

Your Deep-Cleaning Handbook

This extensive guide will provide you with all the tools, tips, and tricks you'll need to keep your home totally tidy all year long.



There's nothing like a spotless home ...

but achieving a totally clean space can often feel so out of reach. Where do you start, exactly? And how can you make the whole process less stressful? We're here to make cleaning your entire home — whenever you're ready — a whole lot easier.

In this comprehensive guide, we're highlighting all the necessary tools you'll need — as well as things to watch out for! — and breaking down the entire cleaning process into individual tasks that you can complete daily, weekly, monthly, and seasonally.

That way, you'll be able to pace yourself and ensure you get all those deeper cleaning tasks completed. Even better, let's clean together! Join us in our annual Spring Cleaning Cure, a 10-day challenge that'll get your entire place tidy from top to bottom.

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HOW TO CLEAN YOUR HOME

For your home cleaning journey, you'll need to gather some essentials and know a few key things before getting started. Below, we share which cleaning supplies you'll need to have on hand and which products you should never mix, and we lay out a step-by-step guide to cleaning your entire home.

Essentials You Need at All Times

- | | |
|---|--|
| ☐ Gloves | ☐ All-purpose cleaner |
| ☐ Microfiber cloth | ☐ Disinfectant |
| ☐ Sponges | ☐ Glass cleaner |
| ☐ Cleaning brushes | ☐ Key pantry ingredients
(like baking soda and
distilled white vinegar) |
| ☐ Toilet brush | ☐ Specialty cleaners
(such as a natural
stone cleaner) |
| ☐ Vacuum | |
| ☐ Duster | |
| ☐ Dish soap | |



CLEANERS YOU SHOULD NEVER (EVER!) MIX



Detergent
X
Bleach



Glass Cleaner
X
Bleach



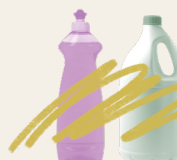
Lysol
X
Bleach



Ammonia
X
Vinegar

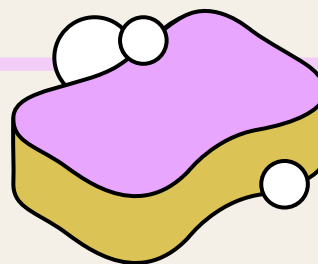


Pine-Sol
X
Detergent



Dish Soap
X
Bleach

How to Clean Your Home, Step by Step



1 Gather everything you need to clean your home.

See the essentials list!

2 Declutter the entire home

(or a single room if you're just starting out). Throw out all the garbage. Pick up anything on the floor or anything that's out of place. Put things back in their place.

3 See what needs to be washed.

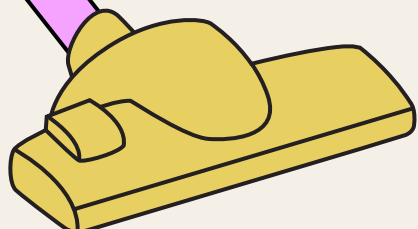
Look around your room for things that need to be washed like blankets, towels, curtains, sheets, and dishes. Get them in the washing machine and/or dishwasher.

4 Dust all the surfaces in your home.

Start at the highest point of the room and work your way down, so no dust falls onto a surface you've already cleaned.

5 Vacuum all the carpets in your home.

Don't forget to use the baseboard attachment for the baseboards and the bristled brush attachment for the couch, beds, and other smaller surfaces.



6 Clean the hard surfaces in the kitchen and bathroom.

Use sponges for the surfaces that need to be wet, like the sinks, tub, and inside the microwave. Microfiber cloths are for the hard surfaces that stay mostly dry, like countertops and the exterior of appliances. Use a cleaner specific to the surface you're cleaning. Go over every hard surface with a disinfectant, as well.

7 Clean all the glass surfaces.

Clean the mirrors and windows!

8 Vacuum again.

This will pick up any new dirt that's fallen on the floor.

9 Sweep the hard floors and mop.

This will get all the little particles off the floor before you mop. If you have any outside spaces, like a deck or patio, sweep those too. Then, mop the floors.

10 Put everything back together.

All the stuff you put in the washing machine or dishwasher should be finished and put away. Then, use dishwasher and washing machine cleaner tablets to run a cycle to wash the inside of those appliances.

