

Home Care Guide : Maintaining a Mould-Free Environment



*Keeping Homes Fresh, Clean & Mould-Free
in Singapore*

BY LOREN NG



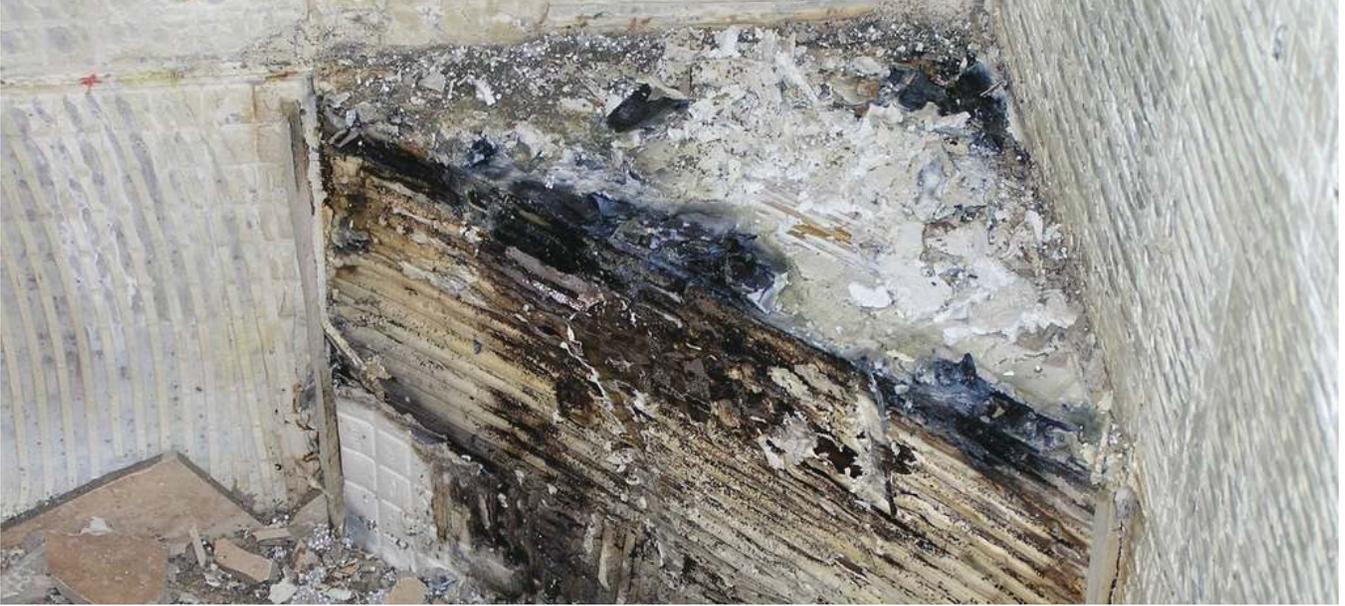


Image Courtesy of Mould Free

Introduction

Singapore's humid climate makes mould control a year-round priority. Even in a well-built home, mould can return when indoor humidity or airflow becomes unbalanced.

This guide explains **how mould forms, why it matters, and how to keep your home healthy** through simple maintenance, awareness, and designed habits.

“ *Live with awareness, breath with ease, and let your home stay as healthy as it is beautiful.* ”



About Me



I'm **Loren Ng**, founder and principal designer of Loren Ng Designs – **where psychology meets artistry to craft elegant**, identity-driven interiors. With an unwavering belief that our spaces shape how we live, I help individuals and families transform their environments into deeply personal sanctuaries of comfort, clarity, and beauty.

I've had the privilege of working with discerning clients across diverse lifestyles, **leading projects from pre-renovation consulting through to full-scale design and build**. My team and I take on a select number of projects each year, ensuring every client receives our full presence, care, and creative insight.

Through a unique **psychology-led approach to interior design**, Loren Ng Designs has become known for creating spaces that feel as good as they look—**unapologetically personal, deeply comforting, and always elevated**.

Loren Ng

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Loren Ng
DESIGNS

01 What is Mould?

Mould is a type of fungus made up of microscopic spores that float in the air and grow when they land on damp surfaces.



