
CLEANING YOUR BATHROOM A COMPLETE GUIDE



ABSTRACT

Bathroom cleaning is a hectic and tedious task for many. Many homeowners get engaged in heated arguments about bathroom cleaning. Hence, hiring professionals for deep cleaning of bathrooms is a convenient option. Frequent deep cleanings can help you to get a clean bathroom. Using a clean bathroom is not only hygienic but also refreshes the mood of the user. Hire professionals for deep bathroom cleaning in Cambridge. Bathroom deep cleaning has its own set of benefits. Read on and know more.

CLEANING YOUR BATHROOM - A COMPLETE GUIDE

If you are looking for inspiration as to why you should deep clean your bathroom, here are SOME great reasons Why you need to jump up now!

Bathroom cleaning is a job that you either love or hate and honestly, I don't really mind cleaning it. Check out these tips for deep cleaning bathrooms in your home.

I am a bit of a germ freak, and if I clean it, I know that I have killed all those annoying little germs for the last time; well, for at least 5 minutes before someone goes in there and splashes water around.

The most important reason that your bathroom needs to be clean is simple, you deserve to use a clean bathroom, and you should.

It will make you feel better starting your day in a clean and fresh-smelling bathroom.
Why Bathroom Cleaning Is Important

Let's not get ahead of ourselves, cleaning is something as adults that we need to take care of. If this means paying for someone to clean or doing the cleaning yourself, either option is acceptable.

But it is something we must do, having a clean bathroom is so important for every member of your family.

Firstly, start with the **10 DIRTIEST SPOTS IN YOUR BATHROOM**

THE 10 DIRTIEST SPOTS IN YOUR BATHROOM AND HOW TO TACKLE THEM

Chances are you haven't cleaned these ten things in way too long, but we've got just what you need to have your home sparkling in no time.

Ah, the bathroom. That oh-so-necessary room that every single member of the family uses. Between hair, makeup, showers and all the other typical bodily function stuff that goes down behind closed doors, it's no wonder they can be an absolute pain to clean, besting even the tidiest of us come cleaning day.

When it comes to some of the dirtiest spots in your bathroom, however, all hope isn't lost. Here's how to tackle each and every one of them.

The Toothbrush Holder



It should come as no surprise that the thing that holds our toothbrushes actually also contains plenty of dirt and bacteria. As the water dries, it pools and potentially moulds, creating a dirty space indeed.

Tackle it now: Once a week (or twice a month, depending on your cleaning schedule) give your holder a deep clean with some Lysol with Hydrogen Peroxide Multi-Purpose Cleaner. But to keep the area fresh in between and minimize mould growth, use Lysol Disinfectant Spray (remove your toothbrush first).

The Light Switch



Your hands may be clean when you exit the bathroom, but when you enter it, they're probably not the freshest. So, washing your hands becomes moot in a way, considering you're about to touch that same surface area that you manhandled on your way in.

Tackle it now: Aside from using your elbows to flick on the light, be sure to spray the surface with Lysol Disinfectant Spray at least once a week. And when it comes to giving the bathroom an overall cleaning, bust out the Lysol Disinfecting Wipes to give switches a bit of a deeper clean.

The Door Handle



Much like the light switch, this is one common area that everyone puts their hands on. It's no wonder germs quickly accumulate and spread, despite our best intentions.

Tackle it now: Much like you would the light switches, be sure to use Lysol Disinfecting Spray to keep the door knob surface fresh between cleanings. Then, come chores day, either use Lysol Disinfecting Wipes or Lysol with Hydrogen Peroxide Multi-Purpose Cleaner to give them a nice little gleam.

The Floor



Studies have shown that of all the surface areas in the bathroom, the floor is by far the dirtiest. That's because when we flush the toilet germs spread everywhere, and land on—you guessed it—the floor.

Tackle it now: Make mopping a part of your weekly or bi-weekly cleaning routine, and be sure to kill bacteria and germs with the power of Lysol with Hydrogen Peroxide Multi-Purpose Cleaner. And if you know it will be a while until your next deep clean, be sure to spray some Lysol Disinfecting Spray in the meantime.

The Toilet



Obviously, when it comes to dirty “hot spots,” the toilet and all of its bacteria-spreading capabilities will rank on any list. That’s kind of why it’s the one thing most people dread cleaning when it comes to doing the bathroom itself.

Thankfully, the Lysol Power Toilet Bowl Cleaner was made for overdue cleaning. It disinfects and attacks stains with its thick formula and hits every hard-to-reach spot with its angled design.