HOME CLEANING SCHEDULE

The best way to stick to cleaning your home regularly is to create a routine that actually works for you. We've included our home cleaning schedules for daily, weekly, monthly, and seasonal cleaning — but feel free to add to the list and make it your own!

Daily	Weekly	Monthly
☐ Wipe down counters and tables. ☐ Squeegee the shower doors, walls, and floors after every shower. ☐ Wash dishes after each meal. ☐ Sweep or use a cordless vacuum on any heavily trafficked spots. ☐ Put things back where they belong after you're done with them. ☐ Unload the dishwasher and empty the dish drainer. ☐ Clear surfaces of clutter. ☐ Take out the kitchen trash.	☐ Wipe glass and mirrors in the bathrooms and elsewhere. ☐ Dust everywhere. ☐ Vacuum carpets. ☐ Wet mop hard floors. ☐ Clean bathroom counters and toilets. ☐ Clean out the fridge. ☐ Tackle clutter hot spots. ☐ Clean kitchen surfaces and regularly used appliances (like the microwave). ☐ Clean bathrooms (showers, sinks, tubs, and fixtures). ☐ Do the laundry (including washing, drying, folding, and putting things away). ☐ Launder and change sheets and pillowcases.	☐ Clean the dishwasher with a dishwasher cleaner. ☐ Clean the washing machine with a washing machine cleaner. ☐ Wipe down the walls. ☐ Clean the vacuum filter. ☐ Dust everywhere (especially high-up places). ☐ Wipe down blinds, ceiling fan blades, lamps, and the molding. ☐ Clear out expired food in the fridge, freezer, and pantry. ☐ Wipe down the inside of your fridge. ☐ Clean the trash can. ☐ Vacuum floors and baseboards. ☐ Wash ventilation hood filters. ☐ Clean the garbage disposal.
Other	Other	Other

Spring

Kitchen

- ☐ Clean out the fridge.
- ☐ Clean out the freezer.
- ☐ Clean your water and ice dispenser areas.
- ☐ Get rid of entertaining items you didn't use throughout the holiday season.
- ☐ Toss broken dishware, duplicate kitchen tools, and items you don't use.
- ☐ Clean crumbs out of drawers.
- ☐ Clean your coffee maker.
- ☐ Clean your toaster oven.
- ☐ Clean your oven.
- ☐ Clean your vent hood screens.
- ☐ Wash your garbage can and recycling bin.
- ☐ Clean out your garbage disposal.
- ☐ Wipe down cabinet and drawer fronts.
- ☐ Clean any smudges on walls.
- ☐ Clean light fixtures.

Bathroom

- ☐ Thoroughly clean the bathtub interior and shower.
- ☐ Rinse off shampoo, conditioner, and other containers.
- ☐ Replace rags and loofahs, as needed.
- ☐ Clean trash cans.
- ☐ Clean the toilet thoroughly.
- ☐ Clean showerhead.

- ☐ Wash shower curtain liner.
- ☐ Mop floors.
- ☐ Declutter under-sink cabinets and medicine cabinets.
- ☐ Clean light fixtures.

Bedroom (and Closet)

- ☐ Put out-of-season clothing in storage.
- ☐ Wash throw pillows and/or covers.
- ☐ Wash pillows.
- ☐ Wash duvet cover, comforter, blankets, etc.
- ☐ Dust and clean the headboard.
- ☐ Vacuum mattress.
- ☐ Polish wooden furniture.
- ☐ Clean closet floor.
- ☐ Declutter seasonal clothes and shoes that weren't worn during the colder months.
- ☐ Clean under furniture.

Living Areas

- ☐ Wash throw pillows and/or covers.
- ☐ Wash blankets.
- ☐ Store extra blankets.
- ☐ Spot-clean carpets.
- ☐ Vacuum upholstery, including beneath cushions.
- ☐ Rotate furniture cushions as applicable.
- ☐ Clean and polish leather furniture.

- ☐ Clean under furniture.
- ☐ Polish wood furniture.
- ☐ Spot-clean upholstery.