Image Courtesy of
Decorating Centre Online

It thrives in warm, humid environments like Singapore homes, where humidity often stays above 70%.

Common mould food sources include dust, cellulose (paint, drywall, timber), and other organic matter.

Key Facts:

- Mould spores are present everywhere, both indoors and outdoors
- Growth can begin within **24–48 hours** when moisture remains.
- Common '**hot spots**': bathrooms, kitchens, wardrobes and window corners.



Image Courtesy of American Home Shield

Understanding Mould

- **Mould is nature's decomposer.**

Outdoors, it breaks down fallen leaves and organic debris - a vital ecological process.

- **Indoors, the same process becomes destructive,**

It digests paint, plaster, and timber, weakening finishes and surfaces.

- **It doesn't appear out of nowhere,**

Spores are always present, growth begins only when moisture lingers too long.

- **The problem starts with imbalance,**

Poor ventilation and high humidity allow spores to settle and spread.

- **A balanced home is a living system,**

When air circulates freely and surfaces stay dry, your space renews itself naturally.

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Signs of Mould and Common Types

Mold often begins quietly, a faint odour after rain, a hazy film on walls, or sticky corners. Early detection can mean the difference between a light cleaning and a full renovation.

Early Signs:

- **A musty smell** that lingers after cleaning The first warning signs.
- **Black, green, or white spots** on walls or ceilings
- **Condensation** on windows or tiles — humidity not relieved by ventilation.
- **Peeling or bubbling paint** — moisture trapped beneath the surface.
- **Allergy symptoms** such as sneezing, headaches, or skin irritation.

Common Mould Types



Image Courtesy of Global Vionicireland



Image Courtesy of Family Handyman

Cladosporium:

Dark green or brown, often on walls and wood



Image Courtesy of Family Handyman

Aspergillus:

Pale, powdery colonies airborne



Image Courtesy of Family Handyman

Penicillium:

Blue or green, spreads quickly

Stachybotrys (Black Mold):

Thick, dark growth; produces mycotoxins

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The Danger of Mould

Health Impacts

- **Triggers allergies and respiratory irritation.** Prolonged exposure can cause sinus congestion, coughing, asthma, or in rare cases, mycotoxin sensitivity.
- **Leads to fatigue, poor concentration and brain fog.** Polluted indoor air lowers oxygen quality, which can make you feel sluggish and mentally unclear.

Material Damage

- **Locks in odor.** Porous materials such as curtains and drywall trap musty smells.
- **Weakens finishes and structure.** Over time, mould breaks down paint, plaster, and timber, causing hidden decay.

Understanding the Risks

- **Invisible spores spread fast.** What starts in one corner can travel through ventilation within days.
- **Surface damage often hides deeper issues.** Mould weakens materials long before visible signs appear.
- **Wellbeing depends on air quality.** The space you breathe shapes how you think, feel, and rest.

Beyond Appearances, **mould affects your body**, materials, and overall sense of comfort. It's more than a maintenance problem. It's a **health concern**.



04

The Danger of Painting Over Mold



Painting over mould doesn't remove it — it conceals it

Once sealed beneath paint, mould spores keep growing, feeding on trapped moisture and the very materials meant to protect your walls.

What looks like a quick fix often turns into deeper damage.

Pro Tip

Always address the root cause — eliminate or reduce moisture, improve ventilation, and treat existing mould — before any cosmetic work.

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How to Prevent Mould

Mould prevention is about routine, not reaction

Keep air moving, reduce moisture, and clean regularly to stop spores before they start.

1 Control Humidity

- Maintain indoor humidity below 55 %.
- Use Dry Mode on air-con or a dehumidifier at least once a week, especially during wet months.
- Wipe any condensation on windows or pipes as soon as it appears.

2 Keep Air Moving

- Run fans or exhaust systems daily—especially after showers or cooking.
- Ventilate for at least 30 minutes each day.
- Leave small gaps under doors and behind furniture for airflow.

3 Daily & Weekly Habits

- Avoid drying laundry indoors unless using a laundry rack drying system with built in fan and UV light.
- Wipe spills immediately; standing water feeds mould.
- Clean filters monthly to prevent trapped moisture.

