

No Tox Cleaning Guide

Bathrooms

- use mild soap for sinks or plain hot water
- use baking soda for toilet bowl add a squirt of mild soap if need
- DIY spray for surfaces
- vacuum or sweep weekly
- Mop Only As Needed
- use cool water + microfiber mop
- bathtubs & shower walls just need mild soap (baking soda and castile soap work best on tubs)
- white vinegar and mild soap for glass doors

Kitchen

- load/unload dishes
- declutter countertops
- wash out sink with baking soda and castile soap
- dab vinegar on cloth to wipe stainless steel
- DIY spray for surfaces or just hot water
- mild soap+water for quick wiping
- empty trash
- cool water/microfiber mop
- vinegar for microwave

Living/Laundry

- straighten up daily
- vacuum
- dab lemon oil on dry cloth to dust/vacuum blinds
- do smaller loads using mild soap (very little is needed)
- mop with cool water if you have luxury vinyl plank
- wool dryer balls

Bedrooms

- make bed daily
- straighten up
- vacuum 2X week
- put clothes away
- dab lemon oil on dry cloth to dust/vacuum fan

DIY SPRAY

1-2 CUPS WATER
1-2 TBSP ALCOHOL
6-10 DROPS
LEMONGRASS OIL

lemongrass is a natural antibacterial, antifungal, antimicrobial that can be used in your spray bottles when cleaning the floors and surfaces use plain alcohol or vinegar for mirrors