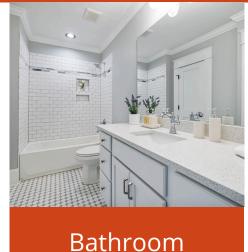
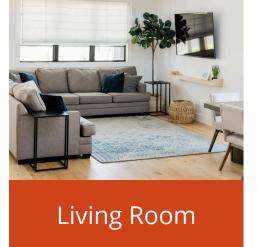


SIMPLE HACKS TO KEEP YOUR HOME FRESHAND ORGANISED







Abstract

In "Simple Hacks to Keep Your Home Fresh and Organised," we explore practical, easy-to-implement strategies to maintain a clean and tidy living space without overwhelming effort. This guide focuses on simple habits and clever tricks that help reduce clutter, keep your home smelling fresh, and ensure everything has its place. From establishing daily routines like making your bed and wiping down surfaces, to using natural air fresheners and clever storage solutions, the tips shared can easily fit into even the busiest schedules. We also touch on the importance of decluttering regularly and creating designated zones for different activities, helping to foster a calm and productive environment.

Whether you're a seasoned home organiser or just starting, these hacks can improve your home's ambiance, promote relaxation, and create a space that feels organised and welcoming every day.

Getting Started

Keeping your home fresh and organised doesn't have to be a challenge. With a few simple hacks, you can create a space that feels clean, clutter-free, and inviting. Whether you're tackling the kitchen, bathroom, or living room, small adjustments can make a huge difference. Begin by setting a clear goal—decide what areas of your home need the most attention and prioritize them. Then, gather some essential tools like storage baskets, cleaning supplies, and labels to help maintain order. A simple routine can go a long way in keeping things in check, such as cleaning as you go and putting items back in their designated spots.

Remember, it's all about creating small habits that add up to big results. In this guide, we'll cover practical steps to help you stay on top of home organisation and tips to ensure your home always smells fresh and welcoming.

1. Personal Hygiene

What is personal hygiene?

Good personal hygiene is about keeping your body clean. It also helps to protect you from getting infections such as gastroenteritis, colds and flu and COVID-19.

Washing your hands with soap removes germs that can make you ill. Having good personal hygiene will also help prevent you from spreading diseases to other people.

Personal hygiene includes:

- cleaning your body every day
- washing your hands with soap and water after going to the toilet
- brushing and flossing your teeth twice a day
- covering your mouth and nose with a tissue (or your sleeve) when sneezing or coughing
- washing your hands after handling pets and other animals

Why is personal hygiene important?

Good personal hygiene is vital because it helps stop you from getting sick. It also helps stop you from spreading germs and infectious diseases.

The germs that cause many diseases can be passed on by:

- touching other people
- getting faeces (poo) or other body fluids on your hands
- handling contaminated food
- coming into contact with dirty surfaces or objects



Personal hygiene can be closely related to maintaining a clean and fresh home in several ways:

Regular Cleaning: Just like personal hygiene involves washing and grooming, keeping your home clean through regular tidying, dusting, and disinfecting ensures a healthy and comfortable living environment.

Air Quality: Good personal hygiene often includes practices that prevent the spread of germs, such as washing hands. Similarly, keeping your home ventilated and using air purifiers can improve indoor air quality and prevent allergens.

Organised Living Spaces: Just as a person maintains their hygiene by keeping things in order, an organised home reduces stress, promotes cleanliness, and helps maintain a sense of peace and well-being.

2. Quick and Easy Solutions for a Clutter-Free Space

The best way to prevent decluttering from becoming overwhelming is to do it in stages and zones. Prioritize the areas that need it most with a decluttering checklist. Focus on one room or even one section within a room (e.g., kitchen cabinets), and complete that area thoroughly before moving on to the next space.

Benefits of Decluttering Your Space

There are numerous benefits to making your space as free of clutter as possible.