4 Every 4–8 Weeks

- Disinfect key areas—bathroom ceilings, kitchen corners, wardrobes, and window frames—using neutral-pH botanical cleaners
- Focus on dark, humid spots and behind built-ins.
- Avoid bleach or ammonia, which erode anti-mould coatings.



Image Courtesy of Molekul

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What to Do If You See Mould

When mould appears,
act quickly but gently.
The goal is to remove it
safely without spreading
spores further

Immediate Response

- **Increase airflow immediately.** Open windows and switch on fans to disperse moisture.
- **Vacuum first using a HEPA-filter vacuum, then wipe with a damp microfibre cloth, ideally using Concrobium® Broad Spectrum Disinfectant II as your wetting solution.** This removes spores and surface moisture safely without spreading contamination.
- **Let it air-dry completely.** Do not seal or repaint while damp.
- **Act as soon as possible.** The earlier you respond, the easier it is to stop mould from spreading.
- **Observation prevents repetition.** Don't just treat the symptom — identify and treat the source of moisture or poor airflow.

Follow-Up

- **Apply Mold Prevent Pro after 24 hours.** Leaves a protective film against re-growth.
- **Monitor the area,** Recurrence signals hidden moisture or poor airflow.
- **Call professionals for large patches.** More than 1m² often requires professional remediation.

We have **no affiliations** with any of the **mentioned brands**. These are brands that we have had a **good experience with**. This is by no means an exhaustive list. There are many **great brands out there**. We recommend to our readers that they **do their own research before picking a brand or product**.



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How To Maintain a Mould-Free Environment

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*A mould-free home is built on rhythm:
consistent airflow, regular cleaning, and moisture control.*

1. Control Humidity

- Keep indoor humidity below 55 %.
- Use Dry Mode on air-con or a dehumidifier at least once a week, especially during wet months.

2. Maintain Airflow

- Run ceiling or wall fans daily to circulate air.
- Clean filters monthly and service coils yearly to prevent dust and condensation.
- Leave small gaps under doors and behind furniture for ventilation.

3. Routine Surface Care

- Wipe bathroom and kitchen surfaces after each use to remove standing water.
- Clean exhaust and hood filters regularly; grease traps steam and raises humidity.
- Disinfect all surfaces every 4–8 weeks with a botanical cleaner such as Concrobium Broad Spectrum Disinfectant II, focusing on dark, humid corners and behind built-ins.

4. Keep the Rhythm

- Air that moves stays dry.
- Steady care prevents regrowth far better than emergency cleaning.



Image Courtesy of The Kitchen

08 Engage a Professional When Needed

Some mould problems need expert help. If cleaning doesn't stop regrowth, there's likely hidden moisture or trapped humidity.

When to Call

- Growth covers more than 1 m² or returns within weeks.
- You notice persistent odours, dampness, or stains spreading.
- After flooding, leaks, or renovation, get an inspection before repainting.

What Professionals Do

- Locate and fix the source of moisture, not just the surface mould.
- Use HEPA-filtered equipment and EPA-approved disinfectants to remove spores safely.
- Provide humidity readings or post-remediation checks to confirm results.

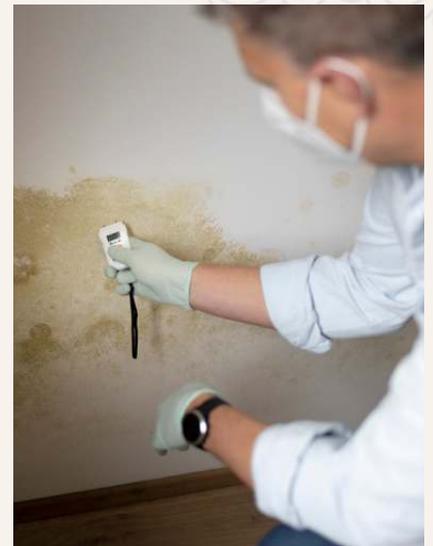


Image Courtesy of Bactronix

If You're Unsure

It's always cheaper to investigate early than to repair later. Seek a professional moisture or air-quality assessment if you're uncertain.

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My background in design and built, combined with years in client experience and project management, allows me to bridge vision and execution—delivering spaces that are not only aesthetically refined but also intuitively aligned with how people want to live.

- LOREN NG

