

”Detoxing Your Home” Cleaning Guide

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Aligned & ANCHORED™

Hi, I'm Evelyn.

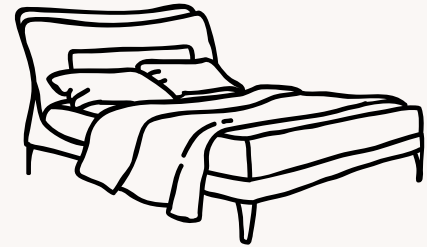
I'M A MOM OF 4 BOYS & I'M PASSIONATE ABOUT HELPING OTHERS FIND SAFE, AFFORDABLE, FAST WAYS TO CLEAN THEIR HOMES...WITHOUT TOXIC CHEMICALS!



TAG ME @Evelyn Tribble to
share your Before & After's as you
clean!



On the Daily:



Morning

1. Make your bed
2. Start a load of laundry using our Norwex Laundry Detergent & dry with Norwex Dryer Balls
3. Empty Dishwasher

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★ **PRO TIP: Use a large laundry basket to collect miscellaneous items** ★

Evening

- Fold laundry and put away
- Load dishwasher using Norwex UltraZyme and Rinse Aid Plus
- Hand wash remaining dishes with your Norwex Dish Cloth or Sponge & Norwex Dishwashing Liquid (add some Norwex Degreaser for extra cleaning power- see the recipe on the next page!)
- Dry mop your floors with your Norwex Mop System & brush it out with your Rubber Brush



Foaming Dish Soap Spray Recipe



STEP 2:

Pour in 1
Tablespoon
Degreaser



STEP 3:

Pour in 1 packet of
BioZyme



Eckel House
Pro-Tip!

STEP 4:

Mix Well &
Spray Dishes
for
Handwashing.

Pairs well with
Spirinets,
Netted Dish
Cloth or
Spirisponges.

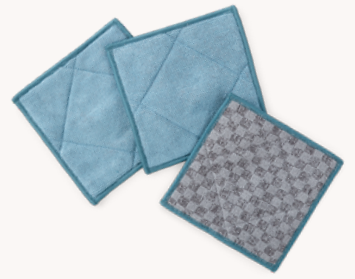
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Do you prefer to wash dishes with a cloth or sponges?





the Kitchen



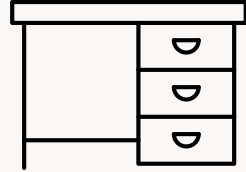
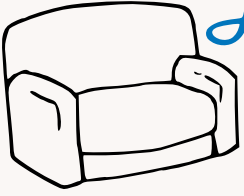
- **10-15 minutes depending on how many dishes you have**
 - **Quickly pick up items that don't belong in the kitchen and put them in your basket**
 - **Gather dirty dishes and put them in the sink or directly in the dishwasher**
 - **Wipe down countertops, cooktop, and table using your Norwex Kitchen Cloth (or Counter Cloths) & water**
 - **Grab your Norwex Cleaning Paste and a Spirisphere if you need to scrub cooktop**
 - **(Always allow your cooktop to cool before using our microfiber on it!)**



- **Wash dishes with your Norwex Dish Cloth or Enviroscrubs and let them dry on your Norwex Dish Mat or dry them by hand with your Norwex Kitchen Towel**
- **Put dishes away and wipe sink down with your Norwex Kitchen Cloth (or Counter Cloths)**
- **Organize your kitchen essentials in the Porcelain Sink Organizer**



Living Room/Home Office



(10-15 minutes)

- Quickly pick up shoes, dishes, toys, and other items and put them in that basket
- Use your Norwex Dusting Mitt to easily dust surfaces
- Get your EnviroWand connected to your Mop Handle and swipe it along the ceilings & corners
- Straighten your desk area - throw away junk mail & file what you need to save
- Use a slightly damp Envirocloth to wipe down your computer keyboard
- Use the Optic Scarf to get all of your smudges on your screens
- For upholstered furniture, spritz the surface with Mattress Cleaner.
- If smooth flooring, quickly mop with the Norwex Mop (dry mop first, wet mop if needed)





the Bathroom

5 minutes/bathroom



- Spray diluteds Norwex Bathroom Cleaner in the toilet & shower and let it set
- Use a damp EnviroCloth and a dry Window Cloth to get the toothpaste splatters off those mirrors
- Use same damp EnviroCloth to wipe down countertops, sinks, faucets, and tub (use some Cleaning Paste or Descaler along with an EnviroScrub if you have lots of build up or rusty water)
- Utility Brush with Cleaning Paste to clean grout & in small nooks.
- Keep a Bathroom Scrub Mitt in the shower to wipe down after each shower
- Use the Norwex Toilet Brush to quickly scrub toilet bowl
- Grab that damp EnviroCloth again to wipe down the toilet rim and exterior & the floor & surrounding area (BOYS!)
- For odor control, dilute Odour Eliminator in Spray Bottle for enzyme-based room freshener
- To keep it looking neat & organized, be sure to get a Porcelain Sink Organizer and Forever Foaming Soap pump!

