

**CLEAN MAMA'S**  
**SPRING CLEANING**  
**GUIDE**

**DEEP CLEAN & FRESHEN UP!**



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## Quick Start & Supply List

Through this guide you'll find a variety of approaches to Spring Cleaning. Choose what works for you, get excited, deep clean & freshen up your home!



### LOOKING FOR THESE SUPPLIES & MORE?

Head over to the Clean Mama shop and pick up the perfect cleaning supplies for the task!

[SHOP NOW](#)

### SUPPLIES TO KEEP HANDY

- **DUSTER**  
[a duster](#) is great for quick dusting and hard to reach areas
- **SPONGE**  
[one that's perfect for scrubbing](#) and getting into small areas and scrubbing tough to clean areas
- **DISH SOAP**  
mix [dish soap](#) with warm water to wipe surfaces
- **RUBBING ALCOHOL**  
great for cleaning high touch areas like switches and door knobs
- **ALL-PURPOSE SPRAY**  
mix up a DIY cleaner – [see page 4](#) – or use your favorite all-purpose spray
- **CLEANING CLOTHS**  
[quality cleaning cloths](#) make all the difference in your cleaning
- **OXYGEN WHITENER**  
[a cleaning and laundry powerhouse](#), this is great for scrubbing, carpet cleaning, and so much more
- **CASTILE SOAP**  
use [castile soap](#) like an all-purpose concentrate for your cleaning
- **BAKING SODA**  
use to freshen, deodorize, and scrub
- **SCRUB BRUSHES**  
[scrub those neglected](#) spots back to clean
- **SQUEEGEE**  
[a squeegee](#) makes all the difference in window cleaning
- **WHITE VINEGAR**  
use to break down mineral deposits and to clean surfaces
- **BUCKET**  
use a [bucket](#) or a caddy to keep all your supplies in, keep it handy for when you're ready to spring clean!



## SPRING CLEANING GUIDE

# DIY Spring Cleaning Recipes

These simple, safe, and natural recipes will be all you need to clean your home from top to bottom. Combine them with your favorite tools and your home will smell fresh and clean!

### ALL-PURPOSE CLEANER

#### *ingredients*

- 1 ¼ cups water
- ½ cup white vinegar
- 10 drops lemon essential oil

#### *instructions*

Pour ingredients in a 16 ounce spray bottle, shake to combine. Spray and wipe anywhere you see dirt and grime.

#### *best uses*

**General cleaning in the kitchen and bathrooms. Do not use vinegar on stone surfaces.**

### WINDOW & GLASS CLEANER

#### *ingredients*

- 1 ½ cups water
- 1 ½ tbsp. rubbing alcohol
- 1 ¼ tbsp. white vinegar
- 3 drops peppermint essential oil

#### *instructions*

Pour ingredients in a 16 ounce spray bottle, shake to combine. Spray and wipe window + mirrors to a streak-free shine.

#### *best uses*

**Pair this recipe with a microfiber or a low-lint cotton cloth and you'll be looking through streak-free windows in no time.**

### SOFT CLEANING PASTE

#### *ingredients*

- 1 cup baking soda
- ½ cup washing soda
- 1 tsp. kosher salt
- 2 tbsp. castile or dish soap
- 10 drops lemon + peppermint essential oils
- ½ - ¾ cup white vinegar

#### *instructions*

Combine dry ingredients in a bowl, add soap, essential oils and carefully add vinegar. Mix thoroughly for desired consistency. Scoop out a tablespoon or two and apply with a sponge or scrub brush and scrub away. Rinse thoroughly.

#### *best uses*

**On soap scum, stains and grime.**

## POWDER SCRUB

### *ingredients*

- 2 cups baking soda
- 10 drops lemon essential oil

### *instructions*

Combine ingredients in a container and mix well. Be sure to store in a sealed container. Wet surface, add a teaspoon or so of castile soap and scrub with scrub brush or sponge. Rinse and repeat as necessary.

### *best uses*

**Perfect for the kitchen sink, bathtub, shower, tile + grout. Can also be used as a carpet and mattress sprinkle (no soap) — just vacuum up!**

## DISINFECTING CLEANER

### *ingredients*

- 1 ¼ cups water
- ¼ cup white vinegar
- ¼ cup vodka or rubbing alcohol
- 15 drops of your favorite essential oil (lemon + peppermint are great)

### *instructions*

Pour ingredients in a 16 ounce spray bottle, shake to combine. Spray liberally on surfaces. Let sit for 10 minutes to disinfect, wipe clean.

### *best uses*

**Bathrooms + kitchens — anywhere you need to kill germs. Do not use vinegar on stone surfaces.**

## CLEANING BY THE BUCKET

### *ingredients*

- 6 cups warm water
- 1 tsp. castile soap
- 10 drops orange essential oil

### *instructions*

Pour ingredients into large bucket, stir to combine. Dip cleaning cloth or sponge in solution. Wipe clean.

### *best uses*

**Baseboards, doors and large surface areas such as counters or floors.**

## Three Ways to Simplify Spring Cleaning

There are different ways to spring clean effectively but the only way your spring cleaning will be effective is if it works for you.

