

Transforming Your Home into a Healthier Space on a Small Budget



ABSTRACT

This guide explores practical and affordable strategies to make your home cleaner, safer, and healthier without overspending. It highlights simple changes such as improving indoor air quality, using budget-friendly cleaning alternatives, reducing toxins, enhancing natural lighting, and adopting mindful habits that support well-being. The focus is on achievable, low-cost steps that deliver a noticeable impact on your living environment.

INTRODUCTION

A healthy home doesn't have to come with a high price tag. With thoughtful planning and small lifestyle adjustments, anyone can create a living space that feels fresh, hygienic, and nurturing. Many households struggle with allergens, clutter, poor ventilation, and chemical-laden products, but these issues can be tackled with simple, economical solutions. This guide introduces easy-to-implement ideas that help you transform your space into a healthier sanctuary while staying within a modest budget.

I. 10 Affordable Ways to Make Your Home Safer and Healthier

Making your home healthier and greener doesn't have to be expensive, or overwhelming. Just a few changes can improve the health of your home, everyone in it - and the planet it sits on. Avoiding or limiting exposure to toxic chemicals is at the top of every parent's list. "Toxic chemicals are everywhere, so exposure is really difficult to avoid," says Sonya Lunder, MPH, a senior researcher with Environmental Working Group, a nonprofit organization that researches environmental issues. "But there are things people can do to be proactive."



Among the key toxins are lead and pesticides. Studies have linked overexposure to lead and pesticides with brain and central nervous system damage, behavior problems, asthma, cancer, and more. So how can you cut down your exposure to these chemicals and other potential household risks? Here are the top 10 suggestions from WebMD's experts. (And in some cases, you'll even save money!)

1. Get house dust under control.

House dust aggravates allergies. It also contains more hazardous chemicals than you might think, including lead, fire retardants, pesticides, and other chemicals. "It's nothing you can afford to take lightly," Lunder tells. "Even if these chemicals were used decades earlier in your home, they can still accumulate in your house dust today."

The solutions: The best -- and most expensive -- option is to replace wall-to-wall carpeting (a collector for dust and allergens) with wood, cork, tile, or non-vinyl linoleum. But if that's not economically feasible, some old-fashioned elbow grease can help. Vacuum frequently -- meticulously getting into corners, along the floorboards, and moving furniture to get those dust bunnies.

- Make sure your vacuum has strong suction and a HEPA filter so that dust and dirt go into the bag.
- Vacuum at least two times each week.
- Clean the vacuum bag and filter every time, so dust isn't spewed back into the air.

2. Kick nicotine addiction.

If you're still a smoker, it's time to kick it. And it's an expensive habit. "You can save a lot of money if you're not smoking, not to speak of future health costs for you and your family. A doctor, nurse, or mental health professional can help you tailor an approach to quitting smoking that best suits your needs. Set a quit date and stick to it.

3. Get your home tested.

Both lead paint and radon are serious hazards you can't afford to ignore. Lead poisoning is known to cause brain damage in a developing fetus and in young children if not treated. Radon is a cancer-causing radioactive gas.

The main source of lead is old paint and dust that forms when paint chips and erodes, Landrigan explains. Lead paint can be a problem in any home built before 1978, when lead paint was banned.

"In tough economic times, we have to make wise decisions with our money -- and a lead test is one of those," says Landrigan. "Lead poisoning is tragic, and it happens too often. We're not just talking about the big cities. Older homes everywhere may have lead paint."



Check with your local health department about lead paint testing. A lab test of a paint chip runs from \$20 to \$50 per sample. You can also hire a certified professional to test your home, which will cost more.

The Consumer Product Safety Commission has a safety alert on its web site about lead-based paint testing. It offers guidelines on reducing your exposure -- like covering walls with gypsum wallboard.

Colorless and odorless, radon gas comes from the natural breakdown of the soil and rock underneath your home. Any home can have a radon gas problem -- whether it's old or new, well-sealed or drafty, whether it has a basement or not.

Breathing air containing radon gas can cause lung cancer. In fact, it's the second leading cause of lung cancer, after smoking. If you smoke and your home has high radon levels, your risk of lung cancer is especially high.

