

SOPHIE'S GUIDE TO
SPRING
Cleaning



PRESENTED BY EARTH FRIENDLY PRODUCTS

Hello my gorgeous friends!

Spring has sprung!! Flowers are blooming, the sun is shining longer, you're opening your windows from the winter frost ... and suddenly you can see just how dusty your home is (based entirely on personal experience).

Spring cleaning is actually something I look forward to. I've never subscribed to a January New Years - For me, there are two "new" years to celebrate: Back to school in September, and Spring Cleaning in March and April. These are times of new beginnings, of resets and renewing!

Now, I know not everyone agrees with me. If you say the word "housework" in front of my family, a layer of doom sets in and people start looking for emergency escape routes. But trust me, spring cleaning does not have to be bad. It doesn't even have to take that long. But the rewards are ENDLESS.

So I've put together this handy manual to guide you through the process of spring cleaning. There are some DIYs, some check lists, some Q&As, some product recommendations ... everything you'll need to have your home looking GORGEOUS in no time.

I've tried to create the one-stop-shop for spring cleaning, but if you need other ideas, or have questions you want to share with me, head over to my blog or my social media (links at the back of the eBook) - I'm dying to hear from you!

Here's to scouring pads and all-purpose cleaner!

Sophie xx

SPRING CLEANING

Checklist



Ok guys. Here it is - My COMPLETE AND TOTAL checklist for spring cleaning. Seriously, it's all here. Print these pages out, and use them as a check list, or just pick the most important areas for you! Trust me, when I start deeeeeep cleaning, having a list helps maintain my sanity, and save me from reaching for a toothbrush to clean every dark, dusty corner.

KITCHEN

- Remove and put away all visible clutter
- Clear cobwebs from ceiling and corners
- Wipe down any doors, including frame, trim, threshold, and knobs
- Wipe down baseboards, light fixtures, light switches and outlet covers
- Replace any necessary light bulbs
- Wash windows, window sills, tracks, and frames
- Wash window coverings
- Clean and organize your pantry and cabinets. Sort items to purge, store or keep before returning to cabinets. Consider facing all labels forward for easy product locating
- Wipe down the outside of cabinets to remove grease and grime, disinfecting handles
- Clean and organize fridge and freezer - Throw away anything that's expired (duh) and be honest with yourself about what condiments you will actually use again
- Dust off top of fridge and cabinets
- Disinfect handles of fridge
- Move large appliances and clean behind them and the sides, including fridge coils
- Clean out vents on the backs of large appliance (make sure that are switched off)
- Clean all small appliances, including coffee maker, toaster, mixer, processor, etc.
- Clean the microwave - Inside and out
- Assess kitchen gadgets and tools - Anything you don't use, donate!
- Give all pots and pans a good wipe, and re-organize in cabinets or drawers with matching lids if necessary. If you have cast iron, consider re-seasoning
- Run the self-cleaning option on the oven or clean yourself, paying attention to the outside as well, removing knobs. Remove and clean drip pans
- Clean overhead exhaust and replace filter, if necessary
- Clean counter, backsplash and all over surfaces (tables, island, buffet, chairs, stools, etc.)
- Deep clean sink, drains and faucet
- Remove all items from under the sink and clean cabinet. Sort to get rid of unnecessary items before returning. Be sure to launder any used dust rags
- Deep clean dishwasher by running a heavy cleaning cycle with a bowl with 1 cup of vinegar on the bottom rack
- Clean and deodorize garbage can
- Empty any missed junk drawers. Clean the interior and sort through items to keep, store or discard
- Vacuum any vents
- Launder and shake out any rugs
- Sweep, mop and vacuum floor

DINING ROOM

- Remove and put away all visible clutter
- Remove and put away any irrelevant seasonal décor
- Clear cobwebs from ceiling and corners
- Dust and wash light fixtures
- Replace any necessary light bulbs
- Clean light switch plates and outlet covers
- Wipe down any doors, including frame, trim, threshold, and knobs
- Dust and clean any picture frames or wall décor
- Remove all items from shelves. Dust or wash each item and the shelf before returning
- Wipe down walls
- Clean windows, window sills, tracks, and frames
- Dust and clean all surfaces, such as tables, buffet, etc.
- Wash and/or polish china cabinet
- Remove all items from china cabinet. Clean interior. Clean each item from china cabinet before returning. Store or discard any unnecessary items
- Launder table linens
- Clean or vacuum all upholstery on seats
- Wipe down all seat frames, top to bottom
- Empty any missed junk drawers. Clean the interior and sort through items to keep, store, or discard
- Vacuum any vents
- Wipe baseboards and any other trim
- Launder or shake out any rugs
- Sweep, mop and/or vacuum

