

## You are leaning towards the green side!

### Baking soda – Le bicarbonate de soude

It is most certainly your best ally at home for efficient, simple and inexpensive cleaning. There are hundreds of ways to use it every day, in the house, but also in the garden! It is also very economical.

Baking soda (or sodium) is recommended to deodorize the litter box, the fridge or even the garbage cans. You can use it to detach rugs, carpets, clothes. Baking soda is particularly effective for making tiles or faucets shine. Practical, it can also be used to unclog pipes!

Recommended to deodorize, detach, shine, unclog

### White Vinegar – Vinaigre Blanc

Multi-use, white vinegar is both economical and ecological. A real essential for a clean house every day. It allows you to clean different surfaces, maintain taps, wash windows and mirrors, disinfect and deodorize the fridge, microwave, cutting board, garbage cans, etc.

White vinegar is also an excellent limescale remover! So you can use it in the kitchen, bathroom and toilet. It also helps to get rid of stains on fabrics and carpets. In the laundry room, you can use white vinegar to soften laundry. Finally, do not forget to also take it with you when you garden, white vinegar is very effective for weeding!

Recommended to clean, descale, deodorize, stain, shine, unclog, soften

Advantages: ecological, economical, multi-use and safe (natural)

### Lemon 100% natural, 200% effective! – Citron 100% naturel, 200% efficace !

Lemon cleans, degreases, deodorizes, detaches, etc. The list is long ! It is also a great ally in fighting mold very effectively. Its acidity makes it easy to dissolve fat, so a tip is to use it to maintain the hobs, just rub them with a little lemon juice. Lemon is also very effective for disinfecting the cutting board or the microwave.

Recommended to disinfect, shine, clean, descale, deodorize, stain

Advantages: ecological, economical, multi-use and safe (natural)

### Marseille's soap – Savon de Marseille

In the laundry room, you can use Marseille soap to loosen the laundry but also make your own detergent. With a brush, it can also be used to clean anywhere in the house, Marseille soap is indeed essential for degreasing and detaching while respecting the most sensitive skin.

Marseille's soap ! 500g

### Salt – Sel

Salt to clean the house? Absolutely, and you have to have some in your cupboards, don't you? Salt is a household product that is both ecological and economical. It is also very effective! In the garden, on the balcony or the terrace, you can use it to overcome, eradicate and kill weeds. Inside, it is very useful for deodorizing, cleaning and removing stains and dirt

### Methylated – Alcool à brûler

Methylated spirits are easy to find and very accessible. How to use it for house cleaning? It is effective and recommended for cleaning windows, disinfecting surfaces, polishing, detaching, degreasing... Be careful though, we recommend that you use it with gloves, remember that methylated spirits are toxic. Another warning, it is an alcohol, so it is flammable

### Scouring Powder – Poudre à récurer (to make at home)

To be made at home, yourself, with other products from this list, of course! For example, you just need to mix baking soda, white vinegar and add a few drops of essential oil. An effective, non-toxic and inexpensive alternative to commercial scouring powder

### Black Soap – Savon noir

In liquid or solid form, black soap makes it possible to degrease, shine, clean and protect surfaces. A must have in the kitchen!

### The White Stone – La pierre blanche, another miraculous product to maintain your home!

Slightly abrasive, it allows to shine, clean, protect, detach but also to maintain the joints. Another advantage, the white stone is natural!

## A little explanation before you start!

**Dishes :** Do your dishes regularly, this avoids flies and other parasites

1 clean tea towel, 1 sponge (which is not used to wash other things) and washing-up liquid – 1 pressure on the sponge is enough. Don't forget to rinse your dishes before drying them and putting them away

**Floors – Sols :**

1. Sweep the entire surface regularly

Before mopping the floor (Once a week or when you have dropped something that stains or that sticks)

2. The broom and the mop, then the bucket: integrate 1 capful of product + 1 capful of disinfectant and add lukewarm water (half the bucket)

**Showers:** Spread the anti-lime scale product on the top edge of the shower tiles. Then move on to cleaning the toilet and sink. Once finished, you can (wait at least 5 minutes) rinse the tiles (for the bravest, you can use the sponge to rub the walls well before rinsing).

**Toilets:** Clean them regularly by flushing the toilet, then cleaning with the broom used only for that. Then take 1 sponge (different from the one for the dishes) wet it and put some disinfectant and wash all the inside and outside toilet. If you find that there is a lot of limestone at the bottom of the bowl, do not hesitate to put anti-limestone there and wait 10 minutes to clean (gloves and sponge) and then flush the toilet.

**Washbasin:** The washbasin is white and it must remain so. 1 sponge (different from that for the dishes) wet it and put a little disinfectant and wash the inside and the outside.

**household gloves:** To protect your hands when handling certain household products. Choose gloves that are both sturdy and comfortable.



### For your bedding:

1 mattress pad has been placed on your bed. This is not a fitted sheet! It protects the mattress. This mattress will be used by another student after your departure, please take care of it.

We advise you to get 2 fitted sheets, 2 flat sheets and at your convenience 1 blanket or 1 duvet + 2 duvet covers but also 1 pillow + 2 pillowcases. This will allow you to take the time to wash a set (laundry room available on the ground floor) and to feel good in your clean sheets. (bedding kit sold at Maisel)

### Quick tips from the Maisel team

Put your belongings away immediately after each use. It may seem insignificant but **this is what will save you time, energy and even money!** No need to do **intensive cleaning** if you maintain a minimum of **your daily storage**. For example, if you know where your pens, your cups and your hair ties are, this will allow you to avoid wasting hours looking for them or going to buy them again... Not to mention that a tidy interior allows you to reduce your stress and then, if **it's clear around you, it's clear in your head!**

Turn your room into a **dancefloor** and go wild! We repeat it to you in many articles but it is important: **take pleasure in cleaning**. Turn up the **music, sing** along, and get **your pelvis moving** by sweeping or mopping the floor or **wiping your furniture**. In addition to making **your storage more fun**, it will allow you **to relax and clear your mind**.

But don't do it after 10 p.m. or before 8 a.m.! Think of your neighbors



We wish you successful studies and an unforgettable stay at Maisel

We are sure that with these little tips and advice your stay will also be full of poetry!



## You have just arrived, your accommodation is clean.

The best technique to keep it clean is to clean it regularly. Give yourself a day in the week when you take 1 hour to do the cleaning or, if this is not possible for you, organize a little reminder that integrates the word "dishes" - "linen" into the other actions of the day. - "shower" - "toilet", etc. Then, plan the appropriate products for each action. We have made available to you in your accommodation:

- 1 broom + 1 brush broom
- 1 shovel
- 1 bucket
- 1 mop.

These accessories are not enough.

You will need to get:

- Sponges - éponges
- 1 dishwashing liquid - liquide vaisselle
- 1 product for the floor (Carrefour, Intermarché, Franprix, their products are just as effective as brands) - nettoyant sol
- 1 disinfectant product - produit désinfectant
- 1 produit anticalcaire.

