

Cleaning for the Senses

This 13-point cleaning checklist benefits your sense of sight, sound, smell, taste and touch.

Sight



- Tidy your spaces daily.** At the end of the day, spend a little time putting books, movies, shoes and toys in their proper places—and do a more thorough purge of items you no longer need a couple times per year.
- Dust on a weekly basis.** Regularly wipe surfaces with a microfiber cloth to trap particles.
- Wash windows.** For a streak-free shine, wipe down the glass with an equal parts mixture of distilled vinegar and water.

Sound



- Seal cracks and leaks.** Inspect your spaces for cracks and gaps around items like drywall, floorboards, outlet boxes and ceiling receptacle lights, then patch them up with acoustical caulk.
- Maintain your appliances.** Save money and frustration by being proactive about regular maintenance on your home's hardest-working systems.

Smell



- Give your home's fragrance a boost.** Power on a cool-mist essential oil diffuser or toss herbs, spices or sliced citrus into a pot of water and gently simmer on the stove.
- Deodorize garbage cans.** Try hacks like sprinkling baking soda or cat litter in the bottom of the garbage can, or placing dryer sheets under the bag to absorb unwanted smells.
- Clean your bathroom.** Stop the stink with natural cleaning supplies like baking soda, vinegar and lemon juice.

Taste



- Scrub your oven and microwave.** Clean your oven with a paste of baking soda and water, washing down the door with equal parts vinegar and water. For microwaves, warm a bowl of water—mixed with either vinegar or lemon—for three to five minutes. The moisture it creates will make it easier to remove caked-on food particles.
- Clean out the refrigerator.** Toss food as it spoils, and deep clean your fridge on at least a quarterly basis with equal parts vinegar and water, and allow it to air out.

Touch



- Wash bedding and towels.** Weekly, run all sheets, blankets and pillow cases through your washer and dryer at 130 degrees or hotter to kill dust mites and remove allergens.¹
- Vacuum with baking soda.** To bring that new carpet fluffiness back to your floors, sprinkle baking soda over the area, let it sit for at least 15 minutes—but ideally overnight—and vacuum as you normally would.
- Use a room air purifier.** Power on an air purifier to help remove unwanted particles from your home's air.

Sources:
¹ [Mayo Clinic](#)