PLAY AREAS

- Remove and put away all visible clutter
- Clear cobwebs from ceiling and corners
- Dust and wash light fixtures
- Wipe down walls
- Replace any necessary light bulbs
- Clean light switch plates and outlet covers
- Wipe down any doors, including frame, trim, threshold, and knobs
- Dust and clean any picture frames or wall décor
- Remove all items from shelf. Dust or wash each item and the shelf before returning
- Remove toys and books from shelves and storage containers, and clean the interior. Sort and purge any un-played with or broken toys and books
- Wash toys, if possible
- Dust or launder curtains and blinds
- Clean windows, window sills, tracks, and frames
- Wipe down all surfaces, such as craft tables, lego tables, etc.
- Vacuum or spot clean any upholstery
- Vacuum any vents
- Wipe baseboards and any other trim
- Launder or shake out any rugs
- Vacuum carpet or sweep/mop floors
- Spot clean carpet
- Steam clean carpet

OFFICE

- Remove and put away all visible clutter
- Clear cobwebs from ceiling and corners
- Dust and wash light fixtures
- Replace any necessary light bulbs
- Clean light switch plates and outlet covers
- Wipe down any doors, including frame, trim, threshold, and knobs
- Dust and clean any picture frames or wall décor
- Remove all items from shelf. Dust or wash each item and the shelf before returning
- Wipe down walls
- Dust or launder curtains and blinds
- Clean windows, window sills, tracks, and frames
- Shred old papers, and file important papers
- Wipe all surfaces, including desk.
- Vacuum any vents
- Wipe baseboards and any other trim
- Launder or shake out any rugs
- Vacuum carpet or sweep/mop floors
- Spot clean carpet
- Steam clean carpet
- Wash window panes
- Move the furniture to vacuum and spot clean
- Sort items and discard unnecessary or unused items before returning to furniture
- Empty any junk drawers. Clean the interior and sort through items to keep, store, or discard
- Vacuum office chair, wipe down armrests and base
- Clean out the garbage can, recycle bin, and shredder container
- Sort CD's, boxes, office supplies, etc. and discard unnecessary items
- Re-organize items when replacing them
- Clean and dust all electronics well, including keyboards, printers, etc.

COMPUTER

- Re-organize desktop by deleting any old files or unnecessary programs
- Back up all files to an external hard drive
- Organize pictures by month, year, or events screens
- Update anti-virus and run a mal-ware
- Run any software updates

BATHROOM

- Remove and put away all visible clutter
- Clear cobwebs from ceiling and corners
- Wash windows, window sills, tracks, and frames
- Dust and clean any picture frames or wall decor
- Remove all items from shelves and countertops, dust or wash each item and the shelf before returning
- Clean light fixtures, light switches and outlet covers
- Replace any necessary light bulbs
- Wipe down baseboards
- Wipe down any doors, including frame, trim, threshold, and knobs
- Wipe down the walls
- Change shower curtain liner
- Launder shower curtain
- Clean bathtub and shower tiles, remember to clean fixtures
- Clean shower head
- Clean counter
- Clean toilet
- Clean sink
- Clean mirror
- Wash toothbrush holder
- Organize cabinet and dispose of expired products, including medications, skincare and makeup
- Wash bath mats
- Sweep and wash floor
- Replace towels with fresh ones
- Wash bath toys

BEDROOM

- Remove and put away all visible clutter
- Clear cobwebs from ceiling and corners
- Clean light fixtures, light switches and outlet covers
- Replace any necessary light bulbs
- Wipe baseboards
- Wipe down any doors, including frame, trim, threshold, and knobs
- Wash windows, window sills, tracks, and frames
- Vacuum or clean window coverings
- Vacuum vents
- Wash bedding and pillows
- Remove and wash mattress pad, if possible
- Clean out under the bed, removing items for maximum vacuum and sleeping
- Deodorize and vacuum mattress
- Flip the mattress
- Remove, launder and store any heavier winter bedding
- Replace older pillows. Consider donating older pillows to an animal shelter - They are well loved there!
- Dust and wipe bed frame and headboard
- Dust all furniture pieces thoroughly, removing items from shelf and dusting thoroughly before returning
- Dust and clean any picture frames or wall décor
- Dust, wipe and polish furniture, such as dressers, night stands, bookshelves, lampshades
- Remove clothing items from closet and drawers.
- Donate what you no longer need. Store winter clothing. Clean out the closet well removing any dust and debris. Return clothing
- Pack away and winter clothes
- Sweep, mop or vacuum floors
- Spot clean carpet
- Steam clean carpet

