



WELLNESS TIPS

SPRING CLEANING TIPS



TIPS TO GET YOUR HOME CLEAN

“April showers bring May flowers” as the saying goes, but that doesn’t mean your rainy days spent indoors have to be a waste! Spend that time doing a deep clean of your home so that it’s less of a burden on those sunny afternoons. The following tips will give you some great ideas on how to give your home a clean that’s more than just dirt deep.

Make a Schedule. Not all of it has to be done in one day! Scope out your home and find the areas that may need more time so you can plan for it, or group together smaller tasks to feel like you’ve achieved more in the day. Having a plan will keep you focused and will ensure the job gets done the first time. You can also pair up similar rooms to clean on the same day so that you have all the product you need at hand to get the job done (kitchen and bathrooms, laundry room and entryway, etc.)

Think Green While You Clean. Many people seem to be moving away from harsh chemicals when cleaning their homes, and there are many alternatives to get the same result. Lemons can be used to remove water stains from faucets or clean a microwave when heated up with water. An onion and some white vinegar can get your grill cleaned in time for BBQ season, and baking soda can be used to freshen up old shoes in the closet. Trying to use more green cleaning methods can also save you the cost of purchasing more expensive cleaning supplies in the future.

Clean Your Closet with the Season. It’s (hopefully) time to put away the heavy coats and scarfs! Take a good look at the closets in your home and determine what can come out to make room for warmer weather apparel. Warm accessories like mittens and toques could be thrown into a labeled plastic bin, and larger coats or ski pants could be vacuum packed and stored away until next season. Toss in a dryer sheet along with any clothing items so that everything smells fresh next season.

Don’t Forget to Clean Your Air. It’s always a great idea to open up your windows and let in some fresh air when your cleaning, especially if your using stronger chemicals. Many people overlook their furnace and HVAC filters when cleaning their home. These should be replaced regularly to ensure you have healthy air circulating within your home with fewer allergens, chemicals, or odors.