Choose a method that makes sense for your home, your cleaning style, and the amount of time you have and want to spend on spring cleaning.

### CHOOSE YOUR METHOD:

1. Room By Room
2. Assembly Line
3. Pick & Choose

### AFTER YOU CHOOSE YOUR METHOD MAKE A LIST!

Once you've decided on your method, it's time to make a list. You can find my lists for these methods on the following pages or take some time to figure out what you want to spring clean and how you're going to approach it. As a general rule, you want to work from top to bottom and left to right in a room or area.

### METHOD 1: ROOM BY ROOM

This method works well if you want to deep clean a room from top to bottom. This works best if you have a larger chunk of time that you can dedicate to spring cleaning and/or you don't want to spring clean your whole home. Want to just spring clean living areas or bedrooms? Spring clean room by room. This method works best if you have all your supplies gathered in a caddy and ready to go.

### A COUPLE OF ROOM BY ROOM IDEAS TO GET YOU STARTED:

- dust corners and edges and ceilings
- clean light fixtures/fans
- touch up / clean walls
- vacuum or launder draperies
- clean blinds
- clean window sills and sashes
- wash windows
- dust /clean surfaces
- vacuum /spot clean furniture
- launder soft goods: bedding, throw blankets, pillows, etc.
- clean high touch areas: remotes, light switches, phones
- vacuum/wash baseboards
- vacuum floors
- clean/wash area rugs
- wash hard surface floors
- deep clean carpeting





## SPRING CLEANING GUIDE

# 60 Minute Spring Clean

Want to spring clean your home but don't have the time? This simple list will show you exactly how to maximize the time you spend and minimize the effort.

### STEP 01 • 15 MINUTES

#### THE KITCHEN

- Empty the sink and dishwasher.
- Wipe down kitchen counters with a cloth and soapy water.
- Wipe the fronts of your appliances.
- Put out a fresh dish towel.
- 

### STEP 02 • 15 MINUTES

#### THE BATHROOM

- Spray surfaces — sinks, counters, toilets, tubs.
- Wipe mirrors.
- Scrub toilets.
- Wipe surfaces.
- 

### STEP 03 • 15 MINUTES

#### THE LIVING AREA

- Put your throws and pillows in the dryer to quickly freshen them up.
- Do a quick dust of surfaces with a wand duster.
- Quickly vacuum the floors.
- Vacuum edges, baseboards, and vents.
- 

### STEP 04 • 10 MINUTES

#### THE BEDROOM

- Make the bed.
- Do a quick dust of surfaces with a wand duster.
- Quickly vacuum the floors.
- 
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### STEP 05 • 5 MINUTES

#### WHOLE HOUSE PICK-UP

- Pick up of any noticeable things to toss.
- Take out garbage.
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### HAVE TIME FOR MORE?

#### EXTRA TASKS

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## SPRING CLEANING GUIDE

# Whole Home Checklist

Take the guesswork out of spring cleaning with this whole home checklist. The tasks are broken down by room and in a way that allows you to work in small increments through your home. Spring Clean Your Way: do a task or two a day, set a timer for 10-15 minutes, or work through it over the month.

KITCHEN	✓
dust the ceiling and corners	
dust above cabinets	
clean light fixtures	
clean cupboards + cabinets	
clean handles + knobs	
clean stove vent / filter	
wipe appliance fronts	
clean microwave	
clean oven / cooktop / stove	
clean refrigerator / freezer	
clean small appliances	
clean / declutter counters	
launder or vacuum area rugs	
vacuum floors + baseboards	
wash floors + baseboards	
polish furniture	
wash windows	

BATHROOMS	✓
dust the ceiling and corners	
dust above cabinets	
clean light fixtures	
clean cupboards + cabinets	
clean handles + knobs	
clean bathroom vent	
clean / declutter counters	
scrub sink	
deep clean faucets + fixtures	
spray + wipe down surfaces	
scrub bathtub and/or shower	
clean toilet	
launder bath mats	
vacuum floors + baseboards	
wash floors + baseboards	
wash windows	

BEDROOMS	✓
dust the ceiling and corners	
dust the entire room	
clean light fixtures	
clean window treatments	
clean doors + handles	
clean vents	
spot clean walls	
rotate mattresses	
wash or freshen pillows	
launder bedding	
launder quilts + comforters	
polish furniture	
vacuum floors + baseboards	
wash baseboards	
clean carpet or wash floor	
wash windows	

LIVING AREAS	✓
dust the ceiling and corners	
dust the entire room	
clean light fixtures	
clean window treatments	
clean doors + handles	
clean remotes	
dust + clean electronics	
clean vents	
spot clean walls	
wash or freshen pillows	
launder blankets	
polish furniture	
vacuum floors + baseboards	
wash baseboards	
clean carpet or wash floor	
wash windows	





**SPRING CLEANING GUIDE**

# Monthly Checklist

Complete these tasks over the course of a week, month, or anytime you need to do some spring cleaning.