LIVING ROOM

- Remove and put away all visible clutter
- Clear cobwebs from ceiling and corners
- Remove and put away an irrelevant season decor
- Clean light fixtures, light switches and outlet covers
- Replace any necessary light bulbs
- Wipe baseboards
- Wipe down any doors, including frame, trim, threshold, and knobs
- Wipe down walls
- Wash windows, window sills, tracks, and frames
- Wash window coverings
- Move all big furniture items and clean underneath
- Vacuum couch and chairs, removing cushions. Fluff and rotate as needed. Spot clean if necessary
- Wash throws and pillows
- Remove all decor from shelves and dust thoroughly before returning to shelves
- Dust and clean all glass on the hanging pictures and picture frames
- Dust furniture and appliances
- Dust electronics and organize cords
- Dust or wipe temperature control unit
- Dust plants
- Dust any lamp shades
- Sort and discard or donate any magazines, books, DVDs or games that are no longer used
- Clean out fireplace
- Empty any missed junk drawers, Clean interior and sort through items to keep, store or discard
- Vacuum any vents
- Vacuum and sweep, shaking out any rugs
- Spot clean carpet
- Steam clean carpet

ENTRANCE WAYS

- Remove and put away all visible clutter
- Wipe baseboards
- Wash walls, light fixtures, light switches and outlet covers
- Replace any necessary light bulbs
- Wipe down any doors, including frame, trim, threshold, and knobs
- Wipe down walls
- Clear cobwebs from ceiling and corners
- Wash windows, window sills, tracks, and frames
- Clean window coverings
- Dust and clean any picture frames or wall decor
- Remove all items from shelves. Dust or wash each item and the shelf before returning
- Empty coat closet or storage areas. Wipe down entire closet, including hanger racks, rods and shelving
- Launder and store season items, such as coats, boots, hats, gloves, etc.
- Sort through remaining items before turning and discard or donate any unnecessary items
- Clean storage bins
- Empty any missed junk drawers or areas. Clean the interior and store through items to keep, store or discard
- Replace, clean or shake out any door mats
- Vacuum any vents
- Sweep, mop or vacuum

LAUNDRY ROOM

- Remove and put away all visible clutter
- Clear cobwebs from ceiling and corners
- Dust and wash light fixtures
- Clean light switch plates and outlet covers
- Replace any necessary light bulbs
- Wipe down any doors, including frame, trim, threshold, and knobs
- Dust and clean any picture frames or wall décor
- Remove all items from shelves, cabinets, counters
- Dust or wash each item and the shelf before returning
- Sort items before returning and discard or store any unnecessary items
- Wipe down walls
- Dust or launder curtains and blinds
- Clean windows, window sills, tracks, and frames
- Check washing tools and products. Discard any expired, broken, or irrelevant items.
- Scrub laundry basin
- Clean faucet, fixtures, and drain.
- Wipe down the exterior of the washer and dryer
- Vacuum out the lint trap
- Wash the lint trap with vinegar and hot water to remove residue, if possible
- Run a cleansing load in the washer with just vinegar and hot water
- Discard, donate, or re-purpose any old un-matched socks
- Wash and store any lingering seasonal items
- Wash out laundry baskets
- Empty any missed junk drawers. Clean the interior and sort through items to keep, store, or discard.
- Vacuum any vents
- Wipe baseboards and any other trim
- Launder or shake out any rugs
- Sweep, mop or vacuum

OTHER IDEAS

- Check smoke detectors and carbon monoxide alarms
- Replace batteries
- Check and replace flashlight batteries
- Empty and dust your linen closet, donating any old or tired linens
- Check the expiration date on fire extinguishers and replace if necessary
- Change air filters
- Sweep and wipe down porches
- Get your exterior windows professionally cleaned
- Get your ducts professionally cleaned
- Thoroughly clean your outdoor grill
- Clean any patio furniture

GENERAL TOOLS

WHITE VINEGAR + BAKING SODA

So, these may be the only cleaning tools you ever need. Without a doubt, there is no area of your house that you can not clean, deodorize, unclog, anti-fungal or degrease with these two ingredients. Remember that time-tested volcano science experience? Think about harnessing that cleaning power in every corner of your house. It's safe, effective and dollar-savvy. If you're worried about the smell, add essential oils! Pro-tip: Stock up on these before embarking on any spring cleaning endeavor.



\$6.99



\$16.39



HOUSEHOLD GLOVES BY IF YOU CARE

There's no other way to say this: You need gloves when your spring cleaning. Even if you're using the purest, cleanest, healthiest products, you're coming into contact with a lot of dirt, grime and other unmentionables. I LOVE If You Care Household Gloves. They are made from FSC® certified latex, i.e. the natural rubber is sourced from a responsibly managed plantation. Furthermore, the rubber tappers, who cut the bark to get the raw material flowing, have received a fair trade premium, and it is their decision how to spend their extra income. If You Care Household Gloves – good for nature, good for people. Available in three sizes – Small, Medium and Large.

\$3.89



A NATURAL FIBER BROOM

Ok, just admit it. You need a new broom. Go for one with natural fibers (I like the corn fibers in this one). It has a wood handle too - Keep that plastic out of the landfill, right?

\$12.00





PINE-SCENTED, ALL-PURPOSE DISINFECTANT SPRAY

I love this DIY.