All Around the House

- ☐ Wash throw rugs.
- ☐ Clean and disinfect light switches.
- ☐ Clean light fixtures.
- ☐ Wipe down doors and door handles.
- ☐ Clean baseboards.
- ☐ Clean walls.
- ☐ Dust the tops of doors and window frames.
- ☐ Clean blinds or other window coverings and/or wash curtains.
- ☐ Wash windows and screens.
- ☐ Touch-up paint where needed.
- ☐ Re-pot plants as needed.

Outdoor Areas

- ☐ Wash front and back doors.
- ☐ Shake out doormats.
- ☐ Clean entry areas.
- ☐ Clean walkways.
- ☐ Clean outdoor cushions and furniture.

Seasonal Maintenance

- ☐ Check HVAC filters and replace them if needed.
- ☐ Check fridge filters.
- ☐ Check fire alarm batteries.

Other

Summer

Kitchen

- ☐ Clean your range hood if you have one.
- ☐ Clean your range hood filters.
- ☐ Wipe down cabinet and drawer fronts.
- ☐ Wipe down and disinfect garbage cans and recycling bins.
- ☐ Clean your disposal.
- ☐ Wipe down soap dispensers (outsides and rims).
- ☐ Clean your dish rack.
- ☐ Wash oven mitts.
- ☐ Descale your coffee maker.
- ☐ Wipe down dirty walls.

Bathroom

- ☐ Clean showerhead.
- ☐ Wash shower curtain and liner.
- ☐ Wash bath mats.
- ☐ Clean shower walls and floors.
- ☐ Deep-clean bathtub.
- ☐ Wash the outsides of personal care product containers.
- ☐ Wipe down the vanity exterior.
- ☐ Deep clean toilet.
- ☐ Declutter under-sink cabinets.

Bedroom (and Closet)

- ☐ Declutter winter clothes that weren't worn.
- ☐ Put away winter clothing, shoes, and accessories.
- ☐ Wash, dry, and store winter bedding.
- ☐ Clean mattress.
- ☐ Wash pillows and throw pillows.
- ☐ Dust surfaces.
- ☐ Polish wooden furniture.
- ☐ Go through nightstands.
- ☐ Wash laundry hamper bags.
- ☐ Vacuum under furniture.
- ☐ Dust and clean picture frames.

Living Areas

- ☐ Inspect upholstered furniture for stains and treat them.
- ☐ Vacuum upholstery.
- ☐ Clean and polish leather furniture.
- ☐ Wash throw-pillow covers.
- ☐ Wash blankets and put away extras.
- ☐ Dust bookshelves.
- ☐ Straighten books.
- ☐ Spot-treat carpet stains.
- ☐ Clean under couch and chair cushions and vacuum.
- ☐ Vacuum under furniture.

All Around the House

- ☐ Dust light fixtures.
- ☐ Dust door frames.
- ☐ Wipe down light switches.
- ☐ Dust and wipe down doors.
- ☐ Clean baseboards.
- ☐ Dust window ledges.
- ☐ Clean dirty walls.
- ☐ Dust plants or shower them.
- ☐ Inspect exterior doors for weather-proofing damage and fix as needed.
- ☐ Wipe door handles.

Outdoor Areas

- ☐ Clean front door.
- ☐ Clean front entryway.
- ☐ Clean exterior light fixtures.
- ☐ Clean grill.
- ☐ Clean outdoor seating and dining furniture.
- ☐ Wash outdoor cushions.
- ☐ Make sure there's no standing water (check extra planters, etc.) to prevent mosquitoes.
- ☐ Wipe down outdoor planters.
- ☐ Shake out doormats.
- ☐ Sweep porch or deck areas and wash if needed.

Other

Fall

Kitchen and Bathroom

- ☐ Clean your kitchen grout.
- ☐ Clean your bathroom grout.
- ☐ Clean your refrigerator coils, if applicable.
- ☐ Clean under your refrigerator.
- ☐ Clean the inside of your dishwasher.
- ☐ Clean and condition the wood of your bathroom and kitchen cabinets.
- ☐ Clean your oven.
- ☐ Wash and disinfect all the garbage cans.
- ☐ Seal and/or polish granite countertops.
- ☐ Wipe down kitchen mats.
- ☐ Wash bath mats.
- ☐ Wash the shower curtain.
- ☐ Deep clean microwave.