Tackle it now: Aside from putting the lid down when you flush, which can help prevent millions of bacteria from spreading to the seat and that aforementioned floor, be sure to install Lysol Click Gel Toilet Bowl Cleaners every week.

The small device fits easily under the seat, and each time you flush, the bowl will automatically clean itself. Now that’s a win-win.

The Bathmat

Not only does the bathmat accumulate some of that aforementioned toilet bacteria, but it’s also meant to help soak up extra water when we exit the shower. And what does water do when left to its own devices? Mould, naturally.

Tackle it now: After showering, be sure to hang up the bathmat along with your towels, and give it a quick spritz of Lysol Disinfecting Spray. The spray works to fight mould from growing, giving you ample time to enjoy a clean mat before the next laundry day.

The Showerhead



Sure we clean the shower, but how often do we clean the showerhead itself? Unfortunately, most people don't realize it's a great spot for mould and soap scum to grow and spread every time we turn it on.

Tackle it now: When cleaning the shower, be sure to attack the showerhead itself with a product like the Lysol Shower Foam Cleaner, which specifically fights soap scum, lime scale and mould.

The Faucet



We all give the faucet a good old-fashioned wipe-down come cleaning day, but in between, our dirty hands touch it each and every day. That's a lot of opportunity for bacteria growth and overall ickiness.

Tackle it now: Keep a handy spray bottle of Lysol Bathroom Foam Cleaner under your sink with a sponge and cloth for quick and easy cleaning every few days. Not only will that kill bacteria, but it should keep your faucet looking shiny fresh and free of water stains in between deep cleanings.

The Sink Stopper



Another hot spot for bacteria and mould to grow, thanks to the pooling of water each and every time we wash our hands, the sink stopper can be an actual cesspool of germs.

Tackle it now: Sinks and faucets quickly show their use with watermarks and fingerprints. Try to wipe them down using the Lysol Bathroom Foam Cleaner on a regular basis to keep them sparkling.

The Soap Pump



Ironic that something that's meant to clean is actually one of the dirtiest surface areas in the bathroom, isn't it? Sure, we may not always touch it with clean hands, but that doesn't mean that bacteria isn't growing and spreading each and every time we touch our soap pumps with dirty hands.

Tackle it now: Another great thing to wipe down with Lysol Disinfecting Wipes once or twice a week; the soap pump also benefits from a quick spritz of Lysol Disinfecting Spray between deep cleans. Not only will you feel better about minimizing germs, but your bathroom will smell fresh and clean for a lot longer.

Reasons Why You Should Deep Clean Your Bathroom

The bathroom just seems to attract dirt and grime, and it is often one of the most difficult areas to keep clean; something always needs cleaning in the bathroom.

If you need some motivation as to why you should deep clean. I think these 15 reasons will push anyone over the edge and have a need to give their bathroom a bit of a clean.

But sometimes, it's more than that, it's about having pride in your home and feeling comfortable with the cleanliness of the room too.

Top Cleaning Products To Use In Your Bathroom

There are so many different products that it can become confusing as to what you should and shouldn't use to keep your bathroom in tip-top condition.

- A Cream cleaner is great for cleaning the bathroom, including getting watermarks out of glass shower screens.
- Microfiber cloths are great for general cleaning.
- Stainless steel cleaners use this for polishing any stainless steel in the bathroom.
- A mop is essential for keeping the floor clean.

Top 5 Reasons To Clean Your Bathroom

1. I think the top one on my list is because it has been a long time between deep cleans. Life and time restrictions all get in the way, and cleaning is one of those areas that often gets pushed to the bottom of the to-do list.
2. If you don't deep clean your bathroom and you have people around, then it is embarrassing. There is nothing worse than going to someone's home and needing to use the toilet, and the toilet and the bathroom are dirty!
3. Cleaning your bathroom is important for hygiene reasons; you don't want germs spreading through your home that would've been prevented with a deep clean.
4. An uncleaned bathroom and toilet will smell; there is no getting around this point; you must clean and deep clean your bathroom to prevent that smell. Often this is just due to the high moisture content and the items that we store there; for example, a full laundry hamper is quickly going to smell musty and dirty; keeping up with your laundry helps to reduce the smell in the bathroom.
5. It is a known and proven fact that particles of the waste that you flush down the toilet will, in fact, spread around the room, especially if the toilet seat lid is up. To prevent you from cleaning your teeth with a toothbrush soiled with these particles, deep cleaning your bathroom is essential.

