



The Hoffman Centre for Integrative Medicine

Mattress Recommendations	Patient Handout
Description	
<ul style="list-style-type: none">• The most suitable mattresses are free of metal (springs, frame, etc.) and non-toxic; organic cotton, wool, horsehair, or natural latex are the common ones.• Wool is resistant to dust mites and is a natural flame retardant.• Mattress to absorb and expel moisture; cotton and wool are best.• The organic cotton should not have pesticides, but be careful if the organic cotton is imported because the US tends to spray almost everything they bring in from other countries with pesticides.• Natural latex- make sure that it is certified so that you do not get the toxic chemicals involved in the synthetic latex processes.• The manufacturer should have the certificates to prove their quality. They are often posted on their websites.• Black Sheep (www.blacksheepmattress.com) - Is not certified organic but uses all natural product even glues etc. This is a small Calgary based company that can also do customized orders for chair cushions and such.• Essentia Mattress (www.myessentia.com) - certified organic with a show room. Calgary and Vancouver based.• Golden Grass Home (www.goldgrasshome.com) – Riva’s in Inglewood have a selection of organic mattresses.	
Reference	
Healthy Homes Calgary – www.healthyhomescalgary.ca	