



A Clean Sanctuary

Missed out on spring cleaning? Well you're not alone. A lot of us get taken back preparing for Pahela Falgun and Pahela Baishakh, with all the decorating and dressing up; but since summer is officially here, let's take this opportunity and give our homes a fresh makeover. Now that we have gotten Baishakh out of the way, it's time to clean out our homes – make our homes clutter free, hygienic and decorate with bursts of colour to bring in life to help embrace this hot weather.

There are a lot of reasons to do a thorough clean-up of the house during this time.

Some do it to change the interior from dark and heavy cold textures to bright and floral décor to brighten up their moods. Some do it for the sake of hygiene. Winter is mainly a lazy month for us all, and since we are busy during spring our home gets clogged with dust. Summer is a prime time for fevers and flu. Getting rid of every speck of dust possible should be on the checklist for those who have allergies and are prone to summer colds.

A thorough cleanup is usually quicker and easier with a list, one room a day.

DAY 1: KITCHEN

The kitchen, sometimes also considered the heart of the house, contains a lot of elements – stove, microwave, refrigerator, freezer, and sinks, not to mention all the pots and the pans, cookware and the dishes. The kitchen is usually a warmer place than the rest of the house considering that is where the stove is. The warmth mixed with all the cooking residue provides an ideal environment for bacteria to grow, which is why it's highly recommended to clean kitchens out regularly.

An easy way to wipe out the whole kitchen is to take a complete day to sterilise



each element one at a time, starting with the oil clogged stoves and slowly making your way to the countertops.

If you are looking for a bit of change and not just cleanliness, try reorganising what you already possess. Opening up some



shelves, showcasing your cookbooks, or fancy condiment canisters, while concealing pots and pans in other cabinets, and organising your pantry creates an untarnished and framed kitchen, not to mention it's free of cost.

DAY 2: BATHROOM

A thorough clean-up of the bathtub, sink, and toilet should be the first approach to a clean hygienic bathroom, followed by scrubbing the tiled walls and floors and a change or wash of shower curtains. Excess water can at times get clogged in corners where mosquitoes grow and can lead to diseases.

Taking a day to wipe all the bathrooms in the house should do the trick. Laying down a cotton rug, placing a woven basket for your toiletries or placing a succulent or other miniature potted plant on the counter can bring about an oasis feel to your bathroom.

DAY 3: BEDROOMS

This is the main chamber of your abode. It's where you are every morning, and it's where you go back to every night. Cleanliness and hygiene in this room is crucial. Objects that attract most dust here are the curtains and rugs. Since its summer, it's better to change to light airy fabrics for the drapes, and that too in light colours.

Linens in muted pastels are a good combination to let in both light and air.

Secondly, you should vacuum your carpets