- You will have less "stuff" to clean and organize and it won't feel overwhelming.
- It will reduce the stress and anxiety a messy and crowded space may cause.
- Finding items when you need them will be easier and take less time.
- A de-cluttered space enables one to focus more and stay on task.

Use Containers to Sort Items

Before you start to declutter your home, have containers defined for the following purposes to sort items:

- Put away: Items that have crept out of their designated storage spaces.
- **Fix/mend**: Items that need something before they're put away, such as a shirt with a missing button.
- **Recycle**: Items that consist of recyclable materials.
- **Trash**: Items to throw away in the household trash.

Creating a Decluttering Timeline

If you don't have a lot of stuff, you may be able to declutter your house in a day, a weekend, or use a longer 30-day timeline. Keep your goals realistic and attainable to avoid feeling

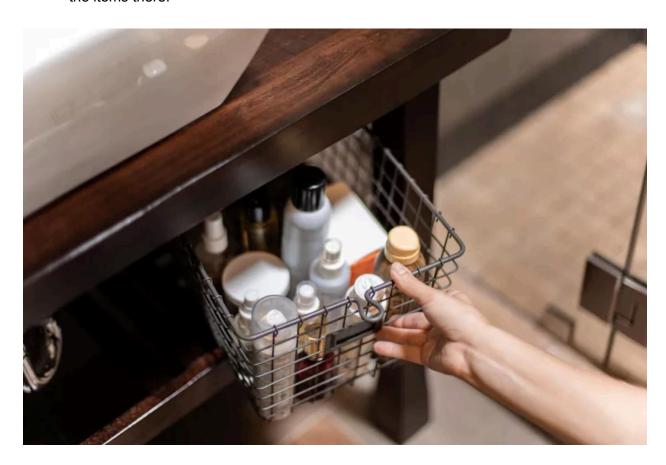
overwhelmed. Break down the spaces you need to declutter and estimate how long each will take, giving yourself buffer time in case something doesn't go as planned.

Start by cleaning before you declutter, so your everyday items are tidy and out of the way. Consider starting in a space with only a small amount of clutter, so you can get it done quickly and feel like you've made progress on your overall decluttering timeline to stay motivated.

How to Declutter Your Space, Room by Room

The Bathroom

- Medicine cabinet: Take everything out, and discard outdated medications, makeup, and skincare products. Put everything you're keeping immediately back into the cabinet, storing the items you use most often at eye level.
- Cabinet drawers: Remove everything, and quickly evaluate what you're keeping and tossing. Put the items you're keeping back into their drawers, with the items you use most often in the top drawers.
- **Shower, tub, and bathroom sink**: Pull everything out from these areas and declutter the items there.



The Bedroom

- Nightstands: Remove anything on them that doesn't belong there, and add it to your put-away bin. This may include books you've already finished reading, pens, paper, and mail. Throw out or recycle anything you no longer use, such as empty tissue boxes, pens that have gone dry, or chargers that no longer work.
- Tops of your dressers, chests, and bureaus: Pay careful attention to any strewn clothing. Anything that needs folding or hanging goes into the put-away bin. If you're afraid it may wrinkle further, you can lay clothes on your bed.

Closet and Clothing

OK, deep breath. It's time to declutter your closet. The easiest way to tackle a closet is to declutter your clothing by type. It's much easier to decide whether to toss or keep a pair of jeans if you're looking at your entire jeans collection at once. So start pulling out different types of clothing, and choose what you'll toss and keep.

Once you've gone through each type of clothing, you will have four piles to deal with:

- Organize: Put away anything that was in the wrong spot for example, if you had a pair of socks in your closet, put them in your dresser.
- Launder: Put dirty laundry into the hamper, or bring it to the laundry room.
- Repair: Anything that needs to be repaired from holes, tears, or missing buttons should go to the tailor or dry cleaner.