Keeping a clean home is a huge task, but keeping a naturally clean home can be overwhelming! That's why I've created this wonderful, natural, all-purpose cleaner. Not only does it smell amazing, but it's SO inexpensive to make!

MY TIP:

Make a big batch and give the bottles away as presents!

AND HERE'S THE RECIPE!

- 1 teaspoon borax
- 1/2 teaspoon washing soda crystals
- 2 Tablespoons white vinegar
- 1/2 teaspoon liquid castille soap
- 2 cups very hot water
- 1/2 teaspoon pine essential oil

Combine ingredients and funnel into a pretty spray bottle, add a vintage looking label and you've got a great gift!

WANT TO WATCH ME MAKE THIS CLEANER?

[CLICK HERE!](#)

NATURALLY DIRT-DESTROYING FLOOR CLEANER BY BETTER LIFE

One of the best ways to make your house smell amazing is to clean the floor - Seriously. Especially when you're using this awesome floor cleaner by Better Life. Grapefruit, peppermint, and bergamot extracts clean and restores natural shine without fumes or fuss. Simply squirt it on hardwood, tile, marble, bamboo, vinyl, laminate, and other sealed floors for a brilliant shine without streaks or haze. I love this product because a little goes a LONG way, and absolutely no rinsing is required! It's safe for kids and pets - Trust me, your floor is going to love you.



\$ 6.99



NATURALLY DIRT-DESTROYING FLOOR CLEANER BY BETTER LIFE

Floor wipes are so convenient (I HATE mopping ... that gray water freaks me out), but they also create a lot of waste. That's why I love these floor wipes by NatureZWay. They're rayon made from bamboo - which makes them insanely absorbent and durable. I use these on everything - tile, hardwood, laminate, and any other hard surface in my house. And they fit my existing brand-name sweeper, so I'm not creating more landfill waste by buying a new model. They can be used wet or dry, so they really are the perfect solution for spills, hair, stains and crumbs!

\$ 3.99

EVERYDAY ODOR ELIMINATOR BY ENVIROKLENZ

Household smells ... Can't live with them, can't live without them. Until you buy Everyday Odor Eliminator by EnviroKlenz. Designed to safely and effectively remove odors and fragrances that are present in carpeting, solid surfaces, upholstery, and furniture, Everyday Odor Eliminator has high odor neutralizing capabilities utilizing ingredients that are safe to use by those with environmental illnesses. Simply dilute 1 part EnviroKlenz with 4 parts fresh clean warm tap water in a spray bottle to remove a whole host of odors and fragrances from a variety of surfaces and applications. I love to use it on carpeting, mattresses, furniture, pet bedding, and even in my car. Plus, here's a pro tip - When you're cleaning your closets, spray this odor eliminator in corners to kill that funky closet smell!



\$ 34.99 FOR 1 GALLON



NATURALLY SMUDGE-SMACKING GLASS CLEANER BY BETTER LIFE

Here's a trick my mother taught me years ago - If you want your house to have that "deep cleaned" look, be sure to clean your windows. So often they're neglected, and it really makes a big difference. That's why I love this glass cleaner by Better Life. This powerful formula instantly kicks fingerprints, greasy smudges, rain spots, and dirt to the curb without streaks or stinging scents. And it works on glass, plexiglass, auto glass, windows, tinted windows, light fixtures, chrome, acrylic and mirrors.

\$ 6.99

SKOY CLOTH BY SKOY

Thanks to Skoy Cloths, getting rid of paper towels is the easiest step you can take towards going green. These colorful, reusable, eco-friendly cleaning cloths take the place of paper towels, rags, dishcloths and more. Want the math? A Skoy Cloth will outlast 15 rolls of paper towel. Clean them in the laundry or dishwasher to keep them fresh. And at the end of their life, they're biodegradable/compostable. Can't beat that! I keep a stash of Skoy Cloths in my kitchen for everyday use, and designate a particular color for heavy duty cleaning. Once you eliminate paper towels, you'll never go back!



\$ 6.99

FOR A 4-PACK IN ASSORTED COLORS



PARSLEY PLUS® BY ECOS

Don't want to make your own all-purpose cleaner? Then you definitely need Parsley Plus®. A time-honored favorite of the ECOS product line-up, this cleaner is made with parsley and other plant-derived ingredients for an extraordinarily effective cleaner targeting everyday dirt and grease from hard surfaces. It's ideal for countertops, appliances, floors, ceramic tile and other water-safe surfaces. Plus, Parsley adds an energizing essence that smells great and adds cleaning power.

Parsley Plus® is hypoallergenic, pH balanced, free from formaldehyde and dyes, readily biodegradable and never tested on animals. Features the U.S. EPA's Safer Choice label, which certifies that every ingredient in Parsley Plus® is the safest in its class.

