



DEEP CLEANING

CHECKLIST

Tile floors

Spray Resolve carpet foam into the grout lines, and use a scrub brush to lift the debris. Let it sit for about 10 minutes before wiping off; mop floors as usual.

Car cup holders

Put an old sock over the bottom of a travel cup, spray with Windex, and twist in the cup holders to remove dirt and grime.

Range hood filters

Remove the range hood filters, and soak them in hot, soapy water with baking soda. Soak for about 30 minutes, then scrub with a dish brush before air drying and reattaching.

Window tracks

Sprinkle baking soda throughout the window tracks, and spray vinegar over it. Let it sit for at least 5 minutes, then wipe with a damp cloth.

Ovens

Discard any loose food or burnt bits, then liberally sprinkle baking soda to the base of the oven, and pour vinegar on top until it bubbles. After 15 minutes, scrub the sides and wipe everything down with a damp towel until clean.

Baseboards

Attach a microfiber cloth to a broom with twine or a large rubber band. Dampen the cloth with warm soapy water, and drag it along your baseboards.

Bathroom tiles

Form a paste with baking soda and warm water, and apply it to your grout. Soak a microfiber cloth in warm water, add a few drops of mild soap, and then wipe off the baking soda mixture.

Bathtubs

Fill your soap-dispensing sponge with Dawn dish soap, warm water, and baking soda. Scour your wet bathtub until the dirt is removed, and rinse with fresh water.

Shower head hard water stains

Fill a plastic zip top bag with equal parts vinegar and water, submerge the shower head into the bag, and secure it with a rubber band. Soak for 15-20 minutes before rinsing thoroughly.



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Place a disinfectant wipe on the tip of a flathead screwdriver, then drag it between the edge of the toilet seat and the base of your toilet tank to clean.

 Washing machines

Rinse your washing machine with a 50/50 mixture of vinegar and water to reduce the mildewy smell. Or, fill a spray bottle with the same mixture for a quick wiping down.

 Kitchen high-touch areas

Use an antibacterial spray or wipe on cabinet handles and microwave buttons daily to keep the germs at bay.

 Mold and mildew in the shower or kitchen

Mix an equal amount of vodka and water to a spray bottle to tackle grease, soap scum, or mildew in your shower, kitchen sink, mirrors, cutting boards, or linens.

 Car deep cleaning with foam craft brushes

Mix equal parts of warm water and vinegar in a container, dip your foam craft brush (removing excess), and clean each car vent individually. An essential oil could be added to the mixture to freshen your vents.

 Home vent covers

Close the vents before adding them to the dishwasher. Then, blow dry any remaining water from the covers on the cool setting before installing covers back over your vents.

 Kitchen sinks

Pour a cup of baking soda down your drain, then follow with two cups of vinegar. Let sit for at least 30 minutes, then rinse with boiling water.

 Water and ice dispensers

Create a 50/50 solution of vinegar and water in a container, and use an old toothbrush to get into the crevices of your fridge's water dispenser.

 Cleaning tools (brooms)

Manually remove any balls of hair or dust before using your vacuum's upholstery attachment to clean in between the bristles.

In a bucket of warm water, add a few drops of dish soap, and soak your broom for an hour. Rinse and let it dry completely before storing it away.



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Light switch plates

Spray a cleaning cloth with regular household cleaner or rubbing alcohol, and wipe the surface of your light switches. Use a Q-Tip to get into the crevices.

Lampshades

Use a lint roller on fabric lampshades to thoroughly collect the dust in crevices.

Mattresses

Start by vacuuming your mattress with the upholstery tool. Liberally sprinkle baking soda and let sit for several hours before vacuuming again.

Hardwood floors

Boil 7-8 black tea bags in 1/2 gallon of water, steep for 10-15 minutes, then cool. Fill your mop bucket with the hot black tea and mop as usual (after testing a small area for discoloration).

Carpets

Mix equal parts dish soap, warm water, baking soda, and white vinegar in a spray bottle. After 30 minutes, blot with a damp sponge or scrub brush, and vacuum to remove any remaining liquid.

Dishwashers

Place a measuring cup filled with 2 cups of vinegar in the top rack of your dishwasher. Run a normal cycle without detergent or using the heat dry setting.

Couches

Apply olive oil to a rag on any scratched-up spots on your leather furniture. Let sit for about an hour, then wipe down with a damp cloth.

Undersides of furniture

Use the hose attachment of your vacuum to clean the bottoms of your furniture at least twice a year to remove dust, mites, and spider eggs that collect in the cool, dark spaces.

Closets

Remove everything from your closet, and wipe down the walls and clothes rod with a mixture of mild soap, water, and essential oil.