The Living Room

The living room is one of the hardest rooms in your home to keep neat daily. That's because it gets a lot of use, and living rooms don't usually offer many storage features. You may have some bookcases and a TV console, but they don't hide much. The key is to:

Decide on permanent storage spaces for commonly used items, such as remote controls, magazines, and books.

Declutter this space regularly.

- Large furniture: Start with bookcases, consoles, and side tables. Then move on to your
 coffee table and entertainment center. Empty them, assess the items they store, and
 then return them to their proper storage spaces. Put books away, reduce paper clutter, or
 return remote controls to their proper place.
- **Electronics**: Remove everything not connected to your television or home theater system. Are you using it? Does it work? Store items such as chargers and gaming equipment where you use them.

3. How to Clean Your Sink Drain Like a Pro

Most homeowners do a decent job of keeping their houses clean. However, they often do not give the sink drain the attention that it needs. Doing so is very important because the sink can shelter several bacteria, which is not something you would want. It is true that whether it is the sink in your bathroom or the kitchen, they do see a lot of action. This includes washing down soap, disposing of dirt and hair, and eliminating food waste.

This is why, over time, sinks might create a problem in the form of a clogged drain. Even though this problem might be common, they are still a big headache for most homeowners. Fortunately, according to end of lease cleaning Adelaide professionals, there are a few simple things you can do to deal with this issue. Here is how to clean your sink drain like a pro. Follow these tips to ensure the sinks in your home are not clogged.



Gather the Necessary Supplies

If you know what you need to use, cleaning your sink drain will be a straightforward task. Even though there are plenty of commercial products, professionals who do cheap end of lease cleaning Adelaide recommend just a few household items. They will help complete the job effectively and efficiently. Here are the items you will need:

White vinegar

- Baking soda
- Water
- Lemons
- Ice cubes
- Salt
- Large pot
- Drain snake
- Plunger

Use a Homemade Drain Cleaner

It is best to refrain from using chemical drain cleaners, as they have a negative environmental impact and are also harmful to your health. So, to clean the sink drain without a chemical cleaner, you will need to prepare one at home. One of the best options you have is to use baking soda and white vinegar in a 1:2 ratio. Begin by pouring about ½ cup of baking soda into the sink drain.

Follow up by taking about a cup of white vinegar and then pour it into the drain. The combination of both these ingredients will create a chemical reaction and will begin to fizz. Allow the combination of baking soda and white vinegar to do their work for no less than 15 minutes. During the waiting time, you can start preparing for the next step, i.e. boiling water.

Pour Boiling Water and Repeat the Process if Needed

Once the 15 minutes are up, pour about a pot of boiling water to rinse the drain. Pour very slowly or else you will get splashed with the boiling hot water. According to professionals who do budget end of lease cleaning Adelaide, repeating the procedure might be needed in many cases.

This is true especially if the drain is very dirty, which means you can notice a really bad odour or if it is draining very slowly. Repeating the procedure will certainly help. Furthermore, you should follow this method regularly to maintain a clean sink drain.

Consider Using a Drain Snake or a Plunger

In case you are facing a lot of difficulty when trying to unclog a drain, it will be better to use a plunger. Ideally, it should be a sink plunger, but a toilet plunger that is yet to be used can also work. Start by filling the sink with a little water before using the plunger to cover the drain. Pump numerous times so that the water begins to drain. In case you do use this option, clean the sink again by using the previous steps.



As an alternative, you can also use a drain snake. It will help you get rid of the debris from the drain. You can buy it either online or in the hardware stores near you. Ensure you are following the guidelines present on the product. In case you do not prefer using a drain snake, you might need to hire a professional plumber to unclog the sink drain and maintain cleanliness.

Clean the Garbage Disposal

After you have properly cleaned the sink drain, it is time to pay attention to the garbage disposal in case your kitchen has one. You should clearly skip this step if you are cleaning the bathroom sink drain. When it comes to cleaning the garbage disposal, end of lease cleaning Adelaide experts recommend placing a few ice cubes, some lemon slices, and some coarse salt inside the drain.

