

HEALTHY, WEALTHY & WISE

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LIPSTICK on my SOFA... What do I do?

Although your favorite shade of lipstick may look great on your lips, it probably does not look as good on your carpet or your couch. If your child got a hold of your lipstick, or you accidentally drop a tube on your upholstered couch or chair, act fast to remove it. The sooner you begin to try to remove it, the higher your chance for success.

Over the past decade, the upholstery cleaning industry has witnessed significant evolution, adapting to the diverse range of fabrics and fibers used in furniture today. At **Chet's Cleaning** we've seen firsthand the intricate blend of fibers that modern upholstery incorporates, emphasizing the need for precise cleaning methods to maintain fabric integrity without causing damage.

Understanding Your Sofa's Fabric: Synthetic vs. Natural Fibers

Most fabrics used in upholstery today fall into two primary categories: natural and synthetic fibers. Natural fibers further divide into protein-based materials like silk and wool, and cellulosic-based ones such as cotton and linen. On the other hand, synthetic fibers are often variants of man-made materials.

See "LIPSTICK on my SOFA" on next page



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Cleaning Natural Fibers: The Delicate Approach – Natural fibers demand a gentle cleaning approach. Protein-based fibers like silk and wool require specialized care to maintain their texture and color. Similarly, cellulosic fibers such as cotton and linen need careful handling to avoid shrinkage and fading. For these materials, we typically recommend foam cleaning or drycleaning techniques. These methods ensure effective cleaning without compromising the fabric's delicate nature.

Synthetic Fibers: Robust and Resilient – Synthetic fibers, known for their durability, usually respond well to more rigorous cleaning methods. Hot water extraction, often referred to as steam cleaning, is commonly employed for these materials. This technique deeply cleanses the fabric, removing stains and dirt efficiently while preserving the fiber's strength and appearance.

The Challenge of Lipstick Stains – Lipstick stains on upholstery are notoriously stubborn, primarily due to their oil-based composition and strong pigments, which can easily bind

to fabric fibers and cause long-lasting stains. The cleaning approach varies significantly depending on the type of fabric.

For Synthetic Fabrics:

1. **Pre-treatment:** Gently scrape off any excess lipstick with a dull knife.
2. **Cleaning Solution:** Apply a mild solvent or a mixture of dish soap and water to the stained area.
3. **Blotting Technique:** Blot the stain with a clean, dry cloth, avoiding rubbing to prevent spreading.
4. **Rinse and Dry:** Rinse the area with cold water and dry with a clean towel.

For Natural Fabrics:

1. **Gentle Removal:** Carefully remove excess lipstick without disturbing the fabric.
2. **Dry Cleaning Solution:** Use a dry cleaning solvent specifically designed for natural fibers.
3. **Soft Blotting:** Blot gently, ensuring the fabric's integrity remains intact.

4. **Air Dry:** Allow the area to air dry completely.

Expert Upholstery Cleaning at Chet's Cleaning

We understand the nuances of different upholstery fabrics. Our technicians are highly skilled in identifying the right cleaning method, whether it's for a routine cleaning or tackling tough stains like lipstick. We pay close attention to manufacturer's cleaning tags and use our expertise to ensure your furniture is not just clean, but also cared for.

In summary, whether your sofa is made of natural or synthetic fibers, dealing with a lipstick stain requires specific strategies. Trust the professionals at **Chet's Cleaning** to restore your upholstery to its pristine condition, combining our in-depth knowledge of fabric types with advanced cleaning techniques.

Contact us today for a consultation and experience the best in professional furniture and upholstery cleaning services.

The Good Life



Good Clean Funnies

What is the name of the horse next door? Neigh-bor.

Why did the crab never share? Because he's shellfish.

What did the triangle say to the circle? You're pointless.

Which knight created the round table? Sir Cumference.



ASPARAGUS Roll Ups

Directions

Preheat oven to 400°F. Grease a baking sheet.

Place bacon in a large, deep skillet. Cook over medium-high heat. Turn occasionally, until evenly browned, about 10 minutes. Drain bacon slices on a paper towel-lined plate. When bacon is cool, crumble and set aside in a bowl.

Place asparagus spears into a large skillet. Pour in about 1 inch of water. Place over medium heat, cover skillet. Simmer asparagus until bright green and slightly tender, about 5 minutes. Remove asparagus and set aside.

Place cream cheese and chives into the bowl with bacon and stir to evenly combine. Roll each bread slice with a rolling pin on a work surface until the slices are thin and flat.

Spread cream cheese mixture evenly over each slice of bread. Center 2 asparagus spears on a bread slice, and roll the slice around the asparagus into a tidy and compact cylinder. Place seam side down onto the prepared baking sheet. Repeat with remaining ingredients.

Brush each roll with melted butter and sprinkle each with about 1 1/2 teaspoon Parmesan cheese. Bake in the preheated oven until lightly golden brown and hot, 10 to 12 minutes.

