



spring cleaning

with ESSENTIAL OILS

Living Room

- open windows and doors
- dust & wipe down
 - bookshelves
 - decor & surfaces
 - lamp shades
 - blinds
 - electronics
- launder
 - curtains
 - throw pillows & blankets
 - sofa covers
- wash
 - windows sills & glass
 - doors, walls & baseboards
- vacuum vents & fan blades
- sort and donate unneeded magazines, books, board games, DVD's, kids toys etc.
- sanitize childrens toys
- wipe light switches & outlet covers
- sweep & mop floors

Bedrooms

- open windows & doors
- dust & polish furnishings
- remove items one drawer at a time, sort, donate unneeded items & pack away kept items neatly & organized
- clean out the closet, donate & pack away kept items
- tidy & organize shoes
- replace scent fresheners
- launder
 - bedding & curtains
 - pillows, protectors & comforter
- dust shelves & decor
- remove items from under the bed, clean and reorganize
- dust & wipe down light fixtures
- wash doors, walls & dashboards
- wipe light switches & outlet covers
- vacuum vents & fan blades
- sweep & mop floors

Dining Room

- open windows and doors
- dust & wipe down
 - shelves
 - decor & surfaces
 - blinds
- launder curtains
- wash
 - windows sills & glass
 - doors, walls & baseboards
- vacuum vents & fan blades
- wipe light switches & outlet covers
- sweep & mop floors

Bathrooms

- open windows
- remove all items from cabinets & drawers & wash thoroughly
- discard expired medications & materials
- dust & wipe down mirrors, light fixtures & cabinets
- clean tub & shower tiles
- shine all hardware (sink, toilet & shower handles)
- clean sink & drain
- clean toilet inside & out, top to bottom
- clean window sills & glass
- wash doors, walls & baseboards
- wipe light switches & outlet covers
- vacuum vents & fan blades
- sweep & mop floor

Pets

- wash bedding
- soak & wash plush toys in hot water
- sanitize hard plastic bones/toys
- empty & clean cages, crates, kennels, aquariums etc
- wash water & food bowls
- clean eating area thoroughly
- wash litter boxes thoroughly as well as pee pads etc

Kitchen

- open windows and doors
- wash window sills & glass
- scrub backsplash
- dust light fixtures
- remove cookbooks other items from shelves, clean & return
- clean cabinets
 - scrub faces and hardware
 - one shelf / draw at a time, remove items, wipe space down and return
- soak the coffee pot / clean the kettle out
- clean the microwave
- clean the stove
 - remove drip bowls
 - scrub top, remove & wipe knobs
 - clean oven
- clean refrigerator
 - wipe down exterior, the top too!
 - remove everything, wipe down inside
 - throw out expired goods
 - reorganize the interior
 - move to clean under or use the vacuum
- clean pantry
 - remove everything & wipe down
 - discard any expired goods
 - return items neatly and organized
- wipe down all appliances
- clean sink, faucets & disposal
- wash doors, walls & baseboards
- wipe light switches & outlet covers
- sweep & mop floors