Next, ensure the garbage disposal is turned on. Keep the cold water running as well. The ice will help eliminate grime, while the salt will assist in scrubbing the blades, and the lemon will add a fresh fragrance. Remember to clean your garbage disposal on a regular basis since it is an important kitchen cleaning task.

Wrapping up

Clogged drains can prove to be one of the biggest headaches that you have. You might even find it unpleasant to deal with this problem. However, if you know what items to use and the

correct method, unclogging the drain will be easier. Follow the steps mentioned in this article to clean your sink drain like a pro.

4. Simple Tricks to Maintain a Fresh and Neat Living Home

Regular cleaning is an important part of keeping your home healthy. This includes preventing and mitigating bacteria, viruses, and other pests like moths, silverfish, and bedbugs that can do harm if left unchecked. And regular cleaning is even more crucial during the COVID-19 pandemic. SARS-CoV-2, the virus that causes COVID-19, can live on some surfaces in your home for days. Luckily, it's easy to get rid of the virus material from these surfaces with some basic disinfectants and cleaning procedures. Read on to learn about some common trouble spots around the house and solutions for keeping your living spaces safe and healthy.

How to clean a kitchen

Everyone gravitates to the kitchen. Part restaurant, part entertainment center, and part family room, it's ground zero for the most troublesome spots in the home. Practically every surface is a magnet for bacteria, viruses, germs, insects, and other pests.

Your kitchen can also be one of the most likely places you can transfer a virus, like SARS-CoV-2, into your household. A 2020 study found that this coronavirus can live for hours or days on many common kitchen surfaces:

copper: 8 hourscardboard: 24 hoursstainless steel: 48 hours

plastic: 3 days

Here are some general tips for disinfecting your kitchen surfaces to prevent COVID-19:

- Wash your hands with soap and water for 20 seconds before you touch anything, especially if you've been outside or at work.
- Sanitize your hands with a 60 percent (or higher) alcohol sanitizer if soap and water aren't immediately available.
- Regularly wipe down all kitchen surfaces, including counters, tabletops, and any other surface you frequently touch, like stove or microwave buttons. Use an EPA-approved disinfectant if available.

Wash all dishes and silverware before and after you use them.

Sponges and dish towels

A sponge can carry mold and thousands of germs and foodborne pathogens if it's not cleaned or stored properly.

Things you can do to kill germs on a sponge include:

- placing the sponge in the dishwasher with a high temperature and the drying cycle on
- wetting it and putting it in the microwave for 1–2 minutes
- squeezing it out well after every use and keeping it in a place that allows it to air dry Cloth dish towels can also harbor unhealthy microorganisms, even if they're only used for drying clean dishes. Wash them often with your machine temperature dial set to hot.

Cutting board

Never cut fruits or vegetables on the same cutting board you use to slice raw meat. Clean it with hot water and soap first. Keeping veggies and raw meat separated will avoid cross-contamination and the possible spread of salmonella, E. coli, and other harmful bacteria. It's a good idea to have two cutting boards: one for raw meat and one for fruits, vegetables, and everything else.



In the bathroom

The bathroom is a relatively new thing. For thousands of years, people relied on outhouses and public baths, and for good reason — to keep pathogens and waste away from living quarters. Today, we have the luxury of toilets and bathtubs, and pathogens can lurk where you wouldn't expect them. The toilet may be an easy mark for potential health dangers in the bathroom, but it's for a reason you might not expect. Sure, you know to keep the bowl and the seat clean, but

how often do you clean the flush handle? Rotavirus, enterococcus, and other nasty pests can live there.

Enterococcus can cause bacterial gastroenteritis. Rotavirus is the most common cause of diarrhea among children. The new coronavirus can also survive on steel and plastic toilet handles for up to 3 days. Keep the flush handle sanitized with a disinfectant that specifically lists fighting bacteria or viruses on the label. Sanitizing with a 60 percent alcohol solution can also help remove the virus particles of SARS-CoV-2.

