



NATURAL CLEANING RECIPES

FOR YOUR HOME

CLOVE + CHAI

WEEKLY Cleaning Schedule

MONDAY

BEDROOMS

change sheets
dust & vacuum

clean windows and blinds

straighten closets, drawers and organize

Laundry: sheets and 1 load of clothes

TUESDAY

BATHROOMS

clean showers, tubs & toilets
clean sinks, counters & mirrors
change towels

Laundry: towels, bath mats, 1 load of clothes

WEDNESDAY

KITCHEN

clean stove/cooktop
clean counters & sink
wipe down fridge/freezer
clean inside microwave
sweep & mop floors

Laundry: 1 load of clothes

THURSDAY

LIVING & DINING

straighten shelves & cabinets
vacuum, sweep & mop
wash windows & blinds
organize toys & declutter

Laundry: 1 load of clothes

FRIDAY

HALLS & STAIRS

dust & vacuum
straighten drawers, desks & shelves
wipe off washer & dryer
dust ceiling fans & light fixtures
straighten & declutter closes

Laundry: 1 load of clothes

WEEKEND

OUTSIDE

sweep porch and patio
clean & organize garage
mow lawn & weed beds
clean out cars

WEEKLY *Cleaning Schedule*

MONDAY

BEDROOMS

TUESDAY

BATHROOMS

WEDNESDAY

KITCHEN

THURSDAY

LIVING & DINING

FRIDAY

HALLS & STAIRS

WEEKEND

OUTSIDE

DAILY

Cleaning Schedule



Bathroom

- Wipe toilet seat
- Clean mirrors & countertops
- Replace dirty towels
- Wipe out sink & tub



Living Areas

- Vacuum & sweep (if needed)
- Declutter spaces
- Fold throw blankets
- Straighten throw pillows



Kitchen

- Unload dishwasher (morning)
- Sweep floor
- Load & run dishwasher (evening)
- Clean sink
- Wipe down countertops & table
- Take out trash



Bedrooms

- Make beds
- Declutter
- Fold & put away clothes



Miscellaneous:

Monthly Cleaning Schedule

Living Areas:

- Declutter & organize closets
- Wipe down doors, handles & switch plates
- Dust walls & ceiling corners for cobwebs
- Dust light fixtures & lamp shades
- Wipe down baseboards, chair rails & moldings
- Clean return air ducts
- Clean window tracks
- Clean & disinfect indoor and outdoor garbage cans
- Vacuum all furniture

Bathrooms:

- Wash shower curtain
- Declutter under sinks
- Clean & organize cabinets & towel storage
- Deep clean shower heads & faucets

Kitchens:

- Declutter & organize cabinets
- Declutter & organize pantry
- Descale coffepot
- Clean out fridge & freezer
- Deep clean stove burners
- Wipe down outsides of cabinets
- Deep clean sink & faucet



*All-Purpose
Cleaning Spray*

1 CUP WARM WATER
1 CUP WHITE VINEGAR
20-25 DROPS LEMON

Instructions:

- In a spray bottle, combine water and vinegar
- Add the lemon. Shake well.
- Use on counters, wood, glass, stainless steel and porcelain
- Wipe with a microfiber cloth or paper towel



Wood Polish

1/4 CUP OLIVE OIL
1/4 CUP VINEGAR
10 DROPS OF (WILD
ORANGE, ARBORVITAE,
OR LEMON

Instructions:

- Add olive oil and vinegar to a glass spray bottle
- Add 10 drops of essential oils
- Shake well before each use
- Apply to microfiber cloth and wipe wood surfaces.
Repeat 2-3 months or as often as needed



Glass Cleaner

16 OZ SPRAY BOTTLE
1 1/2 CUP WHITE VINEGAR
1/2 CUP DISTILLED WATER
8 DROPS CITRUS OIL OF CHOICE
(LEMON, LIME, WILD ORANGE)

Instructions:

- Add vinegar, water and essential oil(s) to spray bottle and shake. Spray the mixture on glass surfaces and wipe clean.



Soft Scrub

3/4 ROUNDED CUP BAKING SODA
1/4 CUP UNSCENTED LIQUID CASTILLE
SOAP
1 TBL. WATER
1 TBL. VINEGAR
5-10 DROPS LEMON OIL

Instructions:

- In a bowl, combine baking soda and castle soap.
- Add water and stir.
- Add vinegar and lemon oil - soft paste consistency
- Apply to the area needed cleaned, let it sit 5-10 mins.
- Once solution has sat, begin scrubbing. Once done scrubbing, wipe clean with a wet cloth.

** Make in small batches and store in an airtight container. Makes enough for 2-4 applications.**



*Natural Air
Freshener*

1/4 CUP BAKING SODA
5-6 DROPS ESSENTIAL OIL (YOUR
FAVORITE OIL)

Instructions:

- Put 1/4 cup baking soda into a small Mason jar. Add 5-6 drops of your favorite essential oil.
- Put a piece of fabric over the jar opening and seal with jar band
- To keep room smelling fresh, place the jar on a solid surface and shake often to activate the scent.
- When scent begins to fade, just add 2-3 more drops of your chosen oil to the jar.



Fabric Softener

1 CUP BAKING SODA, ALUMINUM FREE
3 CUPS EPSOM SALT OR COARSE SEA SALT
40 DROPS ESSENTIAL OIL
(LAVENDER OR LEMON)

Instructions:

- Stir together all ingredients and store in an air tight container.
- Use 1-2 Tablespoons per load of laundry
- Add directly to drum of the washing machine



Dusting Spray

1 CUP DISTILLED WATER
1/3 CUP WHITE VINEGAR
1/4 CUP OLIVE OIL
30 DROPS OF ESSENTIAL OILS
(CITRUS OILS WORK BEST)

Instructions:

- Mix all ingredients together and pour into a glass spray bottle
- Shake bottle before each spray to combine the oils together
- Spray directly on the surface or on to a cloth and wipe clean