



# SAVETHESTRESS

cleaning services

[www.savethestress.ca](http://www.savethestress.ca)

306.471.7182

## All Rooms & Hallways

- Cleaning window sills and ledges
- Wiping woodwork
- Washing mirrors
- Dusting all furniture
- Dusting picture frames
- Dusting/wiping shelves
- Removing cobwebs and fingerprints
- Dusting lower light fixtures and lamps
- Emptying garbage
- Tidying up
- Making beds
- Vacuuming the sofas/chairs tops and under cushions
- Vacuuming and washing floors and baseboards
- Vacuuming carpets
- Wiping light switches and outlets
- Sanitize door knobs
- Make all beds (change sheets when requested)
- Folding laundry/ or hanging when requested

## Bathrooms

- Cleaning and sanitizing of:
  - Tiles, bathtubs, showers
  - Shower tracks and doors
  - Sinks, basins, vanities
  - Toilets (include outside and wash behind toilet)
  - Countertops and backsplash
  - Sanitize door knobs

## Kitchen

- Cleaning and sanitizing of:
  - Sinks and fixtures
  - Countertops and backsplash
  - Outside of all small and large appliances
  - Stove tops and front of oven
  - Inside of toaster and microwave
  - Handles and cupboards

## Extras As Per Request

- Soaking blinds and screens
- Cleaning inside of fridge
- Cleaning inside of oven\*
- Organizing closets
- Organizing cupboards
- Washing windows
- Washing doors and frames
- Pulling out fridge/stove, vacuum and wash underneath and wipe surrounding wall and cupboards
- Sanitizing dishwasher
- Running washer on sanitize mode, wipe down outside of washer and dryer.

\*If the oven is self-cleaning, we cannot use an oven cleaner or any abrasive cleaners or pads, as they may damage the oven. We can only wipe the oven with a soft cloth. Self-cleaning ovens must be put on a cycle at the beginning of an appointment (at least 3 hours) and wiped down when they have cooled off.