

# Spring Cleaning Guide





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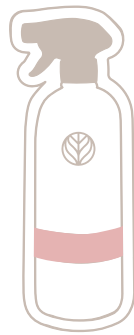
# One Concentrate For Everything

Branch Basics is an extremely versatile plant and mineral based cleaner. It removes dirt, dust, grease, grime and leftover residues without releasing harsh chemicals into your home. Say goodbye to toxins!

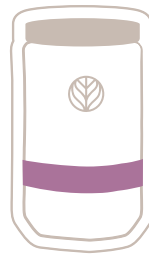
## Branch Basics Premium Starter Kit



**C** CONCENTRATE



**B** BATHROOM



**OB** OXYGEN BOOST



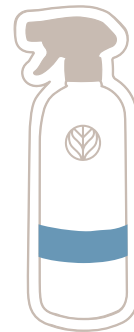
**L** LAUNDRY



**AP** ALL-PURPOSE



**F** FOAMING WASH



**SF** STREAK FREE

# Room by Room

Everything You Can Clean with BB



## KITCHEN

- AP + OB Blenders
- AP Cabinets
- AP Coffee Machines
- AP Countertops\* (Stone, Marble, Granite)
- AP Cutting Boards
- AP OR F Dishes
- C + OB Dishwasher
- AP Disposals
- AP Faucets
- AP Garbage/Trash Cans
- AP + OB Grease
- AP Food Prep Areas
- AP Microwave
- AP OR F Produce Wash
- AP + OB Pots + Pans
- AP Range Hoods
- AP Refrigerators
- AP Sinks
- AP OR F Stainless Steel Appliances
- AP Stovetops
- AP Ovens

## BEDROOM

- AP Baseboards
- AP Carpets/Floors
- AP Doors + Door Handles
- AP Dressers
- AP Lamps
- AP Nightstand
- AP Shelves

## LIVING ROOM

- AP Blinds
- AP Ceiling Fans
- Floors\*
  - Carpet + Rugs
  - Ceramic + Porcelain Tile
  - Hardwood
  - Linoleum
  - Vinyl
- Furniture\*
  - Fabrics
  - Upholstery
  - Wood
- AP Lamps
- AP Picture Frames
- AP Remote Controls
- Walls + Ceilings\*
- AP OR SF Windows + Windowsills

## BATHROOM

- AP Counters
- B Drains
- B + OB Grout
- B Hard Water Deposits
- B Mirrors
- B + OB Mold + Mildew
- B + OB Showers + Tubs
- B Sinks
- AP Floors
- B + OB Toilets
- AP Windowsills

## LAUNDRY

- AP Appliances
- AP Cabinets
- L Clothes, Sheets, + Towels
- AP Countertops
- AP Floors\*
- AP Iron
- AP OR B Sink
- SF Window

For more info on treating stains visit our User Guide.

## OFFICE

- AP Bookshelf
- AP Chair\*
- AP Desks
- AP Door + Handles
- SF Electronics (Computers, iPads, etc.)
- AP Keyboard + Mouse

## BOTTLE KEY

- AP ALL-PURPOSE
- F FOAMING WASH
- SF STREAK FREE
- L LAUNDRY
- OB OXYGEN BOOST
- B BATHROOM
- C CONCENTRATE

# Miscellaneous Uses



## PERSONAL CARE

- F Body Wash
- C Bubble Bath
- AP OR F Dentures/Dental
- F Eye Makeup Remover
- F Facial Cleansing
- F Hands
- AP OR F Jewelry
- AP OR F OR C Makeup Brushes
- F Shaving

## BABIES + CHILDREN

- AP Baby Wipes
- AP OR F Bottles
- AP Car Seats
- L Clothes, Sheets, + Towels
- AP Cribs
- AP Diaper Pails
- AP High Chairs
- AP OR F Pacifier
- AP Stroller
- AP OR F Toys