Countertops

Keep all surfaces cleaned and sanitized after you cook. This extra step will help eliminate food bacteria such as Campylobacter, a common cause of diarrhea. This will also discourage insects from feasting on the leftovers left on the counter. Household pests like cockroaches can carry a number of pathogens and can also trigger asthma and allergies in some people. You can sanitize your countertops with bleach after wiping them down with soap and water. One teaspoon of chlorine bleach per quart of water will do the trick. This extra step will help kill any lingering pathogens.

Using bleach with chlorine will also help remove any virus material related to COVID-19. Ammonia will also work. Just don't use bleach and ammonia together, as they can combine to produce harmful chemicals. Keep a lid on possible insect infestations by washing dishes and utensils immediately after eating, storing food in tightly sealed containers, and keeping trash in a container with a lid on it.

Cleaning house

Bacteria and viruses can easily spread in other commonly used surfaces in your home, too.

Doorknobs

They do more than allow you into your home or a room. These handles can carry staph, short for Staphylococcus aureus, a common bacterium. While usually not a threat, staph can be harmful if it enters your mouth, eyes, cuts, or scrapes, and can cause a wide spectrum of problems.

The new coronavirus can also get on your doorknobs if you're regularly going to work or going out and then touching doorknobs before washing your hands. A good swipe of the doorknob with an antibacterial cleaner or 60 percent alcohol solution will keep staph and other harmful microorganisms at bay.

Walls

If walls could talk, they would probably ask you to reconsider your paint choice — not the color but the type. Paints contain volatile organic compounds (VOCs), a huge source of indoor air pollution. These chemicals, also found in upholstery, textiles, and other building materials, can

cause a number of health-related issues. Of critical concern are paints in older homes that might contain lead. The manufacturing of lead-based paint was banned in 1978. If your house was built after that, you're probably fine on this one. To reduce your exposure to these toxic vapors, choose low-VOC paints, milk paints, or whitewashes.

In older homes, check for the presence of lead by hiring a licensed risk assessor or by purchasing a lead home test kit at your local hardware store. If you discover lead in your home, inquire about lead removal products at the hardware store or hire an experienced specialist to remove it.



Carpets and rugs

Many carpets and the adhesives and padding needed to install them emit the same VOCs as paint. Some people experience flu-like symptoms after installing new carpet and others complain of eye, nose, and throat irritation.

You're not likely to get the virus from these sources, but you can track the virus throughout your home if you walk on a contaminated carpet or rug and then to other rooms in your home. Shake out your rugs regularly and steam clean your carpets as often as you can. An air purifier may also help capture any infected respiratory dropletsTrusted Source and airborne moisture particles (known as aerosols) from coughs or sneezes that may contain the coronavirus.

5. Effortless Tips for a Tidy and Inviting Home

Even the tidiest homes can use a good deep cleaning from time to time. To avoid becoming overwhelmed when deep cleaning a house, it's helpful to break the process down into smaller, more manageable tasks. With our deep house-cleaning guide, you'll start with six basic tasks. Once you've completed those, you can move on to tackling a few room-specific chores. This whole-home cleaning checklist comes in handy before you host company or when daily clutter and messes have started to pile up. You can also follow these steps as part of your annual cleaning regimen in the spring or fall. Soon you'll have a clean and tidy home that can pass a white-glove inspection.

How to Deep Clean Your House

As you go through each room in your home, begin with these deep cleaning tips to streamline the process.

Declutter Before Deep Cleaning

Find a new place for (or better yet, get rid of) any visible clutter that does not belong in the room. Save the stuff behind closed doors for another day to help simplify your deep cleaning checklist. Clearing clutter makes deep cleaning easier and seeing those tidy surfaces can help boost your motivation to keep going.