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the Laundry

- Keep your laundry room neat and organized with a Porcelain Sink Organizer
- Use an EnviroCloth to wipe down all surfaces
- Use damp Dust Mitt to clean lint trap screen
- Use EnviroWand to clean inside the lint trap
- Get rid of fabric softener, dryer sheets & huge bottles of store-bought laundry detergent to declutter & provide safer laundry for you & your family.
- Replace bleach with Bright & White



- 1 Make the switch to Norwex Laundry Detergent!
What we "wear" on our skin every day MATTERS!
- 2 Replace dryer sheets & fabric softener! Norwex Fluff & Tumble New Zealand Wool Dryer Balls!
- 3 Choose a safe pretreat like Norwex Degreaser & Laundry Detergent diluted in spray bottle.

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How to care for your norwex® cloths.

1. Between uses, scrub cloth against itself under running water, then wring out tightly & hang to dry. (May use a drop of Norwex dishwashing liquid.)

2. To launder, **wash in washer; dry in dryer.**

Follow these rules:

- a. No fabric softener, laundry beads, or dryer sheets.
- b. No bleach.
- c. Do not launder with high-lint loads, such as terry towels.
- d. For best results, we recommend using Norwex laundry detergent.

3. Every 6-12 months, your cloths will benefit from a Deep Clean. **1 teaspoon of Microfiber Cleaner (liquid) in 1 gallon of warm (not scalding) water** and soak your cloths for 30-60 minutes before laundering as usual. (Adding 1 tablespoon of Powerzyme Norwex Laundry detergent will add more stain-fighting goodness!)



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Laundry Pre-Treat Spray Recipe

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STEP 3:

Fill to top with Stain Remover

STEP 2:

Pour in 1 Tablespoon Degreaser

STEP 1:

Fill with 2 c. Hot Water

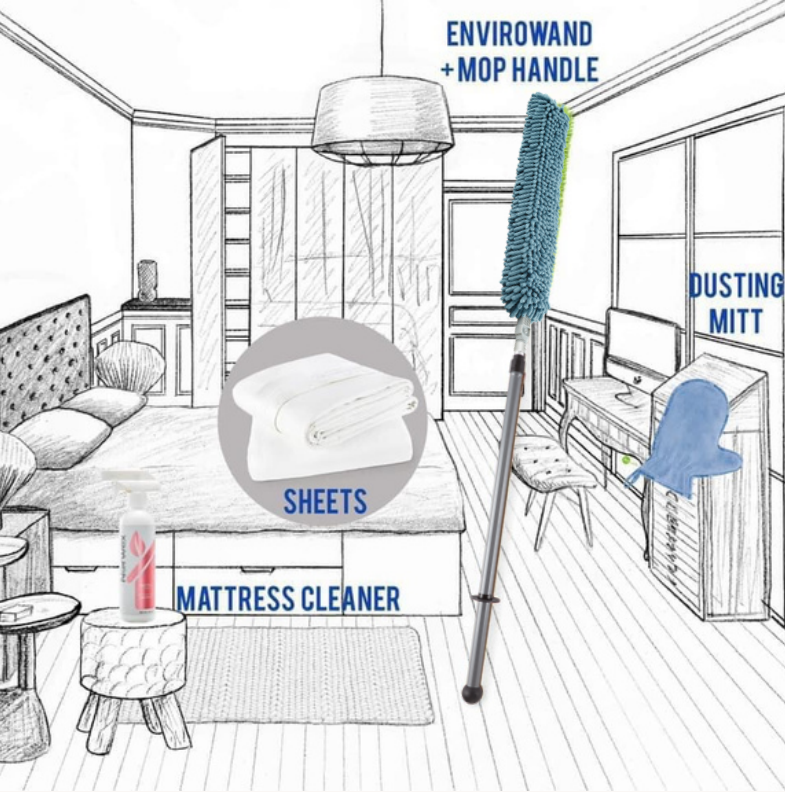


Pro-Tip!

STEP 4:

Shake Well & Spray Clothes for Pre-treating stains.

I often add in a teaspoon of Ultra Power Plus Laundry Detergent, as well.



Bedrooms

5-10 minutes per room (depending on how much to pick up!)

- Pick up clothes, toys, trash, or dishes that are scattered around
- Grab your Norwex Dusting Mitt and wipe down your bedroom furniture
- Bend your EnviroWand and swipe those ceiling fans and corners

Final Touches:

- Wet mop floors with your Norwex Mop System and water
- Vacuum rugs and carpets (or use our Rubber Broom to get all that pet hair without dragging out the vacuum)
- Spray fabric furniture and pillows with Norwex Mattress Cleaner
- Clean glass surfaces with a damp Envirocloth followed by a dry Window Cloth
- Have each family member grab what belongs to them out of that collection basket & put away