TASK	✓
prep supplies	
clean laundry room	
dust edges + corners at the ceiling level	
dust edges + corners at the ground level	
dust or vacuum vents	
vacuum edges of the baseboards	
wash baseboards	
wipe switch-plates	
wipe door knobs	
dust light fixtures	
dust any ceiling fans	
clean refrigerator	
clean freezer	
clean oven	
clean microwave	
clean dishwasher	
clean appliance fronts	
wipe kitchen cupboards	

TASK	✓
wipe kitchen drawers	
wash interior windows	
clean window sills + sashes	
wash exterior windows (if possible)	
launder curtains /drapes + clean blinds	
wash bath mats + shower curtains	
clean + clear bathroom counters	
clean toilets — tank to floor	
clean bathtubs + showers	
wash bathroom floors	
wash bedding — switch out if necessary	
rotate + vacuum mattresses	
dust all the surfaces in your home	
vacuum all the floors in your home	
wash all hard surface floors in your home	
sweep/vacuum garage	
sweep porch/patio	

## SPRING CLEANING GUIDE

# Room By Room

Do you prefer to clean room by room? Use these simple checklists to guide your cleaning in each room. Complete at your own pace and check off your progress.

<i>the most used space</i> <b>KITCHEN</b>	<i>often overlooked</i> <b>BATHROOMS</b>
<ul style="list-style-type: none"><li><input type="checkbox"/> dust above cabinets</li><li><input type="checkbox"/> clean light fixtures</li><li><input type="checkbox"/> clean cupboards + cabinets</li><li><input type="checkbox"/> clean handles + knobs</li><li><input type="checkbox"/> clean vent / filters</li><li><input type="checkbox"/> clean stove vent / filter</li><li><input type="checkbox"/> clean microwave</li><li><input type="checkbox"/> clean oven + cook top / stove</li><li><input type="checkbox"/> clean refrigerator + freezer</li><li><input type="checkbox"/> clean other small appliances</li><li><input type="checkbox"/> clean / declutter counters</li><li><input type="checkbox"/> wash counters</li><li><input type="checkbox"/> launder or vacuum area rugs</li><li><input type="checkbox"/> vacuum floors + baseboards</li><li><input type="checkbox"/> wash floors + baseboards</li><li><input type="checkbox"/> polish furniture</li><li><input type="checkbox"/> wash windows</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> dust above cabinets</li><li><input type="checkbox"/> clean light fixtures</li><li><input type="checkbox"/> clean cupboards + cabinets</li><li><input type="checkbox"/> clean handles + knobs</li><li><input type="checkbox"/> clean bathroom vent</li><li><input type="checkbox"/> clean / declutter counters</li><li><input type="checkbox"/> scrub sink</li><li><input type="checkbox"/> deep clean faucets + fixtures</li><li><input type="checkbox"/> spray + wipe down all surfaces</li><li><input type="checkbox"/> scrub bathtub and/or shower</li><li><input type="checkbox"/> thoroughly clean toilet</li><li><input type="checkbox"/> launder bath mats / rugs</li><li><input type="checkbox"/> vacuum floors + baseboards</li><li><input type="checkbox"/> wash floors + baseboards</li><li><input type="checkbox"/> wash windows</li><li><input type="checkbox"/></li><li><input type="checkbox"/></li></ul>

*meant-to-be oasis*  
**BEDROOMS**

- dust the entire room
- clean light fixtures
- clean window treatments
- clean handles + knobs
- clean vents
- spot clean walls
- rotate mattresses
- wash or freshen pillows
- launder bedding
- launder quilts + comforters
- polish furniture
- vacuum floors + baseboards
- wash baseboards
- clean carpet or wash floor
- wash windows
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*hang out + relax*  
**LIVING AREAS**

- dust the entire room
- clean light fixtures
- clean window treatments
- clean handles + knobs
- clean remotes
- dust + clean electronics
- clean vents
- spot clean walls
- wash or freshen pillows
- launder blankets
- polish furniture
- vacuum floors + baseboards
- wash baseboards
- clean carpet or wash floor
- wash windows
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*enjoy doing laundry*

**LAUNDRY ROOM**

- dust the ceiling + corners
- clean washing machine
- clean dryer + lint trap
- clean vent / filters
- wipe appliance fronts
- vacuum under washer + dryer
- clean / declutter counters
- clean cupboards + cabinets
- clean / declutter shelves
- declutter + assess supplies
- spot clean walls
- vacuum floors + baseboards
- wash floors + baseboards
- wash windows
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*the entrance*

**ENTRYWAY / MUDROOM**

- dust the ceiling + corners
- clean light fixtures
- clean cupboards + cabinets
- clean handles + knobs
- clean doors
- declutter / clean shoe storage
- declutter coats + jackets
- clean vents
- spot clean walls
- polish furniture
- launder or vacuum area rugs
- vacuum floors + baseboards
- wash floors + baseboards
- wash windows
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SPRING CLEANING GUIDE

# Undated Monthly Calendar


MONTH:						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

TO-DO LIST	✓

SAVE FOR NEXT MONTH

SPRING CLEANING GUIDE

# Undated Quarterly Calendar

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MONTH:							

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MONTH:							

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MONTH:							