Start High, Go Low

Tackle large, hard-to-reach surfaces in this order: ceiling, ceiling trim, ceiling light fixtures (including bulbs), walls, the rest of the trim, and baseboards. The best tools for these surfaces are clean microfiber mops, dusters with a telescoping handles, or sanitizing cleaning wipes. Bonus: These tools are typically thin enough to get behind the sofa without moving it. Above eye-level, a spritz of water is all you need on the mop. Surfaces closer to the floor tend to build up dirt and dust, so use warm water mixed with a drop of dish soap. In bathrooms, add a splash of white vinegar to the mixture to stop mold and mildew. For spots where using a mop is awkward or inconvenient, use a microfiber cleaning cloth. Rinse often and wring thoroughly.

Deep Clean Windows

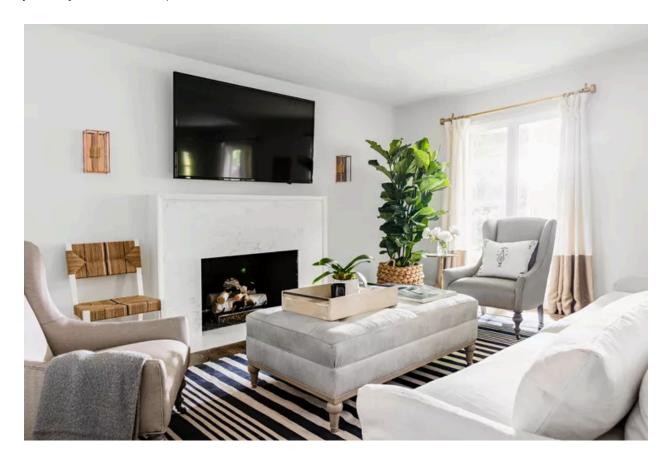
Cleaning windows is fairly simple, and the payoff is huge. First, vacuum the sills and tracks. Then spritz the window with glass cleaner from top to bottom. Let the cleaner do its thing for a minute, then squeegee it off. If you wipe in one direction on the inside and another on the outside windows, it will be easier to see and fix streaks.

Room-by-Room Deep Cleaning House Checklist

Launder Bedding: Wash the pillows, shams, duvet cover, bed skirt, and even down-filled items. Give them an extra spin cycle to make drying faster, and dry down pillows on low with clean

tennis balls to prevent clumping. The best way to dry synthetic pillows is by air-drying them outdoors. For bulky comforters, hit the laundromat and use one of the extra-large front-loaders. **Freshen Mattress**: While your bed is disassembled, clean your mattress. Sprinkle baking soda on the mattress, let it sit for an hour, then vacuum it up using the hose attachment. To extend the life of your mattress, flip or rotate the mattress per the manufacturer's advice and repeat the process.

Declutter Closet: Pull out the clothes you didn't wear this past season and bag them for consigning or donating. Then treat your wardrobe to matching hangers. If your closet looks nice, you'll try harder to keep it under control.



How to Deep Clean the Bathroom

Wash Shower Curtain: Check the label first, but most shower curtains can be washed with the gentle cycle on cold. Set dryer on low and remove and rehang curtain before it's completely dry. Either wash the plastic shower liner on cold and hang it to dry, or purchase a new one.

Make Shower Doors Sparkle: To get rid of water spots and soap scum, heat distilled white vinegar and wipe it on the doors, reapplying to keep them wet for 30 minutes. Then scrub with baking soda sprinkled on a non-scratch pad. To keep the shower cleaner longer, add a squeegee and switch to glycerin soap. Animal fat and talc in regular soap leave that icky

residue.

Declutter Vanity and Cabinets: Bring order to the chaos under the sink. Pull everything out, toss what doesn't belong there, wipe down what does, and reload it by category. Repeat for your medicine cabinet or any additional cabinetry.