Bedroom (and Closet)

- ☐ Refresh bedding that isn't regularly washed (comforters, pillows, etc.).
- ☐ Vacuum and flip mattresses.
- ☐ Put cold-weather linens on the beds.
- ☐ Switch out seasonal clothes.
- ☐ Dust your bed frame.

- ☐ Vacuum or lint roll if it's upholstered.
- ☐ Clear off and clean your nightstands.
- ☐ Vacuum under the bed.
- ☐ Lint roll lampshades and dust light bulbs and lamp bases.
- ☐ Polish wooden furniture.
- ☐ Dust blinds.
- ☐ Wash curtains.

Living Areas

- ☐ Vacuum upholstered furniture.
- ☐ Vacuum under your upholstered furniture cushions.
- ☐ Polish your wood furniture.
- ☐ Wash artificial plants.
- ☐ Dust living plants' leaves.
- ☐ Wipe down your screens (TV, computer, etc.).
- ☐ Clean all keyboards and remote controls.

All Around the House

- ☐ Wash your walls.
- ☐ Wash your windows, window sills, and all the window grooves.
- ☐ Clean your washer and dryer.

- ☐ Clean your doorknobs, doors, and lightswitch plates.
- ☐ Vacuum under all beds, couches, and other furniture.
- ☐ Dust the tops of doors and door frames.
- ☐ Spot clean carpets and rugs.
- ☐ Clean floors underneath area rugs.
- ☐ Wash curtains or have them cleaned.
- ☐ Remove and rinse your window screens.
- ☐ Wash your washable vacuum cleaner filters.
- ☐ Clean your baseboards.

Seasonal Maintenance

- ☐ Change your HVAC air filter.
- ☐ Replace your fire alarm batteries.
- ☐ Condition your leather furniture.
- ☐ Dust your ceiling fans and set them to turn so air circulates upward.
- ☐ Sweep the chimney and/or have it checked.
- ☐ Clean out rain gutters.
- ☐ Check weather stripping and replace as necessary.

Other

Winter

Kitchen and Bathroom

- ☐ Clean out the refrigerator.
- ☐ Clean out the freezer.
- ☐ Wipe down your backsplash.
- ☐ Clean under your oven.
- ☐ Clean under your refrigerator.
- ☐ Clean your oven door.
- ☐ Clean your oven interior.
- ☐ Clean your vent hood screens.
- ☐ Clean your bathtub.
- ☐ Declutter and organize under the kitchen sink.
- ☐ Declutter and organize under the bathroom sink.
- ☐ Wash your garbage can and recycling bins.

Bedroom (and Closet)

- ☐ Wash your comforter insert.
- ☐ Wash your duvet cover.
- ☐ Wash your throw pillows and covers.

- ☐ Clean your mattress.
- ☐ Dust the ceiling fan.
- ☐ Clean and vacuum under your bed.
- ☐ Add a box to your closet for decluttering winter clothes as you try them on.
- ☐ Clean nightstand drawers.
- ☐ Dust lamp shades and light bulbs.
- ☐ Review and purge items stored in the closet.

Living Areas

- ☐ Wash pillow covers and pillows.
- ☐ Clean couch.
- ☐ Clean under couch cushions.
- ☐ Clean under the couch.
- ☐ Spot-clean stains.
- ☐ Use an upholstery cleaner on applicable furniture.
- ☐ Dust bookshelves and books.
- ☐ Dust lamp shades and light bulbs.
- ☐ Clean glass on artwork.

All Around the House

- ☐ Dust surfaces.
- ☐ Clean under rugs.
- ☐ Spot clean rugs.
- ☐ Dust baseboards.
- ☐ Remove scuffs from baseboards.
- ☐ Dust blinds.
- ☐ Touch-up paint.
- ☐ Clean doors.

Seasonal Maintenance

- ☐ Check HVAC filters.
- ☐ Check fire alarm batteries.
- ☐ Winterize outdoor spigots, etc., where applicable.
- ☐ Shake out or clean doormats.
- ☐ Wash throw rugs.
- ☐ Check doors and windows for leaks.
- ☐ Have your fireplace inspected.

Other