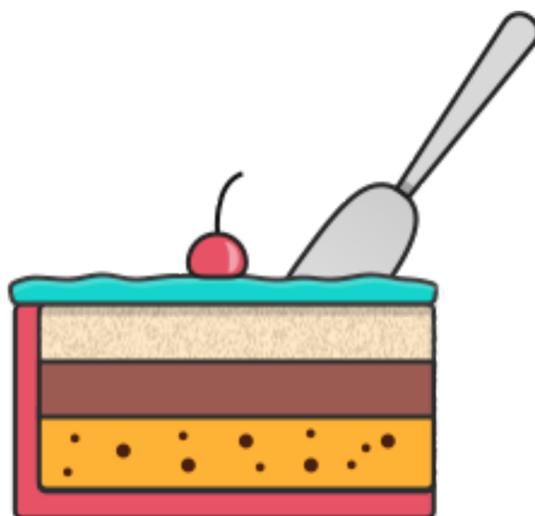
## 90. Grab a hanger

Trouser hangers with side clips can be useful in the kitchen. Hang one off the kitchen cupboard handle and clip your recipes onto it. This way you'll free up worktop space and at eye level, they'll be easy to read.

## 91. Perfect cake slices

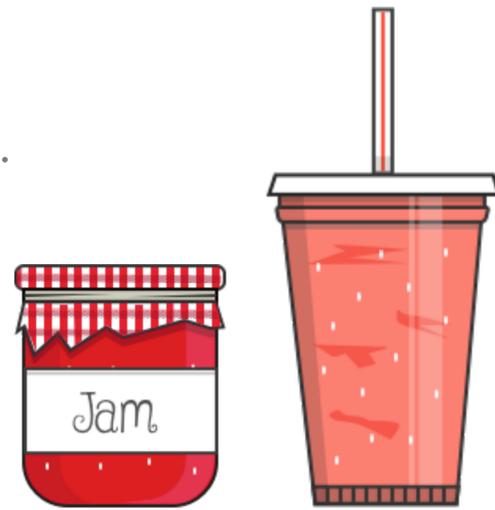


Slice like a pro! Cut portions of cake perfectly by dipping your knife into hot water between every slice.



## 92. Leftover jam

Use the last bit of jam in jar to make a yummy milkshake. Just add to milk, shake and stir, then pour into a chilled glass.



## 93. Be the tomato master

Want to cut lots of cherry tomatoes in one go? Put them all on a plate, place another plate on top and slice between them.

## 94. Easy storage

Use a revolving stand in your fridge for all your condiments. Spin to reveal all those forgotten jars and bottles - genius!



## 95. Enjoy toast, whenever you want

Is your sliced bread nearly out of date? Freeze it now, and whenever you fancy a few slices, pop them in a toaster.

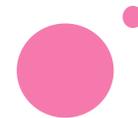
## 96. For the cola lover

If you drink a lot of cola, try this tasty treat. Cut a few lemons and limes into segments, put them in a zip lock bag and chuck them in the freezer. If you want to be a little fancier, fill ice cube trays with cut lemon and lime and water. Grab them whenever you want to add a little extra to your drink.



## 97. Bad breath?

Drink lemon juice with warm water and honey to help eliminate bad breath. The acidic property of lemon will help get rid of odour-causing bacteria.



## 98. The ultimate hot chocolate

Don't just have a plain hot chocolate. Top your hot chocolate with squirty cream, mini marshmallows, crushed Cadbury Flake and finally, rainbow sprinkles.



## 99. Peel garlic, the easy way

If you're using a lot of garlic in a recipe, save yourself time by putting them in a bowl, sticking another bowl on top, and shaking as hard as you can. It's magic! The skin will be gone and your hands won't smell of garlic either.

## 100. Golden eggs

Shake an egg vigorously for two to three minutes and then boil. You'll then enjoy eating a golden egg!

## 101. Keep your ice cream soft

Put ice cream containers into zip lock bags before you place them in a freezer. You'll find it's easier to scoop out this way.