\$ 5.49

Having a good vacuum can be a total life changer. I remember the first time I “graduated” from a hand-me-down vacuum to one that was truly high quality – My only thought was “I will NEVER go back.”

GENERAL TOOLS 

ORECK

ELEVATE™ COLLECTION FROM ORECK®

I want to introduce you to the new Elevate™ collection from Oreck® - Designed to deliver an elevated level of clean, offering more innovative and reliable ways to trap and remove dirt, dust and allergens from your home. Obsessed doesn't even begin to cover my feelings towards the Elevate Conquer™. Not only is it incredibly lightweight, but also it's so tricked out with features it's hard to know where to start. It's equipped with the highest level of filtration with HEPA media that traps 99.97 percent of dust and dirt particles. It's a master of maneuverability thanks to SlimSwivel™ technology and a 35-foot cord. It has two-speed unit, is designed for all floor types, and it has the EnduroLIFE belt and premium edge brushes.

Seriously, it was love at first vacuum for me. My home never felt so clean, and I loved how I could go from hardwood to tile to carpeting seamlessly.

The Elevate Conquer™ has a seven-year warranty and is priced at **\$599**.



ORECK'S® AIR REFRESH™

And since we're talking about air quality with the Conquer's™ HEPA filter, I thought I should tell you about **Oreck's® Air Refresh™** - This amazing two-in-one air purifier and humidifier. Did you know that according to the EPA, the quality of the air inside your home may be up to five times worse than the air outside? That's right – Even your sanctuary isn't immune to bad air quality. The Air Refresh™ allows you to have more control over the quality of air in your home by removing unwanted dust, allergens and odors while simultaneously adding moisture to the air.

While the air purifier allows you to breathe cleaner air with less pollutants, the humidifier allows you to avoid the dry skin, static electricity and itchy eyes and throat that are often attributed to a room that lacks moisture.

Want to know my favorite feature about this unit? It's so easy to use! Each unit has an indicator to give a snapshot of the filter life, removing the guesswork of determining when a filter needs to be replaced. And it has a built-in humidistat that senses the room's relative humidity and automatically switches the humidifier on or off to maintain optimum comfort.

If you have seasonal or pet allergies, this product is a total must. It's also great for new parents who are worried about healthy homes, or anyone concerned about air quality (and let's face it, we ALL should worry about air quality).

The Air Refresh™ has a two-year warranty and is priced at **\$399**.

REUSABLE ZIP BAGS BY LUNCHSKINS

Want to know the secret to staying organized ALL over your house? One word: Lunchskins. I could write a whole eBook about how useful these ziplock-alternative baggies are. I use them for sandwiches, snacks, school supplies, travel accessories, craft supplies, beauty products, junk-drawer organizers, smoothie prep bags, food storage in the fridge ... seriously. They do everything plastic, disposable ziplock bags do, but they're completely dishwasher safe. Think about how much money and landfill space you'll save using Lunchskins instead of plastic baggies. They come in every size and fabulous designs and colors. I bought a bunch, and I'm so glad I did!

\$ 6.99



SMALL ZIP BAG

\$ 7.99



MEDIUM ZIP BAG

 lunchskins

by 3greenmoms



CERTIFIED COMPOSTABLE TRASH BAGS BY IF YOU CARE

You're going to need garbage bags if you're going to spring clean. It's just a fact of life. Whether you're using them to throw things out, or organize, or store, garbage bags are EXTREMELY useful. They're also terrible for the environment - Plastic, chemicals, you name it. That's why I'm obsessed with If You Care Certified Compostable Trash Bags. They're made from potato starch from non-GMO starch potatoes blended with a certified, fully compostable polymer. And they come in three great sizes to tackle even the biggest spring cleaning tasks!

\$ 6.25

STAY AWAY® PEST REPELLENTS BY EARTHKIND

Ok, I'm not joking here. When I first smelled Stay Away® packs, my first thought was "These are DELICIOUS." Imagine my surprise when I found out they're for pest and rodent control!

All laughs aside, these packs are truly amazing. Uniquely formulated to target moths, spiders, rodents or ants, each pack is made entirely of essential oils and plant fiber. They're effective, completely safe for humans, pets and the environment, and have no setup or messy cleanup. Use them anywhere in your home, and enjoy the long-lasting effects of a pest-free house.

 earthkind®
preserve the good, prevent the rest



\$ 25.80

FOR A 4-PACK

5 SIMPLE WAYS YOU CAN GREEN YOUR SPRING CLEANING *by Earth Friendly Products*



Spring has arrived, and it's time to start your spring cleaning.

We all want a home that's free from toxins. It's ironic that some products we buy to keep our homes clean and fresh may contain ingredients that are unhealthy or even toxic.

