

# DEEP SPRING CLEANING ADVANCED TIPS

## Spring Cleaning: A Brief History

Spring cleaning is a tradition that goes back centuries and crosses most cultures! It is also a great opportunity to make your home healthier.



## Here's How to Upgrade the Basics of a Spring Clean!



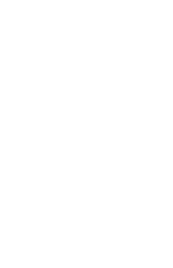
**Dust.** Use a microfiber or electrostatic cloth and don't forget the places that are hard to reach.



**Vacuum.** Go slowly and add diagonal strokes.



**Clean up.** Switch to unfragranced, non-chemical cleaning products, where possible.



**Declutter.** Donate or throw away anything you haven't used in the last year.



**Clean windows and doors.** A buildup of dust and grime on doors and windows can be a source of mold.

## What Tools will you be Needing to Make your Spring Cleaning More Effective?



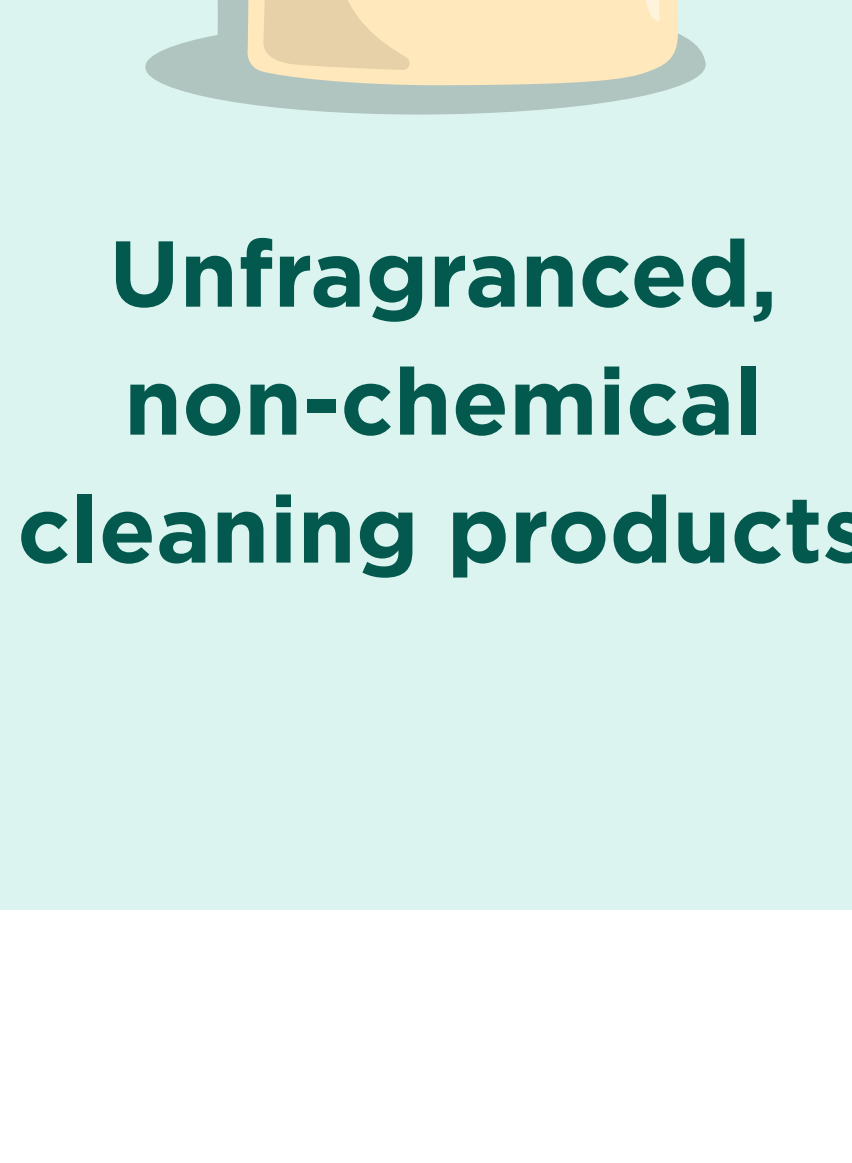
HEPA vacuum



Electrostatic cloths



Clean microfiber cloths



Unfragranced, non-chemical cleaning products

## Beyond the Basics: Uncommon Deep Cleaning Tips

Remove as much dust, dirt and grime as you can before rising summer temperatures and indoor humidity levels increase your mold risk.



**Clean your vacuum cleaner.** Wash the filter, install a new bag and change or clean the HEPA filter. Wipe down the inside of your vacuum where the dust collector is, remove the carpet fibers from the beater bar.



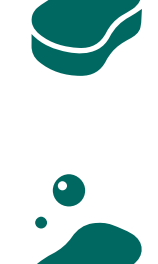
**Clean underneath the sinks and discard old chemical products (responsibly)** to avoid them offgassing into your indoor air, especially if containers are degraded.



