

# Deep Clean vs Regular Clean: The Checklist

What each service includes, side by side, from CleanMol

## Regular cleaning includes

- 1 Dust reachable surfaces**  
Shelves, furniture, and visible surfaces.
- 2 Vacuum and mop floors**  
Carpets and hard floors throughout.
- 3 Kitchen upkeep**  
Counters, stovetop, and appliance exteriors.
- 4 Bathroom sanitizing**  
Toilet, sink, tub, and counters.
- 5 Bins and tidy**  
Empty bins and a general tidy of clutter.

## Deep cleaning adds

- 1 Inside appliances**  
Oven, fridge, and microwave interiors.
- 2 Grout and soap scum**  
Tile grout, shower glass, and built-up scum.
- 3 Baseboards and trim**  
Plus door frames and light switches.
- 4 Up high**  
Ceiling fans, vents, fixtures, and cabinet tops.
- 5 Behind and under**  
Hand-wipe where furniture moves.

## How to choose

- 1 Months since a thorough clean?**  
Start with a deep clean to reset.
- 2 Already tidy and on a routine?**  
A regular maintenance clean is enough.
- 3 Moving or post-renovation?**  
Ask about specialty move-in or after-build cleaning.

**Need a professional clean in the Greater Toronto Area? CleanMol can help.**

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