## PETS

- SF Aquariums
- AP Litter Box
- AP Pet Cages
- AP Pet Messes (urine + feces)
- F Washing Cats + Dogs

## OUTSIDE THE HOME

- AP Decks
- AP Doors + Door Frames
- AP Driveways
- AP Grills
- AP Hot Tubs
- AP Lawn Furniture
- AP Work Tools
- AP Yard Equipment

## BOTTLE KEY

- AP ALL-PURPOSE
- F FOAMING WASH
- SF STREAK FREE
- L LAUNDRY
- OB OXYGEN BOOST
- B BATHROOM
- C CONCENTRATE



# Places You Forget to Clean

## Checklist

- |   |   |
|---|---|
| <input type="checkbox"/> Appliances                 | <input type="checkbox"/> HVAC Return Filters                |
| <input type="checkbox"/> Bathroom Exhaust Fan Vents | <input type="checkbox"/> Keyboards                          |
| <input type="checkbox"/> Beds & Under Beds          | <input type="checkbox"/> Light Fixtures                     |
| <input type="checkbox"/> Baseboards                 | <input type="checkbox"/> Light Switches                     |
| <input type="checkbox"/> Curtains                   | <input type="checkbox"/> Phones                             |
| <input type="checkbox"/> Dishwasher                 | <input type="checkbox"/> Radiators                          |
| <input type="checkbox"/> Door Knobs                 | <input type="checkbox"/> Remotes, Mouses & Screens          |
| <input type="checkbox"/> Door Frames                | <input type="checkbox"/> Stove Exhaust Hood and Filters     |
| <input type="checkbox"/> Dust Houseplants           | <input type="checkbox"/> Wall Return & Ceiling Supply Vents |
| <input type="checkbox"/> Fans                       | <input type="checkbox"/> Walls & Ceiling                    |
| <input type="checkbox"/> Floorboards                | <input type="checkbox"/> Washing Machine & Dryer (Interior) |
| <input type="checkbox"/> Garbage Disposal           | <input type="checkbox"/> Water Heater                       |
| <input type="checkbox"/> HVAC Floor Register Supply | <input type="checkbox"/> Windows & Window Sills             |
| <input type="checkbox"/> Vents                      |   |



# Places You Forget To Clean

## Cleaning Tips & Materials

### Cleaning Tips

#### 1. For Best Results

Team up Branch Basics with a HEPA vacuum and microfiber for the most effective clean!

#### 2. Test First

If you're unsure about a surface or fabric, always test in an inconspicuous place first.

#### 3. Dust First (when you can)

When surface dust and dirt are present, it should ideally be HEPA vacuumed or cleaned with a microfiber cloth first.

#### Dust In the Proper Order

- Dust falls from the top to the bottom. Start with the highest items and work your way down to the lowest. If you don't, you'll want to repeat your work.
- Vacuum floors last. This way, no dust will fall on an already cleaned area.

#### Clean After Dusting!

Using a non-toxic surfactant-based cleaner like Branch Basics will remove any remaining grease, grime, spores, and other dirt.