4. Ditch pesticides.

Pesticides kill roaches, mice, ants, and lawn pests. But overexposure and chronic small exposures may put children at risk of a range of health problems, including asthma, learning disabilities, and problems with brain development.

These chemicals are expensive, too. "These pesticides are not cheap," says Landrigan. "You can easily spend a hundred bucks on one Saturday morning on them."

Instead of spraying herbicides on your lawn, "don't be so worried about weeds," says Landrigan. "Get used to a little imperfection. Rather than spraying, your time is better spent burning calories -- pulling weeds," he says.

You can learn about non-chemical, commonsense ways of reducing indoor and lawn/garden pests -- a concept called Integrated Pest Management. Look for the EPA's on-line booklet: "Citizen's Guide to Pest Control and Pesticide Safety."

5. Be careful with plastic bottles and canned foods.

The safety of bisphenol A, a chemical found in polycarbonate plastics, is still being debated. These plastics are used in some water bottles and baby bottles. Bisphenol A is also used in epoxy resins that line metal products like canned foods.



The FDA and the American Chemistry Council say bisphenol A is safe for use. However, another government report -- the National Toxicology Report -- found concern about effects on the brain, prostate gland, and behavior in fetuses, infants, and children. And one study found that adults with high levels of BPA in their urine were more likely to have a history of heart disease or diabetes, compared to people with low levels of BPA.

6. Filter your tap water.

Filtered tap water may be a better choice of drinking water than bottled water. In a recent study, the Environmental Working Group tested 10 best-selling brands of bottled water. Researchers found mixtures of 38 contaminants, including bacteria, fertilizer, and industrial chemicals -- all at levels similar to those found in tap water.

Here's the catch: Tap water is regulated by the EPA, which requires yearly public reports identifying the contaminants found in local water sources. But bottled water is regulated by the FDA, which has no such requirement.

"But even if you live in a place where drinking water is considered good, there can still be trace amounts of chemicals that may be toxic," says Baker. Although your local water company filters tap water, it still comes through with contaminants -- including lead, chlorine, E. coli, pesticides. Simply filtering your tap water can remove lots of these pollutants.

7. Temper the Teflon.

If you've got pots and pans with Teflon coating -- or other nonstick cookware - make sure you use them wisely. Perfluorinated (PFCs) chemicals are used to make these nonstick coatings, and the chemicals can accumulate in the body. The EPA lists PFOA (one type of PFCs used in Teflon) as a "likely human carcinogen," although there's no evidence that Teflon-coated pans cause cancer.

DuPont and other companies have agreed, in response to government pressure, to eliminate use of PFOA by 2015. In the meantime, you can switch to other cookware now: stainless steel, anodized aluminum, copper-coated pans, cast iron, or enamel-coated iron. Silicone baking molds are also safe to use.

8. Wash your hands.

We hear this during cold and flu season -- frequent hand-washing keeps germs from getting passed around. But for young children, hand-washing is a good habit that can keep them from ingesting toxins like fire retardants in house dust. What your vacuum doesn't pick up, a toddler's hands will.

"Hand-washing may be boring, but it's really key to keeping stuff on a child's hands from getting into their mouths," says Lunder.

And studies show regular soap and water works just as well for killing germs. It's about the process, not the product. Moisten hands, rub thoroughly with soap (getting backs of hands, between fingers, and around nail beds), and rinse. Singing the ABC's while you do it will ensure you do it for an adequate amount of time (20 seconds). Be sure adults in your house wash their hands frequently, especially after coming indoors. Ask visitors to do the same.

II. 8 Ways to Improve Your Air Quality at Home

The air quality in your home can have many effects on your health. You can take steps to improve air quality indoors, including using an air purifier, reducing allergens and pollutants, and possibly even adding indoor plants.



The Environmental Protection Agency (EPA) recommends that indoor pollutant levels be 100 times higher than outdoor air pollutants. Higher levels could lead to health effects, including allergic reactions, asthma, heart disease, and possibly cancer.

Unexplained respiratory symptoms could offer a clue that it may be time to check the air quality in your living space. Taking steps to improve indoor air quality can help lower one's risk of developing health conditions and may even improve quality of life.

