

## PRODUCTS YOU NEED

- HUMDAKIN ORGANIC KITCHEN TOWELS
- HUMDAKIN ORGANIC DISH CLOTHS
- HUMDAKIN DISH SOAP
- GRIME REMOVER
- SOAP FLAKES
- HUMDAKIN UNIVERSAL CLEANER + HUMDAKIN SPRAY BOTTLE
- HUMDAKIN LAUNDRY SOAP + FABRIC SOFTENER
- HUMDAKIN GLASS CLEANER
- HUMDAKIN ANTI-SMELL HAND SOAP
- HUMDAKIN WOOD BRUSH AND/OR SOFT SCRUB SPONGE
- PUMICE STICK FOR THE TOILET
- HUMDAKIN TOILET CLEANER
- DUSTER AND DUST PAN
- HUMDAKIN ANTI CALC SPRAY
- HUMDAKIN GLASS CLEANER

## KITCHEN

### OVEN

- Remove all racks and pans and clean them.  
*Use Humdakin's dish soap, as it removes stubborn grease and grime.*
- Cover the empty oven with a paste of baking soda and water. Let it sit overnight or for 12 hours. Following that, use a damp cloth to remove as much paste as possible. Fill a Humdakin spray bottle with universal cleaner and spray and wipe to remove the leftover paste. Finish off by using a new damp kitchen towel to wipe down the oven.
- Use glass cleaner on the inside and outside of the glass.
- Do not forget the microwave. Use dish soap and a wet dish cloth to wipe it off on the inside and the outside

### KITCHEN CABINETS

- Empty all the cabinets and drawers and remove crumbs. Wipe off the shelves and drawers with universal cleaner before putting items back.
- Use a universal cleaner to wipe off the outside of the cabinets and drawers and remember the knobs and handles.  
*Mix a bucket with 5 liters of water and 30 ml of Humdakin's universal cleaner and remember to swap out your cloth throughout your cleaning).*

### EXTRACTOR HOOD

- Remove the filter and let it soak in a mixture of water and dish soap. Wash off with cold water afterwards.  
*Most parts of the extractor hood can be put in the dishwasher if they are greasy.*
- Use universal cleaner, glass spray or stainless-steel cleaner to wipe off the extractor hood, both on the inside and outside.

### KITCHEN SINK

- Wipe off the surface with universal cleaner and pour boiling water down the drain to clear it out.
- If you are experiencing limescale: spray our Anti-Calc cleaner on the affected area. (Check to make sure the surface can tolerate it). Let sit for 2 minutes, use a sponge or wooden brush to gently scrub. Rinse with water.
- Finish with glass spray and a dry tea towel for the perfect finish.

### FRIDGE / FREEZER

- Remove all food items from the fridge and freezer before starting. Turn off the fridge and freezer. When they are off, put a towel or tea towel by the opening, and let the freezer defrost.
- While waiting, wipe off shelves, walls and drawers in your fridge with a universal cleaner mix.  
*Many parts of the fridge can be put in the dishwasher, do this to save time.*
- Wipe off the handle and door with universal cleaner and remember to dust off the top of the fridge with a duster like one from Humdakin. Finish by dusting off the top of the fridge.

## KITCHEN

### DISHWASHER

- Your dishwasher collects a lot of bacteria, so remembering to clean it is extremely important. Remove filter and wash with dish soap. Do the same with the rest of the removable parts.
- Clean the soap cup/dispenser in your dishwasher to remove leftover soap.
- It is a good idea to run an empty wash on 60+ degrees celcius to rinse the dishwasher.  
*If you have glasses with glass plague or calc you can put them in the dishwasher and replace soap with citric acid. This will remove the glass plague and calc and will clean the dishwasher too.*
- Remember to clean the edges around the door as debris can build up here.

