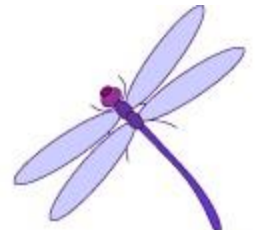




# Spring Cleaning



## \*\*\*\*\*Checklist\*\*\*\*\*

### Whole House

- Vacuum/sweep floors
- Clean floorboards
- Clean walls
- Clean windows and blinds
- Clean vents
- Dust ceiling fans and light fixtures

### Kitchen

- Clean out Refrigerator
- Clean inside/outside of stove
- Clean microwave
- Throw away expired food
- Clean pantry shelves
- Clean sink/dishwasher
- Clean cabinet shelves/drawers

### Bathrooms

- Clean tub, shower, curtain
- Clean Toilet
- Wipe down mirror and sink
- Throw away expired products/medicine
- Clean out cabinets
- Wash rugs

### Family/Living Room

- Wash curtains
- Dust electronics and shelves
- Vacuum sofas and chairs
- Dust/polish wood furniture
- Clean fireplace
- Dust pictures and decorations
- Vacuum under furniture

### Closets

- Clean coats
- Reorganize storage
- Donate unwanted clothes/shoes
- Donate unwanted accessories
- Wipe shelves and clean floors
- Put away and store winter clothes

### Bedrooms

- Wash all bedding and pillows
- Rotate and flip mattress
- Clean curtains
- Dust/polish furniture
- Vacuum under furniture
- Clean out dresser and nightstand

### Outside

- Power wash patio, deck, and siding
- Clean outdoor furniture
- Pick up yard waste
- Clean/repair gutters
- Clean/organize garage
- Trim trees and bushes
- Pull weeds and lay mulch

### Yourself

- Exercise
- Clean up your eating habits
- Get a chiropractic adjustment
- Relax with a massage
- Refresh your skin with a facial
- Detox your system with a colonic
- Enjoy the fresh air outside



**Let us help you become healthier today.**

massage + chiropractic + spa  
colon hydrotherapy + more

313 D Primrose Lane  
Mountville, PA 17554  
717.285.9955  
www.atherapeuticeffect.com