1. Cut down on pollutants

Learning about common sources of pollution and avoiding adding pollutants when possible is an important way to keep indoor air clean.

- Radon

Radon, a natural radioactive gas, can seep up through cracks in the earth and build up in your home, leading to health problems, including lung cancer.

Home test kits offer a simple way to check for unsafe levels of radon in your home. If testing reveals high levels of radon in your air, you can typically reduce radon by sealing the foundation of your home so that the gas can't leak into your living space.

- Cleaning products

Certain cleaning products contain harmful chemicals that may linger in your air, including:

- glass cleaners
- air fresheners
- bleach
- cleaning sprays

2. Test your air quality

If you're concerned about the air quality in your home but aren't sure what changes could help the most, a good place to start is testing your air quality. You can either choose the DIY route or call in a pro.

- You can find a variety of air quality test kits online. Some kits allow you to check for multiple pollutants, while others test for just one, like radon.
- Because many at-home test kits aren't comprehensive, it might make more sense to do at-home testing if you're only interested in checking for one or two particular pollutants. If you want a full panel of results, working with a pro may actually be more efficient in the long run.
- Hiring a professional will likely cost more than using a test kit, but many professionals offer additional services to help you manage any sources of pollution found during the test. For example, pros who offer air quality testing may also specialize in mold prevention and removal.



3. Take steps to control allergens

You'll commonly find a host of allergens and irritants in many indoor spaces, including:

- dust
- mold
- pet dander
- dust mites

Keeping these allergens at bay may improve overall air quality in your home and reduce your chances of experiencing respiratory symptoms, including

- runny nose
- watery eyes
- sore throat
- sneezing
- skin rashes
- itching

4. Use an air purifier

Bringing an air purifier into your home is one effective way to keep your air cleaner. You may want to opt for an air purifier with a high-efficiency particulate-absorbing (HEPA) filter since these tend to do the best job of removing more than 99% of harmful particles from your air. Still, air purifiers can't remove all types of pollution, so you may want to consider an air filter if you want to reduce:

- VOCs
- smoke
- mold spores
- allergens like pet dander

5. Improve ventilation

Keeping the air flowing in your home offers a simple (and potentially cost-free) way to improve your air quality. Opening windows and doors to let some outside air flow through is one way to do this as long as the outdoor air is clean or low in pollen.

Air enters your house through vents and weak spots like tiny spaces around doors. While there's not much you can do about the air that enters through these openings, it might help to make sure that the air channeling into your living space via vents isn't contributing to the problem.

6. Reduce dampness

Dampness in indoor spaces can lead to many health hazards, including mold growth. Dampness and high humidity may also cause VOCs to leach into your air. Damp indoor environments can result from a variety of factors, including:

- humid climates
- leaky pipes or roofs
- areas with pooling water
- low ventilation in areas with a lot of steam, like bathrooms and kitchens

Damp conditions can lead to many respiratory symptoms, including coughing, wheezing, and asthma attacks. You can reduce dampness in your living area by:

- using a dehumidifier
- turning on a fan or opening a window when you shower or cook
- finding and eliminating areas of pooling water or moisture in your home



7. Check on your heating systems

Some heating systems can also have a big impact on air quality. Wood-burning stoves and fireplaces can release large amounts of harmful particles into the indoor air, which may increase one's risk of developing long-term health conditions like lung cancer.

Other potentially higher-risk heating options include heating systems with older furnaces and gas-fueled heating appliances.

Gas-powered heating systems have the potential to release more carbon monoxide, an odorless gas that can cause suffocation and death, into the air. Some experts recommend using direct-vent gas appliances, which keep the gas from mingling with the indoor air.

8. Add some indoor plants

People commonly recommend using house plants to help cleanse the air in their homes, but research isn't clear on the overall health effects of adding indoor plants to your home.