This year, "green your clean" to create a healthier home for your family and your pets. Here are six simple ways you can green your spring cleaning:

1 TAKE A CLOSE LOOK AT ALL THE CLEANERS IN YOUR HOME, AND MAKE THE SWITCH TO PLANT-BASED PRODUCTS.

Harness nature's power by using plant-derived cleaners that are pH balanced and free of toxins such as formaldehyde, ammonia, phosphates and 1,4-dioxane. Always read ingredient labels carefully and look for:

- Full ingredient disclosure
- Naturally derived ingredients, such as coconut, lavender and citrus
- Hypoallergenic, especially for products that come in contact with your skin
- Safer Choice certification from the U.S. Environmental Protection Agency—look for the Safer Choice logo so you know every ingredient is the safest in its class

2 USE PET-FRIENDLY CLEANING PRODUCTS.

Because of their smaller size, our four-legged friends are particularly susceptible to the negative effects of toxic cleaning products; symptoms can range from respiratory and skin irritations to neurological damage. Using plant-based cleaners, especially on floors and carpets, is a great way to protect pets—and the entire family—from harmful ingredients.

3 STEER CLEAR OF DISINFECTANT SOAPS THAT CONTAIN TRICLOSAN.

The FDA has posted warnings about this active ingredient in disinfecting hand soaps; triclosan has been flagged as a probable carcinogen and hormone disrupter. Instead of using disinfectant hand soaps, the FDA recommends washing hands with warm water and soap.

4 KEEP A "SHOE-FREE" HOME.

Shoes track in toxins and germs from the outside world into our homes. Anyone with kids knows they spend most of their time crawling, playing and rolling around on the floor. Pets spend most of their time on the floor too, so it's a good policy to take shoes off as soon as you get home.

5 BUY MORE HOUSEHOLD PLANTS.

Beyond providing natural beauty to homes, they are excellent air filters! Studies show that plants can remove up to 87% of toxins from the air. Plants can absorb toxins and chemical vapors like formaldehyde and benzene, leaving your indoor air fresh and clean. Plants also remove carbon dioxide from the air and help boost oxygen levels to help us feel more alert.

USING THESE SIX SIMPLE WAYS TO GREEN YOUR HOME WILL GIVE YOU A FRESH, CLEAN HOME FOR SPRING THAT WILL ALSO HELP KEEP YOUR FAMILY AND YOUR PETS HEALTHY.



KITCHEN TOOLS



AUTOMATIC DISH POWDER FOR YOUR DISHWASHER IN CITRUS ESSENCE BY BIOKLEEN

Ok, the most important thing I can tell you about this dishwasher powder is that it WORKS. I hate it when dishwasher powders leave spots, or food grime.

Extracts of citrus and plant-based surfactants break down grease and food particles while natural oxygen bleach helps remove stains for powerfully clean dishes every time. It contains no chlorine, phosphate, ammonia, petroleum solvents, artificial fragrance, colors or preservatives - And one contain is good for 64 loads of dishes.

\$12.50

COUNTER TOP COMPOSTER

I love my countertop composter - Seriously, I've dramatically cut down on my "garbage" waste since I put this bad boy near my sink. Egg shells, vegetable peels, tea bags, corncobs, cardboard egg boxes, paper towels, coffee grounds, kleenex ... almost everything goes in this compact trash can, and stays out of the landfill! And if you don't have a backyard composter, the contents of this little guy can go in your yard waste bin for pick-up. I love it! Plus, it makes you a more conscious tosser - I always ask myself if it can compost, or if it has to go in the garbage. I love how cute they are, and don't sweat the "smell" - Since the containers are small you take things out before they start to stink, and most come with an air filter!

\$24.99



DISHMATE™ DISH SOAP BY ECOS™ IN PEAR

You've heard me say it before - I love ECOS. Their Dishmate™ is a powerful hand dishwashing liquid that's naturally tough on grease yet gentle on your skin. Plus, a little goes a long way - A few drops on your sponge can clean a whole sinkful of dishes! No more saturating the sponge or filling the basin up with soap. ECOS™ Dishmate™ is hypoallergenic, pH balanced, free from formaldehyde and dyes, readily biodegradable and never tested on animals. Plus, it doubles as a hand soap and is gentle enough for hand-washable clothes too.

\$ 3.25



HAND SOAP BY EARTH FRIENDLY PRODUCTS® IN LEMONGRASS

A clean sink needs a fabulous hand soap next to the dish soap. This delicious soap by Earth Friendly Products is blended with organic essential oils, so it softens your hands with non-drying, plant-derived ingredients. I love the Lemongrass scent because it smells so fresh. Plus it's hypoallergenic, pH balanced, free from formaldehyde and dyes, readily biodegradable and never tested on animals. AND it features the U.S. EPA's Safer Choice label, which certifies that every ingredient in Earth Friendly Products® Hand Soap is the safest in its class.