Recipe Tip – After making the asparagus rolls in Step 9, you can refrigerate them for up to 6 hours before baking if desired

Recipe courtesy allrecipes.com

Ingredients

- 6 slices of bacon
- 24 spears fresh asparagus, trimmed
- 1 (8 ounce) package cream cheese, softened
- 2 tablespoons finely chopped chives
- 12 slices white bread, crusts removed
- 2 tablespoons butter, melted
- 3 tablespoons grated Parmesan cheese, divided

Prep Time: 25 mins

Cook Time: 20 mins

Total Time: 45 mins



Thinking about Weight Loss MEDICATIONS?

Thinking about trying the new weight loss medications? As the new year is here and you may be setting health goals for yourself, exploring the new weight loss medications might be part of this. It is very important not only to consult with your health care provider for guidance, but also to follow nutrition practices that can support your long-term wellness goals.

Here are three important tips to support your journey.

1. Focus on maintaining lean muscle -

Losing weight typically involves losing some lean muscle tissue, so it's important that you consume enough protein to help minimize the amount of muscle lost. Prioritize protein to preserve muscle tissue during weight loss. Seek meals and snacks that include lean meats, seafood, eggs, low-fat dairy and nuts. Exercise - combining resistance

training with higher protein intake will help preserve lean tissue during weight loss.

2. Make sure to get your vital nutrients -

Be sure that the foods you do eat are not full of empty calories and added sugar, but instead are sources of the vitamins, minerals and other nutrients that your body needs, such as vitamin D, calcium, magnesium, zinc, protein and fiber. Also, make sure to stay well hydrated.

3. Find healthier ways to satisfy cravings -

It's important to understand that if you haven't made nutrition and lifestyle changes, it's likely you will regain weight if you stop taking these medications. You may also find that your cravings for certain foods - like sweet things - will return when stopping treatment. However, that doesn't mean you have to deprive yourself of all the tastes that you love.

When your appetite is suppressed and you're eating less, it becomes more important to focus on nutrition quality and make every bite count.

5 Tips to Make the MOST of your Health SAVINGS Account



HSAs can be a powerful tool to help save and pay for qualified medical expenses. If you're one of many Americans enrolled in a high-deductible health plan (HDHP), you have access to one of the most tax-efficient savings options available.

1. Leverage the triple-tax advantage.

The triple tax-advantaged nature of HSAs can offer help by reducing your taxable income: the money you contribute to the account goes in tax-free, you can withdraw your HSA funds to spend on qualified medical expenses with no tax penalty, and all the money in the account can also grow tax-free.

2. You can pay for a lot more than just doctor visits. Qualified medical expenses that apply to an HSA run the gamut from copays and deductibles to more niche services you might not expect. Things like medical equipment, family planning services, acupuncture, or even

lead-based paint removal may be covered if certain requirements are met.

3. Your employer may make contributions.

Many employers help their workforce pay for health care costs through contributions to their HSA. If you're enrolled in a high-deductible health plan through your employer, check to see if this benefit is available to you.

4. You can invest funds held in your HSA.

The contributions to your HSA are tax-free, and can be invested to grow over time, which is especially valuable to your retirement nest egg. Consider that the average 65-year-old retiring in 2023 can expect to spend over \$150,000 in health care costs throughout retirement.

5. Your HSA is yours to keep. Most Americans believe they'll have to forfeit the money in their HSA at the end of the year if they don't use it. Thankfully, that isn't the case.



It's that time of year again: you feel the tickle in the back of your throat, think you're coming down with something, and visit the local urgent care. They ask for a copay, and you pay it.



FUR-TASTIC Fabric Care: Do's & Don'ts for Pet-Friendly Homes



Pet stains, hair and odors can be tough on your clothing, bedding and furniture. However, with some preparation and tips, you can easily keep your fabrics clean and fresh, even if your furry family member has an accident.

1. Do rotate pet bedding and blankets -

Make sure to regularly wash and rotate your pet bedding - like removable, machine-washable pet bed covers, pet blankets, and removable furniture covers to prevent odors, dirt, hair and bacteria buildup. Do this once a week. Have a couple sets of bedding and blankets so you can remove and launder one set while using another.

2. Don't wait to wash -

As soon as you notice dirty paw prints, urine or other accidents, treat and wash the fabric immediately to prevent stains and control odors. Make sure to invest in a pet-safe stain remover that's gentle on fabrics.

3. Do use fabric conditioner designed for pet parents -

Try using a liquid fabric conditioner formulated for pets. It fights pet odors and repels pet hair, versus detergent alone, while keeping the clothes soft and fresh. You can worry less about fur sticking to your clothing.

4. Don't wash with regular laundry -

Always wash your pet's bedding and blankets, as well as any fabrics with pet stains and hair, separately from your regular laundry. Doing so prevents pet odor and bacteria from contaminating your regular laundry.

5. Do use lint rollers and fabric brushes -

Lint rollers and fabric brushes are handy tools that quickly remove pet hair, lint and other debris from your upholstery. Buy a few and store them throughout the house. Remove pet hair as soon as you see it to keep your upholstery looking and feeling fresh.

Being a pet parent is a joy and privilege. Every day, you have a friendly, 4-legged companion who's just as happy to join you on walks as they are to relax with you on the couch.





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