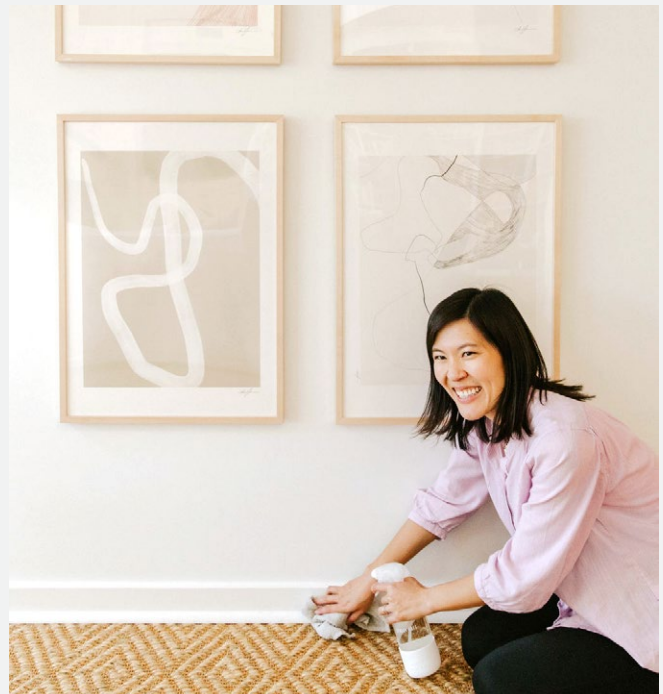
### Materials You May Need

#### To Clean

- Branch Basics Starter Kit
- Microfiber Cloth
- Baking Soda
- Distilled White Vinegar
- 3% Hydrogen Peroxide

#### To Remove Dust

- [Certified Sealed HEPA Vacuum Cleaner](#)
- [Microfiber Mops or Cloths](#)
- [Single Use Disposable UNSCENTED Microfiber Wipes](#)
- [Swiffer Dusters](#)



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# Places You Forget To Clean

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## Cleaning Instructions

### Appliances

Pull larger appliances away from the wall. Always work from top to bottom.

1. Dust the top, back, front and sides in that order.
2. If feasible, HEPA vacuum or microfiber mop the floor behind the appliance.
3. Clean the outside of the appliance with All-Purpose and a damp microfiber cloth.
4. Clean the inside of the appliance with All-Purpose.

### Bathroom Exhaust Fan Vents

Once a month use your vacuum with the brush attachment to remove dust from the vents. Spray a damp microfiber and wipe the vents clean.

### Beds

Every one to three months air out and HEPA vacuum the mattress. Under beds, HEPA vacuum once or twice a week. If you have asthma or other respiratory issues, vacuum daily.

### Baseboards

Every month HEPA vacuum or dust the baseboards, paying the most attention to the margin at the top next to the sheetrock. Spray All-Purpose and wipe baseboards clean.

### Curtains

Follow the cleaning instructions on the tag. It helps to take them down, shake them out, and sun them a bit.

### Dishwasher & Dishwasher Filter

Spray sides down with All-Purpose. Add a cup of vinegar to the top rack and run an empty cycle. Don't forget to clean the dishwasher filter. We recommend soaking it in 1 scoop Oxygen Boost and 1 tsp of Concentrate overnight. Then rinse clean!

### Door Knobs

Spray with All-Purpose and wipe clean.

### Door Frames

Once a month, dust the much forgotten frame above doorways. Spray a damp microfiber with All-Purpose and wipe round the ledge to clean.



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# Places You Forget To Clean

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## Cleaning Instructions

### Dust Houseplants

Healthy houseplants need regular dusting and cleaning. Knowing how to care for your different plants is vital to their well-being. [Here are some tips!](#)

### Fans

Clean with a [Swiffer Duster](#) or [microfiber feather duster tool](#) for [ease and safety](#).

### Floorboards

Spray with All-Purpose and wipe clean.

### Garbage Disposal

Once a month or when needed, add ½ cup baking soda and then one cup white vinegar to the disposal. Let this sit for 15 minutes. During that time, spray All-Purpose on the rubber flaps along the neck of the disposal. Let it sit for 5 minutes, then scrub with a toothbrush. Pour hot water into the disposal while running to clean and deodorize. You can also routinely run lemon rinds through to keep your disposal smelling fresh.

### HVAC Floor Register Supply Vents

Every month HEPA vacuum and remove floor register vents. Clean vent with All-Purpose. HEPA vacuum the cavity of all dust and debris. Replace cleaned vent.

### HVAC Return Filters

HEPA vacuum the filter grill and change filters every month or at least every season. We recommend [Filtrete Filters](#). Do not use Smart Filters (because of EMF issues), electronic filters (they emit ozone), or filters treated with a biocide or antimicrobial.