\$ 3.49

SPONGE BY NATUREZWAY

For years I felt guilty about using synthetic sponges. They feel so disposable (and let's admit it, they get gross pretty quickly), but in reality those guys last forever in a landfill. That's why I was so excited to find NatureZWay sponges. Each sponge has a plant base cellulose sponge and is wrapped with rayon made from bamboo - which means that they last MUCH longer than regular foam sponges. Because they're made from a renewable resource I feel so much less guilt when I use them, and they're perfect for all surfaces ... dishes, stovetops, kitchen counters, bathrooms, you name it.

\$ 1.99

FOR A 2-PACK



BATHROOM TOOLS

BATH STONE CLEANING BLOCKS BY EARTH STONE INTERNATIONAL

Tough cleaning in the bathroom - Not my favorite chore. Sure, I don't mind a spray and wipe, but when it comes to things like mineral build up or serious soap scum, you need a powerful tool to get the job done gorgeously. That's why I love this bath stone cleaning block. Designed to target mineral build up and rust around sinks, fixtures and toilet bowls, this all-natural, abrasive block takes the stains right out. For me, it's a game changer - With little effort and NO chemicals, hard stains disappear fast. It works on lime and scale deposits, mildew stains and soap scum on porcelain tiles, ceramic, grout and tempered glass without scratching them! The blocks are made from recycled foam glass from landfills, so not only are you reducing land-fill space, but you're using a chemical-free, all natural cleaner that's great for the environment!



\$ 5.99

Murchison-Hume®

BOYS' AND LADIES' BATHROOM CLEANER BY MURCHISON-HUME

I'm obsessed Murchison-Hume, and I LOVE these two cleaners. They come in two delicious scents - Australian White Grapefruit and Original Fig. These are perfect for use in and around the sink, tub, tiles and toilet. For stains or heavily soiled areas, allow product to sit a few minutes before wiping clean, while enjoying the sophisticated scent! Plus, these bottles look so great, you'll want to leave them out for your guests to enjoy, too!

\$ 9.00

USE THE DISCOUNT CODE **SOPHIE20** FOR 20% OFF STORE-WIDE!



GREEN SCOURING TILE/GROUT CLEANER

This is better than any of the brand-name scouring powders, and costs just pennies to make.

Place all the ingredients except the water in your container. Add enough water to mix to a thick paste. You may need more or less than a cup – just experiment to get the consistency that works for you. When ready to use, scoop out a glob of the paste with a scouring sponge or a natural bristle brush.

1 cup baking soda

1 cup borax

1 cup table salt

20 drops lavender essential oil

10 drops tea tree essential oil

Approx 1 cup water

Large container with a lid (I use a glass Pyrex storage container)

DIY ODOR- ELIMINATING, BOWL CLEANING TOILET BOMBS

I'm obsessed with these toilet bombs. Not only will they eliminate odor in your bathroom, they will clean your toilet! Lemongrass, bergamot and grapefruit essential odors kill the odor. The entire product is not only very efficient, it will save you a lot of money then buying a similar product in the store!

INGREDIENTS

- 1 1/3 cup Baking Soda
- 1/2 cup Citric Acid (removes stains)
- 30 drops each of the following essential oils: (this blend will kill any odor!)
 - Lemongrass
 - Bergamot
 - Grapefruit
- 3 drops of blue or green natural food coloring
(just for pretty aesthetic)



DIRECTIONS

- 1 Mix the dry ingredients in a bowl. Add the food coloring and mix well. Place the oils in a small spray bottle with 1/2 tsp water.
- 2 Spritz the mixture until it feels like slightly wet (not too wet) sand.
- 3 Press into silicone cookie molds or ice cube trays. Allow the bombs to dry completely before pressing out of the molds. Store in a mason jar with a pretty label.

TO USE: Toss a bomb into the toilet BEFORE YOU GO (particularly #2). This way there will be zero odor.

WANT TO WATCH HOW TO MAKE
A TOILET BOMB?

[CLICK HERE!](#)



SPRING Q&A

CLEANING

with **Kelly Vlahakis-Hanks**
CEO of Earth Friendly Products

I needed some spring cleaning inspiration – So I went straight to the source. As the CEO of Earth Friendly Products, Kelly is THE EXPERT in spring cleaning!

SPRING CLEANING IS SUCH A BIG TASK! WHERE DO YOU START?

Spring cleaning is all about opening up the house to fresh spring air after the long winter months and welcoming the change of seasons! The first step to enjoy springtime in your home is to de-clutter. Extra items that accumulate over the winter collect dust. In our home, we start by having each family member go through his or her belongings and donate anything that is no longer in use. Once all surfaces are clear, we bring in the aromas of the fresh outdoors by using plant-derived cleaning products. One of my favorite products we use in our home is our ECOS Parsley Plus All Purpose Cleaner. Not only does it freshen every space with the invigorating scent of fresh-picked garden herbs, it's also formaldehyde free and pH balanced. This makes it safe enough for even the youngest members of the family to pitch in with spring cleaning.

