

14 Days

for Naturally Clean

Home

Day 3 & 4:

Kitchen & Dining Room

- Clean out Cabinets/Pantry/Fridge/Freezers and discard any outdated foods.
- Deep Clean Oven/Stovetop. Take off knobs, burner and burner covers.
- Fill the dishwasher detergent cup with vinegar and run empty.
- Wipe off top of Fridge.
- Clean off tops of cabinets and wipe off cabinet fronts.
- Declutter countertops and cabinet tops.
- Sweep/Mop Floor.

D Walk around your entire house and quickly pick up the items that don't belong or that are out of place. This is just a quick run through and an opportunity for you to access the real cleaning needed in each room.

A

Y

1

Day 2: Home Office

- Declutter top of desk.
- Wipe everything down.
- Get rid of overused office supplies and restock.
- Go through files and toss old papers.
- Delete old files from computer..
- Transfer pictures to flash drive..
- Clean off shelves. Go through and donate/toss old books/magazines.
- Dust.
- Wipe off computer .

D Basic Interior Cleaning

- A**
- Y**
- 5**
- Dust Corners/Ceilings.
 - Dust Light Fixtures/Ceiling Fans. Replace any burnt out bulbs.
 - Clean Air Vents.
 - Wash Windows/Window Sills.
 - Clean/Change Filters (Furnace, Vacuum, Humidifier, etc.)
 - Change Smoke Detector Batteries!
 - Wipe Down Crown Moulding, Trim, Baseboards and Switchplates.
- Remove and Wash All Curtains
 - Clean all Blinds

Day 6 & 7

Exterior Cleaning

- Clean Out Gutters.
- Clean off Patio Furniture. Bring out Cushions.
- Deep Clean Deck Area.
- Remove Leaves./Limbs from yard and gardens.
- Pull Out BBQ Grill and Scrub Down.
- Walk around exterior of house and look for anything in disrepair.

Day 8 & 9

Bedrooms

- Launder Bedding
- Move Bed.. Sweep/ Vacuum.
- Declutter and clean out closets and dressers.
- Dust all furniture.
- Sweep/Mop or Vacuum Floor.

Day 10

Bathrooms

- Deep Clean Showers/Tubs and remove all mildew mold and soap scum buildup.
- Inspect sinks/showers/toilets for leaks or malfunctioning parts.
- Shine Mirror.
- Clean out Cabinets and Drawers, decluttering as you go.
- Wipe all Cabinet fronts.
- Clean and shine sink/toilet and all faucets.
- Wipe off countertops.
- Clean out Medicine cabinet and Linen Cabinets. Discard all expired medications and old linens.
- Sweep and Mop floors.

Day 11:

Living Room

- Wipe off/Vacuum all Couches and Chairs.
- Launder throw pillows and blankets.
- Clean knickknacks, photo frames and lamps.
- Dust Coffee and Accent Tables.
- Wipe off electronics and look for wire frays.
- Sweep/Mop or Vacuum

- Remove everything from closet, and Sweep/Mop or Vacuum floor.
- Donate any coats/jackets that are outgrown or no longer needed.
- Sort through linens/blankets and discard any that are overused.
- Organize everything as you put it back in.

Hall/Linen

Closets

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- Make a walk through the entire house, inside and outside and tie up any areas you were unable to finish.
- Rest in your newly organized and naturally cleaned home!

Day 13 & 14



1 Cup Water
½ Cup Ammonia

Combine ingredients in a spray bottle and shake to combine. Use on glass surfaces or mirrors.

Wipe off with old newspapers to help prevent streaks.

1 Cup Water
1 Cup Vinegar
10-15 Drops Essential Oil
such as Orange, Lemon, Tea Tree, or
Eucalyptus

Combine vinegar and water in a spray bottle and shake to combine. Drop in essential oils.





2-3 Tablespoons liquid soap, such as Castille
1½ cups Baking Soda
2 Tablespoons Salt
¼ cup Vinegar
Water {optional}
Essential Oil {optional}

Combine the soap, baking soda, salt and essential oil {if using} in a medium sized bowl.

Slowly add in the vinegar (it will fizz) until it forms a paste. If it's too thick to spread on easily with a brush, add in some hot water.

Using a paint brush, cover your oven completely and let sit overnight. Wipe off.

Orange Peels {preferably organic}
Distilled White Vinegar
Water

Place the orange peels into a glass jar, and cover with vinegar. Keep in a cool, dark spot for 3-4 weeks before using.

When you're ready, add one part of the orange infused vinegar to three parts water in a spray bottle.

For tough surfaces, such as greasy stove tops, no need to dilute --just spray on straight.

Add more vinegar to your orange peels, and repeat process!

