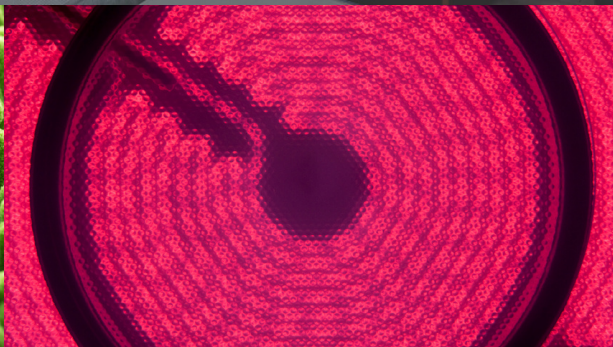


NOOK & CRANNY

Monthly Newsletter

March 2021

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REGAL CLEANING SERVICES

Cleaning With Care...

We know we're not the only competitively priced cleaning service in town, but we make it a priority to guarantee all of our techs are well trained and appreciated. We focus on employee satisfaction to ensure our techs enjoy what they do and take pride in their work. You can be certain that Regal Cleaning Services strives for employee longevity, which in turn means you're hiring a local company giving YOU time back!



Call us to book your cleaning today!



314-226-1916
RegalCleansMO.com



GREEN CLEAN

We believe that cleaning with safe and healthy products is not only the best approach to cleaning but one that directly correlates to our values.

Regal Cleaning is committed to not only safe and effective cleaners for your home, family, and pets, but for the environment too! For us, that means Toxic chemicals that can respiratory and dermatological problems, among other health problems, are OUT and safe, naturally derived cleaners are IN.

Not only does Regal Cleaning clean our client's homes with care, but we also ensure that the products we are using in your home are eco-friendly, naturally derived, and safe. We use all high-grade microfiber cloths and dusters, allowing us to remove bacteria from the surfaces in your home, instead of trying to kill the bacteria on your surfaces. We also use an organic, all-natural cleaner that smells amazing!



GREEN CLEAN cont.

We've located some articles that prove house cleaning products can be bad for your health.

[Regularly using bleach linked to higher risk of fatal lung disease](#)

Researchers say the chemicals in household cleaning products can damage your lungs as much as smoking cigarettes.

American Thoracic Society's American Journal of Respiratory and Critical Care Medicine did a 20 year study found that in the long run, cleaning chemicals are very likely cause rather substantial damage to your lungs.

Regularly using bleach linked to higher risk of fatal lung disease. Use of disinfectants once a week could increase risk of developing chronic obstructive pulmonary disease by as much as 32%, finds study.

“
*Nothing says
love like a
clean home!*”

PROPER WAY TO CLEAN A GLASS-TOP STOVE

Glass stoves can create a sleek modern look, while doubling as counterspace in a small kitchen.

They look easy enough, but with use you'll notice that EVERY splash is quickly cooked onto the surface and these can be tricky to clean up. It will take elbow grease, but you will have the cleaners already in your pantry.



GLASS TOP STOVE *cont.*

Spray the top with white vinegar and damp cloth removing and surface debris.

Sprinkle the entire top with baking soda, it is a mild abrasive and will not scratch the glass.

Dampen and wring out a cloth or old towel in hot water. Place it onto the stovetop surface, and leave for 15 minutes to soak and loosen grease, and crud.

Scrub, using elbow grease here. Be sure to rinse and wring your cloth frequently, scrub until no baking soda is left and range is as clean as you like.

There may still be some burnt sauce or food, **make sure stove top is damp** to carefully scrap any stubborn burned spots with a razor blade, this helps avoid scratching the glass. Check out YouTube for great tutorials.

Finish with a spray of vinegar and wipe, then buff with clean dry cloth.

“
*Your family
can trust
our family!*”

SO YOU WANT TO DECLUTTER...

There comes a point when you look around and you feel overwhelmed by visible clutter. It could be your office, your kitchen, garage, or even your pantry.

Are you going to just declutter the visible or are you doing to deep-dive into the chaos beneath. Knowing this will help you reach your goal.

I know how easy it is to say I'm cleaning the kitchen counters and before you it... I'm lost in the wormhole of drawers, cabinets, under the sink, so it's best to determine just how far you want to go.

It can be easier to make a list and work from that, such as

- 1st weekend of the month - kitchen cabinets with pots and pans
- 2nd weekend of the month - refrigerator
- 3rd weekend of the month - the pantry and cabinets with food
- 4th weekend of the month - self-cleaning oven, wipe the baseboards, etc.

DECLUTTER *cont.*

You get the idea - a plan of attack. Smaller jobs can empower you to move on to the larger - just don't set yourself up for failure.

[Glad.com](https://www.glad.com/blog/decluttering-the-4-box-method) has a great article with what they call the 4-box method.

- Box 1 - Trash
- Box 2 - Give-away/sell
- Box 3 - Storage
- Box 4 - Put away
- Box 5 - optional - repaired/replaced

The article will give you great ways to get started.

