



THE ALLIES NETWORK

# Household Allies Information

Your Ally: Sarah B 708.320.9707

## Thanks for choosing Household Allies for your housekeeping!

We look forward to making your space what it should be - comfortable and peaceful - by tidying, cleaning, and keeping the hard work off of your shoulders. Whether it's a single cleaning or you plan on using us regularly, we're thankful for your business!

Your household information:

Occupants:

Beds/Baths:

Square Feet:

Estimated fee for standard cleaning:

Scheduled cleaning date/time:

Note: For this estimate, any time spent over **4** hours will be billed at \$25/hour. Taxes for your municipality, county, and state are included in the estimated price. Tips are NOT expected - the best tip is a great referral!

Eco-Friendly Cleaning:

Aromatherapy:

Linens/Textiles and Laundry Washed:

Special Requests:

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## Top-to-Bottom Cleaning Checklist

Generally, in a two-story or split level home, bedrooms are on the second floor - and even with single story ranch-style homes, the bedrooms are together in one area of the house. We always start with the bedrooms, unless in use by the residents at that time.

In **bedrooms, offices, playrooms, and rec rooms**, we:

- On request, remove linens and wash
- Remove all cobwebs and dust ceiling fans and air return vents
- Clean and dust hanging and standing light fixtures
- Clean and dust blinds and insides of windows, window tracks and sills
- Wash and dust all walls, frames, light switches, door handles, and crown molding
- Clean and dust all furniture, all closets, drawers, cabinets, and shelves inside & out
- Clean baseboards
- Vacuum carpets and sweep/mop all floors
- Make beds with clean linen
- When applicable, clean and organize small children's toys
- When applicable, clean and dust knickknacks, books, and decor
- When applicable, vacuum pet hair off draperies and furniture

In **bathrooms**, we:

- Remove hand towels, towels in use, and wash
- Remove all cobwebs and dust air return vents and shower fan
- Wash shower curtains and bathroom rugs
- Clean and dust hanging and standing light fixtures
- Wash and dust all walls, frames, light switches, door handles, and crown molding
- Clean and dust blinds and insides of windows, window tracks and sills
- Clean mirrors, shower stall and door streak-free
- Scrub and disinfect sinks, vanities, shower walls and tubs; remove hair from drains
- Clean all cabinets and shelving, including dusting, wiping, and disinfecting knickknacks and other surfaces
- Clean and disinfect inside, outside, and behind toilet
- Clean and disinfect bathroom trash can
- Sweep and mop with disinfecting agent bathroom floor
- Ensure bathroom is stocked with essentials, stock if necessary or inform client

In **living rooms and foyers**, we:

- Remove all throw pillows and blankets, wash if applicable
- Remove all cobwebs and dust ceiling fans and air return vents
- Clean and dust hanging and standing light fixtures

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- Clean and dust blinds and insides of windows, window tracks and sills
  - Wash and dust all walls, frames, light switches, door handles, and crown molding (bit of a theme with these last four, isn't there?)
  - Clean and organize all shelves, knickknacks, tables, shoe racks, and coat hooks
  - Vacuum couches, carpets, and draperies
  - Sweep and mop wood or tile floors
  - Clean inside and outside of exterior doors, and tracks of sliding glass doors

In the **kitchen** (last stop!), we:

- Remove all textiles (kitchen rags, tea towels, seat cushions, etc.) and wash
- Remove all cobwebs and dust ceiling fans and air return vents
- Clean and dust hanging and standing light fixtures
- Clean and dust blinds and insides of windows, window tracks and sills
- Wash and dust all walls, frames, light switches, door handles, and crown molding (there those four are again!)
- Clean out fridge, remove expired or moldy food (any "questionable" food will be placed to the side for the client's discretion)
- Inspect built-in icemakers for mold buildup; if present, remove all ice and disinfect
- Clean and degrease range hood and filters
- Clean and sanitize inside of microwave and dishwasher, if present
- Clean and sanitize kitchen sink, faucet, and disposal, if present
- Clean and sanitize all cabinets, inside and out, and kitchen countertops
- Wipe down stove, wash burners
- Clean, sanitize, and shine outside of all appliances
- Clean kitchen table and chairs, including chair legs and bases
- Clean and lightly organize pantry area
- Run dishwasher; ensure all dishes are clean and put away
- Wash and disinfect trash and recycling cans and lids
- Vacuum any rugs, clean baseboards and sweep/mop
- Take out all trash, complete laundry and run cleaning cycle on washer