III. Spring Forward: The Positive Impact of Annual Spring Cleaning on Your Mind, Body, and Relationships



As the days grow longer and the first hints of warmth return to the air, we know that spring is just around the corner. This delightful season bursts with the promise of renewal and growth, inspiring many of us to don our cleaning gloves and tackle the dust bunnies that have taken up residence in our homes over the winter months. But have you ever considered applying this same rejuvenating energy to your personal life? As we clear out the cobwebs from our living spaces, we can also benefit from a thorough "spring cleaning" of our thoughts, habits, and relationships.

Here are nine ways an annual spring cleaning of your personal life can lead to a more balanced, fulfilling, and downright meaningful existence.

Refresh and Renew

Spring symbolizes new beginnings and growth, making it the perfect time to clear out the clutter in our minds and make space for new experiences, ideas, and goals. It's a great time to think about your start to the year and check in on your progress toward your goals. This annual renewal can bring a sense of excitement and anticipation for the possibilities that lie ahead.

Reduce Stress and Promote Relaxation

Reducing stress and promoting relaxation can be achieved by decluttering our surroundings, prioritizing our commitments, practicing mindfulness, and fostering healthy relationships. By clearing away physical clutter, we create an atmosphere that encourages mental clarity and peace.

Streamlining our schedules helps us allocate time for leisure and prevents burnout, while mindfulness techniques, such as meditation or deep breathing, enable us to manage stress more effectively.

Boost Mental Health and Well-being

Organizing and decluttering your personal life can lead to a profound sense of accomplishment and satisfaction, positively impacting your mood and self-esteem. This can, in turn, lead to improved mental health and overall well-being. In addition, by taking the time to reassess your priorities, reevaluate your relationships, and establish healthy boundaries, you create an environment that fosters mental and emotional resilience.

Enhance Productivity

Enhancing productivity is achievable through maintaining an organized and decluttered life, which allows for improved focus and efficiency. By eliminating distractions and methodically organizing our thoughts, we create an environment conducive to tackling tasks and achieving our goals more quickly. In addition, streamlining our workspaces, schedules, and mental processes leads to a clearer understanding of priorities, enabling us to allocate our time and energy more effectively. Ultimately, adopting an organized approach to our personal and professional lives empowers us to maximize our potential and accomplish more in less time.

Develop Healthier Habits

Developing healthier habits can be facilitated through spring cleaning, as it encourages a thorough reevaluation of our routines and behaviors. This introspection enables us to identify unhealthy habits that may be holding us back and offers the opportunity to replace them with more positive and productive alternatives.



Strengthen Relationships

Taking the time to nurture and maintain your relationships can improve your overall happiness and well-being. Spring cleaning your relationships involves evaluating their health, addressing unresolved issues, and investing time and effort in those connections that truly matter. Unfortunately, this may mean limiting time with people that aren't healthy for you.

Encourage Self-reflection and Growth

Encouraging self-reflection and growth can be achieved through the process of spring cleaning your personal life. This opportunity for introspection allows you to delve deeper into your priorities, values, and goals, fostering a clearer understanding of your aspirations.

Improve Physical Health

Enhancing physical health can be achieved through decluttering your living space and embracing healthier habits. A well-organized and clean environment fosters a sense of well-being, motivating you to engage in activities that support your physical health, such as exercise or adopting a more nutritious diet. In addition, by creating a space that promotes positivity and order, you set the stage for a lifestyle that supports and nurtures your physical well-being, ultimately contributing to a happier, more vibrant life.

Set and Achieve New Goals

As you reevaluate your priorities during spring cleaning, you may be inspired to set or revisit new goals. This process can provide the motivation and clarity to make meaningful progress in your personal and professional life.

So I recommend designating a "Spring Cleaning Day" for yourself in the upcoming weeks, a day devoted entirely to your personal development and self-care. This particular day allows you to deeply examine various facets of your life, such as your habits, relationships, and aspirations.



IV. 11 Homemade Cleaners to Make with Ingredients from Your Pantry

Some of the best household cleaners use ingredients you already have. Our recipes make it easy to whip up your own homemade cleaners.

- Stock your cleaning supplies with common pantry items like baking soda, vinegar, and essential oils for effective homemade cleaners.
- Homemade cleaners are cost-effective and environmentally friendly alternatives to store-bought products, allowing better control over the chemicals used in your home.
- Specific ingredients, like vinegar, should be avoided on certain surfaces like stone or waxed finishes due to potential damage.