IS THERE A ROOM THAT YOU HATE CLEANING?

Ever since we adopted our rescue dog, Mina, and brought her home, her area has been the most challenging to keep clean. From her favorite toys, to her food and water bowls, to her bed, there are many surfaces to keep clean. Because pets are more susceptible to toxins, it's especially important to use gentle, plant-derived cleaners on surfaces that pets come into contact with. We use our Pet Formula Stain & Odor Remover directly on hard surfaces for a fresh, odor-free clean. For chew toys and food bowls, we let them soak in the sink with ECOS Dishmate Dish Soap and hot water for 15 minutes, then rinse clean. For soft fabrics, we toss all of Mina's items in a hot water cycle and use ECOS Laundry Detergent for a fresh clean.

WHAT'S YOUR SUPER-SECRET SPRING CLEANING TIP?

Take a close look at your cleaning tools. Dirty sponges can harbor all sorts of bacteria and molds and should

be replaced every couple of weeks. If your sponge is in good shape but a few weeks old, you can extend its life by wetting it with ¼ cup of water and putting it in the microwave for one minute to disinfect the sponge. Scrubber brushes, mop heads, and brooms should be hosed down and washed before starting spring cleaning. When possible, choose cleaning tools that can easily be thrown in the wash (like detachable mop heads). Using ECOS Laundry Detergent, you can easily freshen up cleaning tools in the washing machine or by hand washing.

WHAT'S YOUR SPRING CLEANING STYLE? TOTAL PURGE? OBSESSIVE ORGANIZATION? STRATEGIC STRIKE?

I like to create organized and fresh spaces that are fun to live in. I just finished reading *The Japanese Art of Decluttering and Organizing* by Marie Kondo, and I highly recommend it, especially before you dive into spring cleaning. The central theme of the book is a challenging concept but one that can be very liberating: Unless you truly, deeply love an item, it shouldn't be in your home.

WHAT IS YOUR SPRING CLEANING MUST-HAVE TOOL?

My spring cleaning must-have tool is our ECOS OxoBrite. It's a safer bleach alternative that is truly a workhorse and can be used on anything, from laundry to outdoor patio furniture. Spring is all about enjoying the outdoors, but with this come more grass stains for moms to tackle. A scoop of Oxobrite in the wash really does the trick to get out extra stains. A big part of spring cleaning for us is getting our backyard ready for entertaining. Oxobrite can be used to clean outdoor furniture, awnings, and even the grill. This creates a fresh space to entertain and celebrate the start of spring with family and friends.

LAUNDRY TOOLS

LAUNDRY DETERGENT BY ECOS™, FREE & CLEAR

If you're on the hunt for a fragrance-free laundry detergent, look no further. ECOS™ Laundry Detergent Free & Clear is not only fragrance free but also free of dyes, formaldehyde, phosphates, 1,4-dioxane and other harmful ingredients and by-products found in most conventional detergents. I love it because it's safe for my clothes, and my family. Plus it has a built-in fabric softener that ensures clothes come out cuddly soft and free of static every time. For those with sensitive skin, this detergent is hypoallergenic and pH balanced, and it loves colors, whites, and all fabrics. Works perfectly with hot and cold water and HE and standard machines, and is safe for greywater and septic systems.

\$7.25



LAUNDRY DETERGENT WITH ENZYMES BY ECOS™ IN FRESH GERANIUM

Still love the scent of freshly cleaned laundry? ECOS™ Laundry Detergent with Enzymes in Fresh Geranium is absolutely DELICIOUS. It combines powerful stain-lifting enzymes with a fresh Geranium scent, made from plant-derived ingredients and organic essential oils that leave a fresh scent on clean laundry. ECOS™ Laundry Detergent is hypoallergenic, pH balanced, free from formaldehyde and dyes, readily biodegradable and never tested on animals. For those with sensitive skin, this detergent is hypoallergenic and pH balanced, and it loves colors, whites, and all fabrics. Works perfectly with hot and cold water and HE and standard machines, and is safe for greywater and septic systems.

\$7.25



WOOL DRYER BALLS BY MOLLY'S SUDS

Replace the need for toxic fabric softeners with Molly's Suds hand-felted 100% Wool Dryer Balls, which last up to 1,000 loads, or three years, in the dryer, and reduce drying time by 15 to 30 percent (talk about eco-friendly)! These darling dryer balls are sourced from humanely sheared sheep, are compostable and antimicrobial, naturally soften fabrics, and are great for all laundry, including towels, comforters, clothing, baby laundry, delicates and cloth diapers. Safe for all dryer types - An absolute must for a Gorgeously Green laundry room.

\$20.00

USE THE DISCOUNT CODE **GORGEOUSCLEAN** FOR 20% OFF YOUR ORDER!



A
*Gorgeously
Green*
Life

sophieuliano.com