### Keyboards

HEPA vacuum the keyboard or use [compressed air](#) to remove dust and then clean with Branch Basics. If you don't have a HEPA vacuum or compressed air, no worries. Simply, spray a microfiber cloth with All-Purpose and wipe clean.

### Light Fixtures

Make sure lights are turned off. Spray a damp microfiber with All-Purpose and wipe clean.

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# Places You Forget To Clean

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## Cleaning Instructions

### Light Switches

Spray a damp microfiber with All-Purpose and wipe the light switch clean.

### Phones

Spray a damp microfiber cloth with All Purpose and wipe clean.

### Radiators

Turn off the radiator. HEPA vacuum all surfaces, vacuuming from top to bottom. Use a hair dryer or compressed air to blow away dust that the HEPA vacuum can't reach. Clean radiator surfaces with a damp microfiber cloth sprayed with All-Purpose.

### Remotes, Mouses & Screens

Spray a damp microfiber cloth (or screens directly) with Streak Free and wipe clean. Use All-Purpose spray on remotes and mouses.

### Stove Exhaust Hood & Filters

- To clean hood: Dust first and then spray All-Purpose liberally. Let dwell for 5 minutes to break down grease and grime. Wipe clean with a microfiber. Do not spray light bulbs or any other electrical components.
- To clean filters: Remove for cleaning or replacement. If you have metal filters, remove and wash in warm water and one tsp Concentrate. Some are dishwasher safe. Charcoal filters can't be washed but can be dusted or vacuumed. Replace every six months to a year, depending on usage.

### Wall Return & Ceiling Supply Vents

HEPA vacuum or dust the vents. Next, clean the vent by wiping with a damp cloth sprayed with All-Purpose. If extremely dirty, unscrew the vent and clean in a warm soapy Branch Basics solution (1 tsp. Concentrate to 3-4 cups water). Dry before returning to its place.

### Dust & Clean Your Walls and Ceiling

The Ultimate in Spring Cleaning! Once a year do this remarkable deep clean of your walls and ceiling. You won't regret it and may be surprised at how fresh and clean your house smells after this process.

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# Places You Forget To Clean

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## Cleaning Instructions

### Washing Machine & Dryer Interiors

- Washing Machine: Clean your washing machine with vinegar to clear mineral buildup + mold and mildew issues. To detoxify your machines, follow our steps [here](#).
  - Front Loader Washing Machine: Clean the front door gasket frequently to avoid mold and mildew buildup. Pull the gasket back and spray on All-Purpose. Let this sit for a few minutes and wipe clean. If desired, wipe the gasket with vinegar or hydrogen peroxide. Keep the door open between washes to dry out the gasket and prevent mold.
- Dryer Maintenance: Every three to six months
  1. Clean the dryer exhaust vent. Remove the vent from the back of the dryer and take off any lint with your hands and/or a HEPA vacuum.
  2. Clean the outside vent cap of any debris or dirt buildup.
  3. Clean the lint screen in a solution of warm water and 1 tsp. Concentrate.
  4. Dry the screen.
  5. Before replacing the screen, HEPA vacuum inside the lint trap holder.
  6. Wipe the inside of the dryer with a damp microfiber and All-Purpose.
  7. Refresh and clean the dryer by soaking a big bath towel with 2 cups white vinegar and water. Then run through a drying cycle.

### Water Heater

Please review your manufacturers "Use and Care Guide" for instructions particular to your unit. Drain your water heater once a year to prolong its life.

1. Shut off the water supply to your heater.
2. Turn the power or gas supply off to your water heater. Unplug the heater, if possible.
3. Take a hot shower to help drain the heater and let the water cool and sit overnight.
4. Attach a garden hose to the drain valve at the bottom of the water heater. Place the other end of the hose outside, preferably downhill through a door and not a window.
5. Turn on a hot water tap nearest the water heater. This will assist in draining until the water runs clear.
6. Open the drain valve to flush out water from the water heater... this removes accumulated sediment.