Some of the best household cleaners come from ingredients in your pantry. Whip up your own homemade cleaners that are easy on your wallet and the earth. Get our natural cleaning recipes for homemade air freshener, window and glass cleaner, laundry detergent, all-purpose cleaner, and more.

Must-Have Natural Cleaning Essentials

Stock your cleaning caddy with these household ingredients. Many of these natural cleaning ingredients can be used on their own or in various DIY natural homemade cleaners.



- **Baking soda** works best on proteins, grease, and animal messes, and because it's only slightly abrasive, it can scour surfaces without fear of scratching. It's also a natural deodorizer and less expensive than commercial scrubbing powders.
- **Distilled white vinegar** works on alkaline substances by dissolving scale, inhibiting mold, and cutting soap scum. A mild acid, it's terrific for removing rust, tea, and coffee stains. It's typically sold at a 5% concentration, but it's more effective at higher concentrations, so pay attention to the fine print.

- **Hydrogen peroxide** is simply water with an extra oxygen molecule (H₂O₂). It breaks down into harmless oxygen and water, so it's a more eco-friendly alternative to chlorine bleach.
- **Borax** is an alkali that's good for cutting grease, oil, and dirt.
- **Essential oils** such as tea tree, lavender, eucalyptus, lemon, and lemongrass enhance a cleaner's scent. Tea tree oil is also naturally antibacterial.
- **Castile soap** is available in liquid or bar form and helps rinse away dirt. It's made with olive oil or a vegetable base and is available unscented or scented.

Homemade Cleaner Tricks

In addition to having the right homemade cleaner ingredients, a few tricks can make it easier to clean your home the green way:

- **Clean containers:** Store homemade cleaning products in unused, clean containers. Never use bottles that once held chemicals. Label homemade cleaners when you make them, and ensure you use the right solution for the application to keep your family safe.
- **Test it:** Before you spray a cleaner on any surface, test first in a hidden area to ensure the cleaner doesn't damage or mar the material.
- **When to skip vinegar:** Never use vinegar solutions on stone surfaces such as granite or marble, cast iron, aluminum, or waxed surfaces. The acid in the vinegar can etch, pit, and strip finishes or otherwise damage these surfaces.

Carpet Deodorizer

Mix a homemade carpet deodorizer to freshen up area rugs and floors. This DIY natural cleaning recipe works with any essential oil, so choose one that smells best.

What You Need:

- 1 cup baking soda
- ½ cup cornstarch
- 5 drops of any essential oil

To make:

1. Combine the baking soda and cornstarch in a medium bowl.

2. Add five drops of your favorite essential oil.
3. Stir to combine the ingredients, and pour the mixture into a Mason jar using a funnel.
4. Punch small holes into the jar's lid using a hammer and nail.

Sprinkle the homemade deodorizer onto carpets as needed. Let the mixture sit for at least 30 minutes before vacuuming up.

Must-Try Homemade Cleaners

Ditch the chemicals! These homemade cleaners will help you achieve a sparkling space with ingredients from around the house. Water becomes a powerhouse when paired with microfiber cloths and our technique, lemon is a saving grace for gunky pans—and more! Baking soda and vinegar can also tackle any number of jobs.

Homemade Air Freshener

Make your home smell amazing naturally! Simmering a pot of ingredients you probably already have in your kitchen is a simple way to make the whole house smell divine. Vary the citrus and herbs in this natural homemade cleaner to create new scents, such as orange-basil, lemon-rosemary, or lime-lavender.



What You Need:

- 2-3 oranges, lemons, and/or limes, sliced
- Handful fresh herbs such as basil, rosemary, or lavender
- 2-4 cinnamon sticks
- 1 teaspoon whole cloves

To make:

Place ingredients in a medium saucepan. Fill about three-fourths full with water; bring to a boil. Reduce to a simmer to infuse the house with a naturally fresh aroma. (Do not leave unattended.) The mixture can be stored once overnight: Place it in an airtight jar or container and refrigerate, then boil and simmer again the next day.

Homemade Laundry Detergent and Rinse Aid

Skip expensive detergents and save money with these simple laundry recipes.

