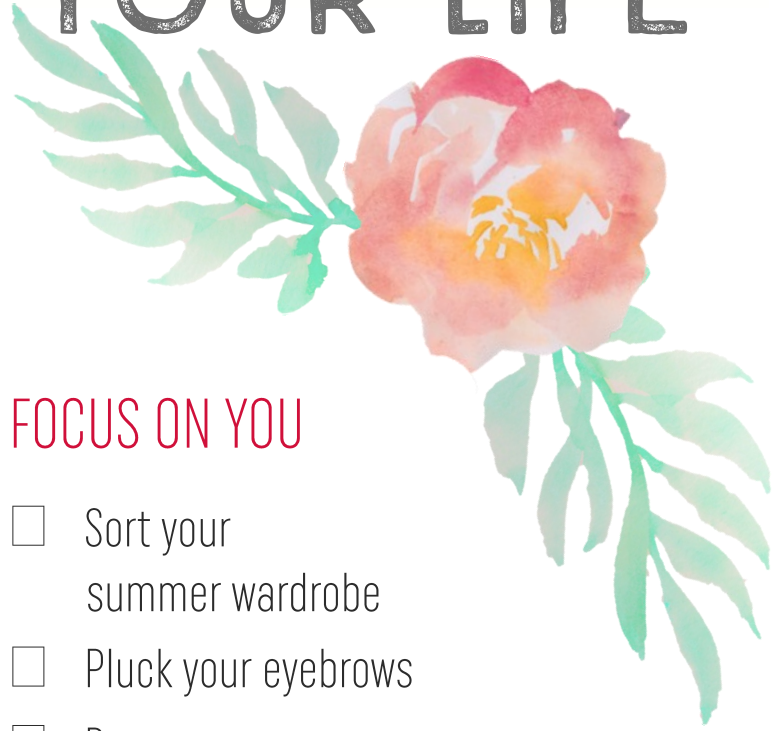


Spring Clean

YOUR LIFE



SIMPLIFY YOUR LIFE

- Email subscription cleanse
- Facebook pages cleanse
- Sort out your mail and important papers

GET YOUR HOUSE SUMMER READY

- Check your fire alarm batteries
- Clean out the freezer
- Review your utilities
- Wash blankets, cushion covers & curtains
- Vacuum the wall edges and under furniture
- Rearrange furniture and furnishings (out with the woollen blankets and in with the cotton throws)
- Air the house out
- Clean the glass of picture frames & mirrors
- Clean the windows

FOCUS ON YOU

- Sort your summer wardrobe
- Pluck your eyebrows
- Buy new sunscreen
- Colour your hair a shade lighter
- Fix your feet
- Start exfoliating
- Start exercising and getting some vitamin D and fresh air
- Start Pinteresting salads, super smoothies and summer cocktails! Yum!

FOR THE KIDS

- Sort your kids clothes
- Renew the Toy Box