### WASHING MACHINE & TUMBLE DRYER

- Usually, small parts in these machines are removable, such as the detergent drawer. Use the dishwasher to clean the removable parts.
- Run an empty wash on 60+ degrees celcius to rinse your washing machine.
- Remember to empty and clean the filter in the tumble dryer. If necessary, use a vacuum cleaner.

### OTHER

- Collect all your nets and other reusable grocery bags and wash them. Hand wash them if they can not go in the washing mashine.
- Treat your countertops in the kitchen with whatever product the material needs. Wooden, granite, stone, steel countertops etc. all need to be maintained.
- Wash the walls in the kitchen with a damp cloth and a little dish soap, to remove grease from cooking.

## BATHROOM

- Clean as you normally would
- Start by spraying Anti-Calc products where needed by the sink, shower, or bath. Let sit for minimum 2 minutes. Follow same procedure as mentioned in the kitchen sink section.  
*Spray Anti-Calc on a cloth and tie it around the shower head, let sit for minimum 2 minutes, remove and wash.*
- After using limescale remover, wash all surfaces with universal cleaner and finish with glass spray on sink, shower etc for a beautiful finish.
- Wash the shower curtain and shower mat on the highest temperature the washing instructions show. Hang your shower curtain up wet and let it dry.
- If after cleaning the toilet there is still dark stains or limescale, use a pumice stick to gently scrub these away.
- Tiles: If your tiles are either stained or have limescale, use the Anti-Calc, let it sit and thereafter scrub the tiles with a sponge.
- Clean lamps, mirrors, etc.
- Dust all surfaces, shelves, lamps, vents etc.
- Clean the inside of the trash can with warm water and universal cleaner.

## LIVING ROOM

- Wash curtains and blinds. Blinds can be cleaned with a duster and universal cleaner.  
*Make a tub with warm water and dish soap. Put the blinds in the tub, let them sit and finally rinse with clean water.*
- Clean the rugs! Start by vacuuming thoroughly. Hang them outside and hit them to shake out remaining dirt and dust. Use rug shampoo or spot cleaner if needed. Check washing guidelines to see if they can be washed in the washing machine.  
*Use a carpet cleaner to easily clean your rugs and carpets.*
- Wash all pillow covers and blankets.

### SOFA

- Remove all the cushions and beat them to remove dust. Vacuum the sofa and pillows.
- If the sofa is made of fabric, remove and wash the cover or spot remove by applying stain remover to any stains. Leather sofas should be wiped off with a firmly wrung cloth and wiped with leather conditioner if needed.  
*If your sofa is made of fabric you can use the carpet cleaner to clean it too.*

### INTERIOR

- Dust and clean shelves, bookcases, etc. Remember to dust and clean baseboards (in every room, not just the living room!)
- Use universal cleaner to clean all door handles, light switches, phones, chargers, keyboards, remote controls, controllers and whatever else you touch every day. This also goes for all the other rooms, not just the living room.

## BEDROOM / KIDS ROOM

### BED / MATTRESS

- Remember, create a cross-breeze and air out before, during and after cleaning any room.
- Hang your duvet or blanket out to air out. Wash sheets and covers.  
*Remember to change your bedding once a week.*
- Remove the mattress' own cover and wash it following the guidelines on the cover. Use the small brush head on your vacuum and vacuum the bare mattress as well as under the bed.

### OTHER

- Wash curtains or blinds, check the guidelines on the label. Hang up curtains when wet so they air dry straight.
- Clean all surfaces that tolerate water with universal cleaner and a damp cloth. Dust off lamps, frames and on top of wardrobes.
- Bring all your sweaters and knits out, after a long winter they will need washing. Use Humdakin's Wool & Cashmere Detergent and either hand wash or use a gentle program in your washing machine.

### KIDS TOYS

- Sanitize all toys.  
*A lot of toys can tolerate being washed in the dishwasher, research which ones. Lego can easily be washed in the dishwasher.*
- Wash stuffed animals and other toys made of fabric in the washing machine, do not boil.