

Deep Clean, Room by Room

What a deep clean adds on top of a regular visit, in the order a professional works. Print it, tick as you go, and keep it for the next one.

First: is it a deep clean you need?

A regular visit maintains a home. A deep clean restores it. These are the signs the deeper pass is the right one.

- ☐ Cabinet tops and range hoods have a sticky film a damp cloth will not remove.
- ☐ Tile grout in the kitchen and bathrooms has darkened from embedded soil and soap scum.
- ☐ The oven has baked-on spills and the microwave has splatter that has hardened.
- ☐ High dust is visible on ceiling ledges, light fixtures and the tops of door frames.
- ☐ Carpets and upholstery look dull, trap odours or hold stains from the winter.
- ☐ Nobody has done the deep tasks in six months or more.

Kitchen

The heaviest room, and the one where a deep clean is most visible afterwards.

- ☐ Degrease the cabinet tops, the range hood and the exhaust filter.
- ☐ Deep clean the oven interior, the racks and the cooktop.
- ☐ Pull out the appliances and clean behind and underneath them.
- ☐ Clean inside the refrigerator, the microwave and the cabinets.
- ☐ Descale the taps and clean the sink, drain and garbage bin.
- ☐ Wipe the backsplash, the counters and every handle.

Bathrooms

Scale and soap scum need product and dwell time, not scrubbing.

- ☐ Descale the shower head, the taps and the tile grout.
- ☐ Clean the shower walls, tub and glass doors, and treat any mildew.
- ☐ Clean the toilet inside and out, including the base and behind it.
- ☐ Empty and wipe the vanity and the medicine cabinet.
- ☐ Clean the exhaust fan, the vent and the light fixture.
- ☐ Wash the bath mats and the shower curtain liner.

Bedrooms and living areas

High dusting first, floors last, so nothing settles back onto finished work.

- ☐ High dust the ceiling ledges, light fixtures, fans and exposed pipes.
- ☐ Wash the baseboards, door frames and switch plates.
- ☐ Wash the windows, the tracks and the blinds.
- ☐ Vacuum the mattress, and wash or air the bedding, pillows and duvet.
- ☐ Vacuum upholstered furniture, cushions and under the furniture.
- ☐ Extract the carpets and upholstery, or clean the hard floors last.

The rhythm afterwards

A deep clean is the reset; the regular visit is what keeps it.

- ☐ Start with the deep clean, then move to weekly or biweekly regular visits.
- ☐ Book the deep pass twice a year: spring for pollen, late fall for winter salt and moisture.
- ☐ Keep entry mats washed through the salt season so the grit never reaches the rooms.
- ☐ Deal with spills the same day, so nothing becomes a deep-clean task again.
- ☐ Write down the date. The next deep clean is easier to schedule than to remember.