Homemade Laundry Detergent:

- 1 bar laundry soap (We like brands such as FelsNaptha, Pink Zote, and Dr. Bronner's Castile Soap.)
- 1 cup borax
- 1 cup washing soda
- 1 cup oxygen bleach

To make:

Grate a bar of laundry soap; you should have about 2 cups of grated soap. (You can also look for soap flakes online.) Mix all ingredients in a large container. Store in a lidded jar. Use two tablespoons for a light load and four tablespoons for a large or dirty load. Wash as normal.

Homemade Rinse Aid:

- 1 gallon distilled white vinegar
- 25-30 drops essential oil (optional)

To make:

Add the drops to the container of vinegar. Use $\frac{1}{4}$ cup in the rinse cycle.

Homemade Grout Cleaner

Don't miss these tips on how to easily clean grout and prolong the life of your tile. Although you'll find plenty of commercial grout cleaners, you can also use baking soda

to give your grout a good natural cleaning. Watch and see more ways to get grout looking new again.



Homemade Upholstery-Freshening Spray

Eliminate odors from upholstery with this natural homemade cleaner. Baking soda absorbs unpleasant smells, while essential oils refresh the air. Customize the strength of the scent by varying the type and amount of essential oils used.

What You Need:

- ¼ cup baking soda
- 10 drops essential oil, such as lavender
- 1½ cups water

To make:

1. Use a funnel to add the baking soda to a 12-ounce spray bottle.
2. Add the essential oil.
3. Fill the bottle with water and shake gently to combine.
4. Test on a small, inconspicuous area of upholstery (such as on the back or under a cushion) to ensure it won't leave a mark.

V. How Much Do House Cleaning Services Cost?

How often do you prioritise housekeeping chores in your daily routine? Most people in metropolitan cities like Adelaide find little time to spruce up their homes due to hectic schedules, work commitments, and family duties.



Unfortunately, a cluttered and dirty living space can become a breeding ground for lethal germs, bacteria, and diseases. If you want to promote a healthy and hygienic indoor environment for your family, leave the house cleaning stress to seasoned professionals.

Choosing the right house cleaning service can make a world of difference in how immaculate and welcoming your abode feels. They come fully equipped with advanced cleaning tools and strictly adhere to industry guidelines to deliver spotless results without any chaos or unnecessary downtime.

Though hiring experts for a house cleaning in Adelaide is a convenient way to maintain a clean home, ensure you understand the cost variations to plan your budget effectively.

Here is a comprehensive guide to help discover key factors affecting house cleaning costs and the average price range in your area. This guide will help you make a well-informed decision about your financial potential.

1. Key Factors Influencing the House Cleaning Services Cost

Whether you are outsourcing one-time professional end of lease cleaning Adelaide or seeking a recurring house cleaning service, it is important to consider the following factors to determine the estimated costs:

- Type of House Cleaning Service Required:

Cleaning companies offer a range of services to maintain a clean and organised home, so prices may vary depending on their types. A standard clean usually involves dusting, mopping, and vacuuming surfaces like bathrooms, kitchen fixtures, fittings, walls, and floors. It is less expensive than a deep cleaning or move-out service.

Deep cleaning is more intense and requires more time and energy to scrub stains from hard-to-reach spots, nooks and crannies and inside kitchen appliances. So, the pricing may vary depending on the type of service you choose.

- Property's Size and Layout:

The size and layout of your home can impact the cost of your house cleaning service. Sprucing up a one-unit bedroom is easier and thus costs less than a four-bedroom, three-bath unit or a larger property. Cleaning a bigger property requires more time, effort, and products to achieve sparkling results.

- The Condition Of Your House:

This is also an influencing factor when estimating the final pricing. Properties laden with stubborn grime, gunk, grease, and heavy stains can take hours to clean, leading to higher pricing. Sometimes, it becomes difficult to tackle gunk and build-up grease from surfaces, which can also add up to the final cost. That's one of the reasons why

homeowners and renters are advised to change their habits and regularly clean their homes.