Why You Need To Clean Your Bathroom

Don't worry, I've still got plenty more reasons why you need to keep your bathroom clean.

1. Bacteria grows in warm and damp environments, this is the perfect example of most bathrooms. A deep clean of your bathroom will ensure that the bacteria isn't allowed to grow and develop.
2. Let's face it, if you have children, then you are going to have spillages, and getting these clean and smell-free is something you might tackle on a daily basis. I have always had a thing for keeping the front of the toilet free from any splashes, as this is the first thing I notice when I walk into any bathroom, it is one of my pet peeves.
3. The dreaded mould happens due to a lack of airflow in our homes, and with the current trend of sealing up our houses to reduce running costs, we are encouraging the increase in potential mould growth. Deep cleaning can help to identify if your home needs more ventilation!
4. The bathroom sees many germs pass through the doors, and keeping on top of these is challenging. If you have an illness in your home, a good deep clean of the bathroom can help prevent them from spreading further.
5. A deep clean allows you to clean areas on a quick clean you might forget, typically, the drain; for me, this is because it is the most disgusting job to do. However, keeping this clean will allow water to flow freely out of the drain. I will admit that this is a job that I hate, but I know that I need to do this on a regular basis, and this does reduce the yuck that accumulates, making the task an easier one.

Top Reasons To Clean

Number 5 in this section is one of the most important reasons to clean your bathroom, don't ever think you don't deserve a clean bathroom too.

1. Deep cleaning your bathroom regularly will allow you to keep an eye on potential maintenance issues or decorations that you need to address. I know there are areas that I need to address in my own bathroom, and these tasks are in my home maintenance file.
2. Cleaning is a great exercise, and this is just a great reason to get moving and have a clean bathroom too. Turn on the music and get moving to the beat of your favourite song.
3. Something for you to consider, as an adult, I know that it is part of the responsibilities in life to clean. I think it is important for my family to live in a home where the germs in the bathroom could potentially cause harm to their health; cleaning prevents them from growing and spreading.
4. If you schedule regular deep cleaning sessions, these won't take as long to do, and the cleaning in between the deep cleaning won't be as difficult either! The more you clean the less you need to clean! That is my principal thought!

5. A clean bathroom looks and smells nice when you enter and you deserve to use a clean and smell-free bathroom too! It doesn't take long, you can even break the task down into different areas and tackle them on different days!

If you are looking for inspiration to clean your bathroom, then you should consider the point that you are worth the effort to use a clean bathroom. Yes, there is hard work in your immediate future but having a clean and germ-free space for washing and cleaning yourself and for your family to use is important. It's about having pride in yourself and in your home.

Eco-Friendly Way To Clean Your Bathroom

No-one likes a dirty bathroom, and no-one wants loads of toxic chemical particles floating around either. Not only are most shop bought bathroom cleaners full of chemicals but when they end up down the drain they can be damaging to our waterways and marine life as well.

What's the most eco-friendly way to clean your bathroom? Personally I think it's probably to make your own homemade bathroom cleaners, because you'd be hard pushed to find bathroom cleaners that don't come in the seemingly ubiquitous plastic spray bottles. You can now buy refills for some bathroom cleaners, but the refills also come in plastic packaging which just seems pointless to me.

Before you throw out all your plastic cleaning bottles in a bid to be more eco-friendly keep in mind that those spray bottles come in very handy when making your own homemade bathroom cleaners.

Let's go through some homemade bathroom cleaning solutions and some of the most eco-friendly bathroom cleaners you can now buy

Homemade Eco-Friendly Bathroom Cleaners

There are 3 main ingredients to keep around for most eco-friendly cleaning jobs around the house:

- Baking Soda
- Distilled White Vinegar
- Lemons

These 3 items are cheap and can easily be bought in eco-friendly packaging.

Go for Baking Soda which comes in a cardboard box, and white distilled vinegar by either Heinz or Sarsons, which comes in a glass bottle. When buying lemons, buy them loose.

Although white vinegar is amazing for cleaning, there are certain cleaning jobs you shouldn't use vinegar for.

Baking Soda

Baking Soda, also known as bicarbonate of soda, is one of the most useful things to keep in your cleaning cupboard.

