

### Fact #3

The moist air from humidifiers soothes your airways, which can prevent snoring and help you get better sleep.

### Fact #2

An ideal humidity level in your home is 30-50%. Humidifiers can help maintain those levels during drier seasons.

### Fact #4

The moisture from humidifiers helps prevent wrinkles and keeps your skin soft and vibrant.

### Fact #1

Moisture from a humidifier helps prevent dry and itchy skin, and keeps your hair and scalp healthy.

### Fact #5

Using a humidifier can help reduce allergy, flu and asthma symptoms.

## You deserve a fresh, clean, deep breath

### THE BENEFITS OF A HUMIDIFIER

When you think of humidity, you might think “bad hair day.” This is different. Imagine being able to breathe and sleep better because the air is fresh. Did you just take a deep breath to see if you could feel the freshness? Imagine that breath but better—*pure*. You’ll keep colds and allergies at bay when you use a humidifier to clear your airways.