- Cleaning Frequency Matters:

Regular house cleaning services are more affordable than one-time intense cleaning. Weekly, bi-weekly, and monthly subscriptions can help reduce the pricing per session, as the surfaces require less time to achieve the desired results.

- Add-on Cleaning Services:

Most cleaning companies offer a range of additional services, including carpet and upholstery cleaning, oven and BBQ cleaning, window cleaning, etc, at an additional cost. The overall price will increase if you want these services before hosting a grand party at your home. It is good to clear your doubts, especially when hiring experts for expert end of lease cleaning Adelaide and secure the full bond money.



- Location:

There is no denying that the cleaning prices may vary depending on your location. Booking house cleaners in big cities and urban areas may be more expensive than outsourcing services in exteriors and small towns. You should always conduct thorough research and choose a company with a transparent pricing policy.

2. Understanding Hourly vs. Flat Rate

It is a consumer right to know the difference between hourly and flat pricing structures before making the final decision.

- **Hourly Rate:** It is a pricing method where a company charges prices based on the duration it takes to complete the cleaning job. In Adelaide, the hourly rate may range from \$40-\$60 per hour/cleaner, depending on the above factors.
- **Flat Rate:** The company charges a fixed rate for the entire job, regardless of how long it takes to achieve the desired results. After inspecting your home and other crucial factors, they will provide you with a no-obligation quote.

3. The Average Cost of House Cleaning Service in Adelaide

It is important to note that prices may differ from company to company. However, we bring you this brief breakdown of the estimated costs to help you understand better:

- **Regular House Cleaning:** The average cost of a regular house cleaning service for a house is approximately \$70-\$220 per clean, depending on the size and condition of your property.
 - **Spring Cleaning:** The estimated pricing range for spring cleaning is around \$150-\$300 for a standard 3-bedroom, 2-bath unit.
 - **End of Lease Cleaning:** It may range from \$300-\$1000 depending on the key factors. However, it is different from standard house cleaning service.
 - **Additional Services:** Specialised cleaning services such as carpet/upholstery, pressure washing, oven cleaning, etc., are quoted separately. Depending on the type of service and other key aspects, the fee may range from \$50 to \$250.
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4. Difference Between House Cleaning Vs. End of Lease Cleaning Service

Don't make the mistake of hiring house cleaners when moving out of your rental property. Instead, hire a company specialising in budget end of lease cleaning in Adelaide. It is a more intense and precise cleaning service where a clean strictly adheres to a pre-approved checklist to help renters pass their final inspection.

The job involves detailed dusting, scrubbing, wiping and disinfection of important spots, hard-to-reach areas, kitchen appliances, inside and outside windows, bathroom fixtures, outdoor areas, etc, that may not be included in a standard house cleaning service. So, be careful when opting for a reliable and quality cleaning service for your rental property.

5. A Brief Guide to Find Affordable House Cleaning Service

Here are some important tips to help you choose the right service within your estimated budget:

- **Compare Multiple Quotes:** Consider references and contact four to five best companies and compare their final quotation.
 - **Consider Transparent Pricing Policy:** Many companies set a lower price to lure customers and ask for hidden charges in the middle. To avoid this situation, ask relevant questions and book a company that adheres to a transparent pricing policy.
 - **Check Customer Reviews:** Check reliable online websites to check customer reviews and ratings. This will help you choose the right cleaning company for your home.
 - **Develop Good Cleaning Habits:** Maintaining a home in good condition can eventually reduce the overall cost of your service. So, make a habit of regularly dusting and sprucing up your home using safe and sound natural cleaning products or create a weekly cleaning schedule for time-consuming tasks.
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Hiring a professional house cleaning service can help prevent the spread of dust, dirt, grime, and harmful allergens. It can also promote good health and a harmonious indoor environment. This guide can help you ask necessary questions and compare quotes to book the right service provider within your estimated budget.

CONCLUSION

Building a healthier home is entirely possible even with limited resources. By choosing smarter products, improving daily habits, and focusing on small, meaningful upgrades, you can significantly enhance the comfort and wellness of your living space. These budget-friendly steps not only support your health today but also create a sustainable environment for the future. With consistent effort, your home can become a more breathable, organized, and uplifting place to live.

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