The eco-friendly way to clean your bathroom is to use simple ingredients. They're cheap, less toxic and simple to make (some require a little more elbow grease). I've provided homemade ways to clean the bathroom below but also linked to a few eco-friendly bathroom cleaners you can buy, and bathroom cleaning accessories, if making your own seems a bit too much effort.

1. Cleaning Bathroom Mirrors and Glass

There are a few really easy eco-friendly ways to clean your bathroom mirrors and your glass shower doors.

- Hot water and newspapers
- White vinegar and newspapers
- Black tea and newspapers
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Spray either hot water or a vinegar and water solution onto the glass then wipe it dry using some old newspaper. No streaks! So simple, yet extremely effective.

For the black tea version, pour hot water onto your black tea and then you can either pour it into a spray bottle or just dip a cloth into the black tea (when it's cooled down a bit) then use newspaper to wipe it dry.

If, like me, you don't regularly have newspapers, then you can use a cloth or paper towels but I do find this can leave a few streaks. You just have to spend a little more time getting rid of streaks if you don't use newspaper.

Spray the mirror, or glass, with vinegar or water and wipe away with newspaper

2. Cleaning the loo

Ah, the job we all love... cleaning the toilet! A dirty toilet is extremely unpleasant so we often reach for the bleach to get rid of all the nasty bacteria and, eek, stains.

Bleach is not great for the environment and if you're not careful you can get quite dizzy when using it if your bathroom isn't well ventilated. So what to do to clean the loo? Here's where a combination of baking soda and vinegar can start to work their magic.

- Mix half a cup of vinegar with 1 tablespoon of baking soda.
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Pour the mixture around the inside of the toilet bowl and leave it to sit for 20 – 30 minutes before giving it a good scrub. If you only have vinegar that works too, it's just not as abrasive, just spray and leave as above before scrubbing.

Baking soda and vinegar make a great homemade toilet cleaner

3. Eco-Friendly way to clean the bath and the sink

There are a couple of ways to green clean your bath:

- Vinegar and water
- Lemons (with or without salt)

Mix some vinegar with a small amount of water in a spray bottle and give your bath and sink a good spray. Leave the vinegar to work for between 20 – 30 minutes and then use a cloth or a brush to give it a good scrubbing. The vinegar should also help get rid of any mould.

If you're using lemons, cut a lemon in half, (squeeze it and have a nice healthy glass of hot lemon water), then wipe the lemon around the bath or sink.

Sprinkle salt over the lemon so it acts like a scourer for any slightly trickier bits of dirt. If you want to save a bit of time, use a grapefruit instead, it has a slightly larger surface area! Use a cloth and some water to wipe away any excess juices and salt. Your bathroom will smell nice and citrusy using this method.

4. Surfaces

You can make an eco-friendly multi-purpose spray for various surfaces within your bathroom (and around the home) using some of our favourite ingredients.

- Lemon, vinegar and water
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Put the juice of one lemon, one cup of vinegar and one cup of water into a spray bottle for an easy and cheap eco-friendly multi-purpose spray. If you have any stubborn dirt, spray and leave for a while before wiping.

5. Unclogging the drain

For me this is my least favourite cleaning job around the house. Pulling hair out of the plughole makes me gag, and it's my own hair. This cleaning method doesn't prevent this gag-inducing moment but it will clean the drain.

- Vinegar and baking soda

Pour about $\frac{3}{4}$ of a cup of baking soda down the drain, followed by $\frac{1}{2}$ a cup of vinegar. Put the plug in and let the mixture do its business fizzing and breaking down any debris. After 30 minutes you can pour some boiling water down the drain to flush it all away.

Eco-Friendly Drain Cleaners You Can Buy

- Drain Cleaning Sticks
- Drain Unblocker

6. Shower tiles

If you haven't used your multi-purpose spray or vinegar and water mixture to spray down your shower walls then a really great way to clean your shower is by steam cleaning. If you have a handheld steam cleaner it's a very environmentally friendly way to get rid of any built up dirt. Handheld steam cleaners can be used for various different jobs around the house making them an eco-friendly way to your clean your bathroom and the whole house.

7. Shower curtain

The simplest way to give your shower curtain a bit of a spruce up is to pop it in the washing machine with some eco-friendly washing powder and a cup of vinegar. To prevent mould growing on your shower curtain, or in fact anywhere in your bathroom, make sure it's always well ventilated. After showering let your shower curtain dry before pulling it all the way across.

8. Watermarks on taps

There are a few different ways to get rid of water stains on taps and bathroom fittings.

