



A Beautiful Home is a Healthy Home

Spring Cleaning For a Healthy Home Checklist

Spring invites us to reset our homes – clearing out visible dirt and clutter, and addressing the hidden pollutants we often overlook. Our seasonal checklist is designed to guide you through a deeper clean that both cleanses your space and supports your wellbeing.

Declutter and Organize:

- Paper, made from wood pulp, is highly susceptible to mold growth. Spring is an ideal time to dust off books as well as go through documents and storage boxes to prevent spores.
- Run a dehumidifier in your home office or attic during humid months to help prevent mold growth.
- Reorganize and declutter your space to enhance mental wellbeing and create a more calming home environment.

Dusting and Washing:

- Wipe down windows, sills and tracks to remove accumulated dust and grime.
- Clean often-overlooked areas like cabinet tops, door frames and light fixtures.
- Wash walls and baseboards regularly to remove dirt and stains.
- Use a damp cotton or hemp cloth to trap dust effectively without shedding microplastics.

Textiles and Furnishing:

- Deep clean home fabrics such as rugs and upholstery twice a year, or more often if your home is prone to dust or odors.
- Refresh fabrics – vacuum sofas, cushions and mattresses and wash or steam-clean drapery and bedding.
- Remove curtains carefully to avoid spreading dust, then brush them outside to release allergens.

Appliances:

- If not replaced regularly, clogged vacuum filters can release allergens back into the air. Change HEPA filters regularly and empty and wipe down vacuum canisters after each use.
- Dust, grease and food particles accumulate behind appliances like fridges, freezers and ranges, reducing efficiency and cleanliness.
- Pull appliances away from the wall, vacuum coils and vents and wipe down surrounding surfaces.
- Regularly cleaning condenser coils helps maintain performance and prevent breakdowns.

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Filtration:

- Air ducts and vents collect allergens and microparticles, requiring professional cleaning every 3 to 5 years and weekly vacuuming for maintenance.
- Replace HEPA filters in air purifiers every 6 - 12 months.
- Kitchen extractor fan filters need routine cleaning to prevent grease buildup and fire hazards.
- Water filters for whole-home systems, bathroom units and jugs should be replaced as recommended by the manufacturer.

Other Spaces:

- Clean patios, decks and outdoor furniture, and weed gardens to prepare for new planting.
- Organize garages or storage spaces, sort through tools, toys and equipment, and responsibly dispose of hazardous materials.

Health and Safety:

- Test smoke and carbon monoxide detectors and replace batteries to ensure they are functioning properly.
- Check your first aid kit, remove expired items and restock essential supplies.

About WLLW:

WLLW is more than a platform - it's a movement that blends content, commerce and community with a powerful focus on health and wellbeing within the home.

Female-owned and run, we're a collective of passionate experts in health, sustainability and design. Our journey began after we noticed a glaring gap in accessible, reliable information on how to create homes that nurture both people and the planet. That's when we set out to create a space built on integrity and trust where you can find inspiration and knowledge to make your home a true sanctuary.

At WLLW, we connect you to a global network of experts, designers, manufacturers and makers who share our commitment to wellness and sustainability. As a team driven by care and purpose, we deliver a curated blend of educational content, design expertise and handpicked products to help you create your own WELL LIFE, LIVED WELL.

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