Supplies Needed to Deep Clean Your Home

Deep cleaning your home requires a wide variety of tools and cleaners. We asked four of our favorite cleaning pros (professional organizer Aby Garvey, cleaning blogger Becky Rapinchuk, and cleaning experts Leslie Reichert and Mary Findley) for their must-have supplies for cleaning an entire home:

- Baking soda in a shaker
- Clean paintbrushes (for dusting delicate items)
- Dish soap (liquid or powdered)
- Distilled white vinegar
- Gloves

6. <u>Practical Ways to Organise and Refresh Your Home</u> <u>Every Day</u>

Do you ever look at someone who just screams 'organized'? While they might make it seem like life's a breeze, they are doing a lot beneath the surface to keep their day-to-day super organized. Luckily, these habits of highly organized homeowners can all be learned and put into practice, professional home organizers assure us. Here, they reveal the things super-organized people do every day to keep the chaos under control and what we can take from them for a more straightforward approach to life.

Highly organized people use more than simple home organizing ideas to simplify and streamline their daily routines. They organize every small detail to limit decision fatigue and spend more time relaxing and having fun.

They keep a meal and grocery plan

There are few things more infuriating than standing in front of your refrigerator at the end of a long day and realizing you have nothing to cook, resulting in a last-minute scramble to the store. To help avoid this and to keep your kitchen organization top-notch, super-organized people will always make a meal plan, stick to it, and ensure they keep track of their pantry stock throughout the week. Julie Peak, professional home organizer and owner of The Precise Place, suggests 'using a meal planning app or a physical planner to plan your meals for the week and organizing your grocery list by category (produce, dairy, pantry items) to make shopping more efficient.

'Plan meals that use overlapping ingredients to minimize waste. Pro Tip: if you buy a bunch of bell peppers for one meal, plan another meal that uses it. 'Every Sunday, spend 30 minutes planning meals and making a grocery list,' she adds. 'Choose a specific day each week for grocery shopping. After shopping, wash and prepare fruits and veggies, and store them in clear containers for easy access throughout the week.'



They maintain their cleaning schedule

No matter how tired they are, super-organized people will create an achievable cleaning routine and stick to it. It might sound like a huge time-hog, but staying on top of tasks, keeping them simple, and avoiding regular deep cleans frees up time in their week.

Julie Peak, professional home organizer, suggests that you, 'Break down cleaning tasks into daily, weekly, and monthly activities. Use a cleaning checklist that divides the house into zones (kitchen, bathrooms, bedrooms, etc.). Then, plan out when you will tackle each zone. For example, clean the kitchen on Mondays, and bathrooms on Tuesdays, and dust/vacuum the living room on Wednesdays.

They complete an opening and closing shift

You might have heard of the closing shift routine to help reset your home at the end of the day, but super-organized people will also do an opening routine to set themselves up for a more successful day.

Diane Quintana, professional organizer, productivity expert, and owner at DNQ Solutions, explains, 'Many very organized people have simple daily routines and habits that keep clutter from accumulating. They generally have a routine that they follow in the morning, another routine for the evening, and then a rotating schedule of things they do during the week. 'When organizing a morning routine, for example, you may include making the bed, tidying the bedside table, and putting things away in the family room.

Bottom Line:

In conclusion, maintaining a fresh and organized home doesn't require an overwhelming effort. By incorporating a few simple habits into your routine, you can easily keep your space tidy and inviting. Start by decluttering regularly and utilizing storage solutions to maximize space. A few minutes each day spent wiping down surfaces and tidying up can prevent dirt and mess from accumulating. Introducing fresh scents through natural air fresheners or plants can keep your home smelling pleasant.

Regular cleaning of high-traffic areas and adopting a cleaning schedule for less frequent tasks ensures your home remains in top shape. Moreover, staying consistent with organizing items after use and setting small, manageable goals will make home maintenance feel effortless. With these straightforward strategies, you'll create a more serene and welcoming environment, allowing you to enjoy your home to the fullest without feeling overwhelmed.

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