



7 Simple New Habits to Make Your Home A Feel Good Place

How Cleaning & Mental Health are connected



Feel Better in 2022 - The RICIRAL Method

- 1.** **Relieved** - You know when you get home from a trip and your house is a mess and you have the burden then of cleaning and organizing when you just feel like enjoying being back home? If you make a plan in your week to chip at it in increments that fit into your schedule, you'll have that feeling of relief when you step into your abode.
- 2.** **Inspired** - Clean counters in your kitchen can **inspire** a meal or having a friend over for an appetizer or glass of wine
- 3.** **Calm** - Waking up to a new day when your bathroom sink is cleared and the sink is clean, maybe a clean towel set out? You'll have a sense of calm starting your day.



Get Your All Natural Cleaning Starter Kit Now!!!

4 proven All Natural Concentrates & Refill-able Glass Spray Bottles! That are simple, beautiful to display and hold, that works amazing magic on multiple surfaces! As a Starter Kit bonus, each kit comes with a color silicone glove on each spray bottle and our Hand Sanitizer (while supplies last.)

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4. **In Control** - There are so many things we cannot control. Look around your space and set the timer for 10 or 15 minutes and either clean or tidy up and it will give you a feeling of being in a little more **control** of your living environment in a very short period of time. You don't have to boil the ocean, just consistently squeezing in 10-15 minutes and you'll be surprised, sometimes you'll just keep going if you have the time and energy!

5. **Relaxed** - Light a candle, make a fire, take a bath or spend a few minutes in the outdoor part of your home for some extra fresh air. Take some deep breaths and maybe smell a relaxing scent to give you that **relaxed** state of mind.

6. **Accomplished** - Take 5 minutes each morning to make your bed each morning and it can reduce anxiety when you walk into your bedroom next! It's a quick easy way to immediately feel accomplished in your day.

7. **Less Overwhelmed** - Try being conscious of cleaning up as you go or not leaving a track behind you as you use things in your home. Whether you are home during the day or you are gone and walk in at the end of the day, when things in your living areas are tidy and clean enough, you will feel less overwhelmed with life.



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I'm Carey Sperry, a Southern girl planted from the Midwest state of Michigan! I am a married mother of four grown children, who loves to be domesticated while working full time for myself.

I eagerly started Clean in Vogue for three reasons.

- **First**, to provide all natural, effective, affordable & safe cleaning solutions.
- **Second**, to take the dirty out of cleaning! Let's face it cleaning a home, office and car can feel like a chore and the mass commercial offerings are ugly, plastic containers full of harsh chemicals that do not lend to a feel good experience. I want to make people feel great when they go to grab their cleaning spray for small and big jobs alike!
- **Third**, I started Clean in Vogue with the intention to support and empower getting to the results of a clean and tidy home. I want our community to know they are never alone in the continual reality of creating clean and healthy spaces and better yet, empower and arm you with products and simple processes to make it enjoyable that will give you another level of confidence and pride in your life!



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