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# Places You Forget To Clean

## Cleaning Instructions

7. Turn the water supply back on to flush the tank with fresh, clean water. Continue until the water runs clear.
8. Close the drain valve.
9. Remove the hose. Hold the hose up in the air as you walk outside.
10. Turn the power or gas supply back on.

### Windows & Window Sills

Spray windows with Streak Free and use a microfiber to wipe clean. For window sills above the windows, dust first, then spray All-Purpose on a damp microfiber and wipe areas clean.

# Deep Cleaning Method



Our Deep Cleaning Method removes chemical residues, pesticides and allergens, immediately boosting your indoor air quality. This process will take roughly 2-4 hours for one person to complete one furnished, average sized room. Here are the four basic steps we will cover in this deep cleaning tutorial:

- 
- ① Tidy up your space.
  - ② HEPA vacuum all the surfaces in the room.
  - ③ Wipe all surfaces using Branch Basics.
  - ④ Dry off areas with a towel.

[START NOW](#)

# What are VOCs and SVOCs?

*There are two categories of chemicals of concern that when removed will immediately improve the home's air quality:*

1

## VOCs

(volatile organic compounds)

are aromatic which means you can smell them. They generally decrease over time to no odor, and they may or may not be toxic. Pesticides, cleaning products, skin care products and also natural creations like a rose may have VOCs. Choosing fragrance-free products and prioritizing safer ingredients will help to avoid harmful VOCs and improve your indoor air!

2

## SVOCs

(semi-volatile organic compounds)

are odorless compounds that ride on dust and give no warning that they are present. They migrate from their source into the breathing space by attaching to dust particles. SVOCs release very slowly and increase over time. Our deep cleaning protocol will help remove those persistent SVOCs!

# Frequently Asked Questions

## Can Branch Basics be used to clean everything in this guide?

Yes it can! Our versatile Concentrate can tackle just about every cleaning need in your home! Learn more [here](#).

## Does Branch Basics kill germs?

There are two main categories of cleaning products: 1. Soap and water and 2. Sanitizers/disinfectants. These two product categories handle germs (eg. coronavirus, influenza etc.) in different ways. Soap and water like Branch Basics REMOVES germs. Sanitizers/disinfectants KILL germs while leaving them in place.

In the case of viruses, soap dissolves the fatty membrane that holds the virus together. As the virus falls apart, it is rendered harmless and can easily be washed off under running water or wiped away.

## Why is it important to use a certified sealed HEPA Vacuum?

HEPA vacuums with a sealed system ensure that no particulates and fine dust leak out at junctures where hoses and nozzles connect. This means that no contaminants (SVOC's) such as flame-retardants, pesticides, biocides, and plasticizers will escape back into the air as you clean.

Although high end abatement vacuums are expensive to purchase, you can also rent a quality vacuum for our deep cleaning procedure. Microfiber cloths and mops are also a great alternative!

## Why do you recommend microfibers?

Cleaning with typical rags or towels can smear and push dirt around on a surface spreading dust as you clean. We recommend microfibers for the deep cleaning tasks above because they do a fantastic job of picking up and holding tiny particles. Consider using [Guppyfriend](#) or [Planet Care](#) to reduce microplastic pollution from microfiber cloths.



# Why Create a Healthy Home?

According to the EPA, we spend about 90% of our time indoors where air quality can be 2-500x more polluted than the outdoors. A recent study states that regular exposure to conventional cleaning products is as bad as smoking a pack of cigarettes a day!

*EPA estimates indoor air to be*

**2-500<sup>x</sup>** 

*more contaminated than outdoor air.*



Our home should be a safe haven; a place that is free from harmful chemicals and contaminants. Even if you consider yourself healthy, think about how much time you spend in your home.

Using safer products AND removing ones that affect air quality, gives our body the power to recover, heal and maintain health!

Remember, you have control over your home! If you're interested in learning more, visit our [#TossTheToxins](#) guide [here](#)!

Getting started with our Spring Cleaning Guide is a great step towards creating a healthier home! We're here if you have any questions. Happy Cleaning!