**Check underneath the sinks** for moisture issues, mold or leaks while you're down there!



**Dust walls.** Change cloths as needed to avoid spreading dust around.



**Move all furniture when you vacuum** to ensure you clean those hidden places that gather dust.



**Clean your dishwasher.** Don't forget the cutlery baskets, water drain and the rubber gasket.



**Degrease range hood** with soap and lemon.



**Clean shower head** - maybe with vinegar, or something stronger if necessary (ventilate if so!).



**Declutter the inside of your closet** to prevent mold growth.



**Take the opportunity to clean inside,** behind and under your appliances. Make sure rubber seals are clean, dry and damage-free.

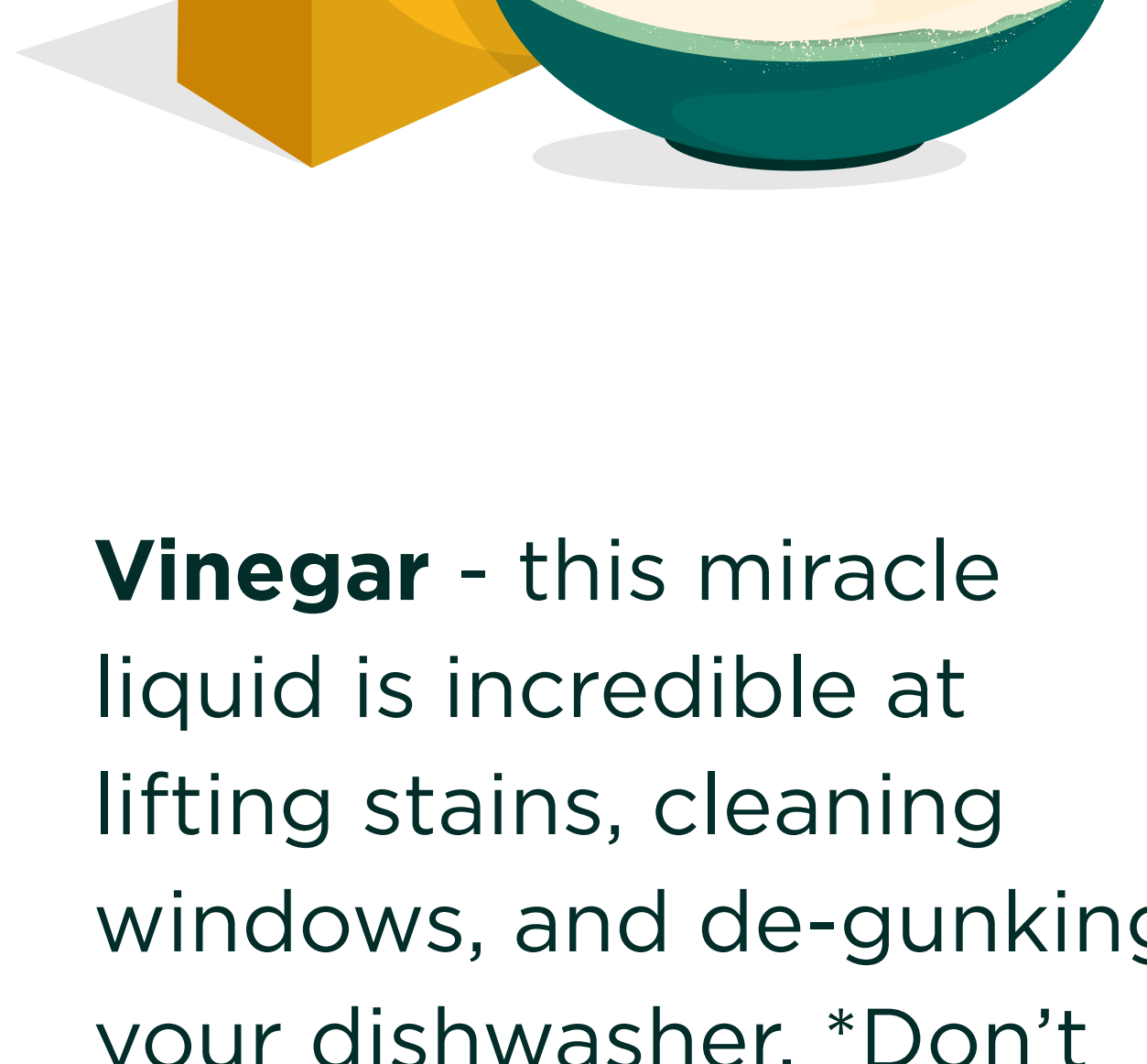


**Change air filters in your home** - air purifiers, heating and cooling vents, ventilation fans, and HRV filters.

**Pro Tip:** Are your clothes taking longer to dry? Take a look at the wall outside your house where your dryer discharges, if it's covered with lint it might be time to call a professional to clean the dryer vent.



## Chemical-Free Cleaning Alternatives



**Baking Soda** - baking soda is a fab gentle abrasive and natural deodoriser for those smelly fridges!

**Vinegar** - this miracle liquid is incredible at lifting stains, cleaning windows, and de-gunking your dishwasher. \*Don't use it on irons, hardwood floors, or on granite or marble.



**Lemons** - lemon juice acts as an excellent natural de-greaser.

## TRENDY TIP

**Plain old unfragranced soap** - castile or soap nuts based is best. Avoid soaps with parabens, sulphates or fragrances.