- Lemon
- Vinegar
- Olive oil

Rubbing a slice of lemon over your taps sounds strange but it works and it makes your bathroom smell nicer than vinegar does. If you don't have any lemons in the house, then vinegar will work well.

To give stainless steel a good shine, polish with a small amount of olive oil. Don't use too much you don't need slippery taps. You can rub the oil into your hands if you have used too much though for a nice cheap hand moisturiser.

9. Bathroom floor – tiles

Now that the rest of the bathroom is sparkling clean and hopefully smelling a bit citrusy after cleaning the taps it's time to give the floor a good clean.

- Baking Soda & Lemon

Dissolve a cup of baking soda into a bucket of warm water and add a squeeze of lemon then mop the floor as usual.

10. Air freshener

And the final touch... air freshener. The bathroom is totally clean, so now you just want it to smell nice. Bathrooms are not always the nicest smelling room of the house, but there are a few eco-friendly ways to keep them smelling fresh.

- House Plants
- Dried flowers
- Essential Oils

House plants are nice to have all around the home. They help to purify the air making it healthier for everyone. Alternatively, you could place a bowl of dried flowers to let off a subtle aroma. For a more traditional way of keeping the room smelling nice you could use a nice candle or an oil burner with your favourite essential oil. Or just mix a few drops of essential oil with some water in a small spray bottle so you can give the room a quick spritz.

As you can see, homemade bathroom cleaners really are the simplest and most eco-friendly way to clean your bathroom. They're generally a much cheaper way to clean as well. As long as you can buy baking soda and vinegar in plastic free packaging then you're on your way to living a plastic free life as well.

However there are lots of companies now making really good eco-friendly products for cleaning your bathroom. If they do come in plastic, most of the time it's made from recycled plastic or is recyclable, although my personal preference is to buy products that are completely plastic free. Bathroom cleaning soaps and powders are a brilliant new invention, as are the soluble cleaning products because I hate that refills normally come in plastic!

Here's how often you should clean your bathroom

Smart showers, toilets, mirrors and more are now part of the modern bathroom. Unfortunately, even these advances can't save you from cleaning. Some areas should be cleaned daily, while other areas should be cleaned no less than once a week. A regular cleaning schedule can prevent grime and germs from building up and save you time in the long run.

Bathroom rug

Once a week, toss the bathroom rug in the washer. Wash it on the gentle cycle in warm water and let it air dry (especially if it has a no-slip grip on the back) before putting it back. Always follow the washing instructions on the tag if you're unsure.

Toilet

If you live alone, you can probably get by cleaning the toilet every few days. If you have kids, the rules change. The outside, handle, and seat should get a once-a-day wipe down with an antibacterial cleaner or wipe.

Most families can get by with cleaning the bowl once a week, particularly if you use this toilet tank tip. If you have some tough stains or gunk in your toilet bowl, Taylor Martin advises pouring Coke (yes, the soda) into a spray bottle then saturating the stain with the drink. Let it sit for a few hours. The stain should easily scrub away with a toilet brush.

Shower curtain

Once a month, you should take down your fabric or plastic shower curtain and throw it in the wash. Here are five tips for cleaning your shower curtain in the washing machine.

Shower and tub

You only need to clean your shower and tub once a week, but if you have a glass shower door, it needs a little more attention. To prevent the build-up of soap scum and keep the glass looking spotless, use a squeegee to wipe away water after every shower. These few seconds can save you from scrubbing at the end of the week.

Bath towels

My family has had this debate for years. How often should you wash bath towels? Well, it depends. Every three to four uses is a good rule of thumb, but there are some conditions where a towel will need to be washed after one use.

The germs from your hands collect on the sink knobs and in the sink bowl when you wash your hands. So, even if you live alone, the sink needs a good wipe down every day with an all-purpose cleaner or antibacterial cleaning wipe.

Mirror

Like the sink, the mirror needs a daily wipe-down to remove lint, dust and toothpaste specks. Simply wipe it down with a microfiber cloth after you step out of the bath or shower.

Hair dryer

Yes, even your hair dryer needs a proper cleaning schedule to prevent it from overheating.

CONCLUSION

Hygiene is pretty obviously the reason why your bathroom and toilet require regular deep cleaning. Above, we have shared the importance of Deep Cleaning your bathroom and some of the ways through which you can deep clean your bathroom. Deep cleaning a bathroom helps

keep germs and diseases away. It also helps to promote a healthy environment for you and your loved ones.

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