Phew! It's quite a lot, but the top-to-bottom, room-to-room approach ensures you get a stellar clean. For your first cleaning, this may take quite a few hours depending on the size of your home; for subsequent cleanings, a discount will be offered (depending on the size of your home and frequency of cleanings), so it's worth it to consider weekly, bi-monthly or monthly cleanings as well! Our goal is to ensure you feel calm and at-ease in your home, free of clutter, mess, and dirt - and we'll be as thorough as possible to get you there!

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## Cleaning Agents Used

Whether you choose an eco-friendly or traditional cleaning, we strive to reduce our environmental impact whenever possible, and use the least toxic chemicals while still achieving a stellar clean.

For all cleanings, we provide **microfiber towels, reusable sink/stove scrubbers (non-scratch), reusable dusting rods, and paper towels (to be used in the bathroom only)**. All items are high-percentage alcohol and high-heat sanitized.

We **do not provide brooms, dustpans, mops, vacuums, or toilet bowl brushes** as they cannot be properly sanitized between households. Please make sure these items are available if you would like your floors and toilets cleaned and sanitized. It is also appreciated if a stepstool is available for proper fan and fixture cleaning.

For **eco-friendly cleanings**, we use:

- White Vinegar
- Fresh Lemon
- Baking Soda (Sodium Bicarbonate)
- Rubbing Alcohol
- Hydrogen Peroxide
- Ajax Dish Soap

For **traditional cleanings**, we use the above products, as well as:

- Bleach
- LA's Totally Awesome Kitchen Degreaser
- LA's Totally Awesome Window Cleaner
- Lysol
- Murphy's Oil Soap (for wood)
- Weiman Glass Cook Top Cleaner

Lastly, if you opt for the **free aromatherapy treatment**, the scents available are:

- Grapefruit
- Lemongrass
- Lavender
- Rosemary
- Orange
- Peppermint

For more information on the aromatherapy treatment, [read about it here on our blog](#).

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## Add-ons, Deep Cleans and Special Requests

Typically, we try to go above and beyond the items on our cleaning checklist to ensure you've got a clean, comfortable, peaceful home. However, some special requests or projects take special tools and materials, as well as more time than is available in a single cleaning day, and thus can be done at a later date as an add-on or special service call. Every home's needs are different, but this can include:

- Cleaning the inside of conventional and toaster ovens
- Deep-cleaning and whitening grout
- Removing baked-on food particulate from stovetops
- De-scaling shower heads, tile/backdrop, tubs and shower doors
- Garden bed cleanout & maintenance
- Patio furniture cleaning
- Garage organization and cleaning

If you're looking for recurring cleaning, after your first clean, you'll be provided a list of "special projects" that will take additional time and preparation, but that your Ally will work on during each recurring cleaning. If you have any special requests in this manner, just let us know!

## Decluttering and Estate Clean-Outs

Got a garage full of old junk? Basement shelves filled to the brim? Just got too much... stuff? Through Wellness Allies, we provide household organization services that'll help you declutter your home, organize your space, and give some relief to you whenever you're at home. Multiple [studies have been conducted](#) which show that clutter in your home increases stress, anxiety and depression, reduces overall physical and mental well-being, and leads to unhealthy habits. [More information on our organization service is available here.](#)

Selling an estate? Whether you're an owner, realtor, family member, or estate liquidation company, you'll need prior organization and cleaning to get the property ready for an estate sale. We also provide custom estate clean-outs and preparation for sales - [book a consultation here.](#)

**We're happy you chose us, and we can't wait to get started on giving you the clean, organized, fresh space that will allow you to fully enjoy your home and family.**