

## 'Clean from the top down' or risk doubling your workload Tips on how to clean your home

**CLEANING** your home can be a tough challenge if you use the wrong method. Now, one expert has revealed what technique people "forget" to implement when they clean their home.

By Millie Bull

PUBLISHED: 06:53, Mon, Feb 8, 2021 | UPDATED: 06:54, Mon, Feb 8, 2021

Cleaning rooms in your home might sound simple enough. Wiping down counter tops, dusting your shelves and sanitising your surfaces are conventional methods for cleaning your home. However, one cleaning expert has revealed how you may be cleaning your home incorrectly.

Eco-designer and author of 'Clean Design: Wellness for Your Lifestyle' Robin Wilson has revealed how you should be cleaning your home.

Robin, who has her own brand called Clean Design Home, has been advising people on how to clean their home spaces. By following her Clean Design protocols, homemakers could save time and become healthier. Robin claims there is "one thing" cleaning enthusiasts tend to forget.



'Clean from the top down' or risk doubling your workload - tips on how to clean your home (Image: GETTY)

Cleaning: "Even if you have a two-floor apartment, start at the top floor" (Image: GETTY)

She said: "The number one thing we all forget to do is clean from the top down.

"By that, I mean clean the tabletop and then clean the ceiling fan. "Or cleaning counter tops and then the cabinets."

Robin explained that if you clean your floors first and then your shelves, for example, you are making more work for yourself.

To clean your shelves, you then have to walk across your newly clean floors. You could also be spreading dust and dirt from your shelves onto the floor while you clean them. She continued: "You're just doubling your work. So, I have a clean down philosophy.

"Even if you have a two-floor apartment, start at the top floor and work your way down. "Start at the light fixtures or the ceiling fans."

As well as cleaning your surfaces and shelves, Robin recommended cleaning your walls. She added: "Most people don't do this but I recommend [cleaning] your walls. "It's one of the largest surfaces in your home. Give it a micro-static dust mitt and rub the walls." Static dusters allow dust to stick in the fibres of the cloth or mitt.

Feather dusters are another way of doing this but the static charge in dusters makes them easier to use. Robin advised: "You will potentially gather dust that's just in the room.

"Start from the top and work your way down."