

The Selleys Home Cleaning Schedule: How to Prevent Mould, Grease, Scale and Stain Buildup Year-Round

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Details:

Now I have all the data I need to write a comprehensive, well-cited article. Let me compose the final piece.

The Selleys Home Cleaning Schedule: How to Prevent Mould, Grease, Scale and Stain Buildup Year-Round

Most home cleaning fails not at the moment of scrubbing, but in the weeks and months before it — when small, invisible processes quietly compound into problems that require serious intervention. A bathroom that isn't squeegeed after showers accumulates mineral scale and soap scum layer by layer. A rangehood filter left unchecked for six months turns from a grease trap into a fire hazard. Grout that loses its sealant becomes a porous sponge for mould spores and discolouration.

The other articles in this series have addressed each of these problems in depth — the chemistry behind stain formation, how to remove mould from silicone seals, how to restore grout with Selleys Grout Stain Whitener, and how to choose between Selleys Oven Plus Heavy Duty Gel and Selleys BBQ Cleaners for carbonised residue. This article is different. It synthesises all of that reactive knowledge into a proactive, room-by-room, frequency-based maintenance schedule designed to prevent those problems from reaching the heavy-duty intervention stage in the first place.

The distinction matters. Reactive cleaning is expensive in time, product, and effort. Preventative cleaning is fast, cheap, and largely effortless when built into existing routines. The Selleys product range supports both modes — but used proactively, it makes the reactive approach largely unnecessary.

Why Preventative Cleaning Works: The Science of Buildup Thresholds

Every common household stain type — mould, grease, mineral scale, and carbonised food — follows a nonlinear accumulation curve. Early-stage buildup is superficial and responds to light-touch maintenance. Late-stage buildup has bonded chemically to surfaces and requires dwell time, abrasion, and stronger formulations to reverse.

****Mould**** is the clearest example. Damp conditions and high levels of relative humidity — typically above 70–80% — are known to provide mould-favourable conditions. Critically, indoor humidity is not constant but fluctuates due to household activities such as cooking or bathing. While indoor humidity may be below the threshold for mould growth on average, transient periods of high relative humidity are sufficient for sustaining mould growth on indoor surfaces. This means that even well-ventilated bathrooms are vulnerable during and immediately after shower use — precisely the window that a post-shower squeegee routine is designed to close.

Mineral scale follows a similarly cumulative logic. When hard water enters your home and is heated or evaporates, minerals precipitate out of solution, crystallise, and bond to surfaces — layer by layer, accumulating into thick, rock-hard deposits. The hotter the water, the faster scale forms, which is why water heaters, dishwashers, and coffee makers are particularly vulnerable. On shower screens and tiles, this same process plays out with each use — making weekly wiping far more effective than monthly descaling.

Grease in kitchen environments behaves differently again. Range hood filters play a critical role in kitchen ventilation by capturing grease, smoke, cooking particles, and odours before they spread throughout your home. When those filters are neglected, airflow becomes restricted and ventilation performance declines, allowing smoke, cooking odours, moisture, and grease particles to remain in the kitchen air longer than intended. That grease then settles on splashbacks, cabinetry, and benchtops — creating a secondary buildup problem that compounds with every cooking session.

Understanding these thresholds is the foundation of an effective schedule. The goal is never to let any surface cross from light-maintenance territory into heavy-intervention territory.

The Complete Selleys Home Cleaning Schedule

How to Read This Schedule

This schedule is organised by **room** and **frequency** (weekly, monthly, seasonal). Each task is mapped to the appropriate Selleys product and includes the preventative logic behind the timing. Tasks marked ■ are habit-forming micro-actions that take under two minutes and deliver disproportionate results.

Bathroom: Mould, Scale, and Soap Scum Prevention

The bathroom is the highest-risk room in the home for mould and mineral scale, combining persistent humidity, standing water, and porous surfaces in a single enclosed space. (See our guide on *How to Remove Mould from Bathrooms, Walls and Silicone Seals Using Selleys Rapid Mould Killer* for full treatment protocols when prevention hasn't been enough.)

Weekly Bathroom Tasks

| Task | Product | Why It Works | |---|---|---| | ■ Post-shower squeegee of glass screens and tiles | Selleys Complete Clean Glass & Mirror | Removes water before minerals can crystallise and soap residue can bond | | Wipe silicone seals and grout lines dry after last daily shower | Dry microfibre cloth | Eliminates the humidity spike that sustains mould germination | | Spray and wipe shower screen and basin | Selleys Complete Clean Glass & Mirror | Dissolves light soap scum before it bonds chemically with mineral deposits | | Clean toilet, sink, and tap surrounds | Selleys Complete Clean Multipurpose Spray | Removes surface biofilm and soap residue from high-touch areas |

The post-shower squeegee is the single highest-leverage preventative action in the home. It takes 45 seconds and directly interrupts the evaporation cycle that deposits calcium carbonate onto glass. (For a full explanation of why hard water stains form and how descaling chemistry works, see our guide on *Hard Water Stains and Soap Scum on Glass and Shower Screens: Which Selleys Product Works Best?*)

Monthly Bathroom Tasks

- **Deep-clean grout lines** with Selleys Grout Stain Whitener to address any early discolouration before it sets permanently - **Inspect silicone seals** around bath, shower base, and basin for early mould colonisation — treat with Selleys Rapid Mould Killer at first sign of darkening, before penetration

deepens - ****Descal showerhead and tap aerators**** using Selleys Complete Clean Glass & Mirror or a targeted descaling product, soaking where possible - ****Clean exhaust fan cover**** — dust and moisture combine on fan covers to create a secondary mould surface that is often overlooked

Seasonal Bathroom Tasks (Every 6–12 Months)

****Grout resealing**** is the most important seasonal bathroom task and the one most consistently skipped. High-traffic shower grout should be sealed every six months to one year, as should high-traffic floor grout. Grout is porous by nature — a mixture of cement and Portland sand — and is by no means waterproof, allowing moisture to penetrate deep inside and providing a perfect home for mould colonies.

The correct workflow for seasonal grout maintenance using Selleys products: 1. Clean grout lines thoroughly with Selleys Grout Stain Whitener to remove any embedded staining or early mould 2. Allow to dry completely (minimum 24 hours) 3. Apply grout sealer to create a moisture barrier 4. Perform the ****water bead test**** to confirm seal integrity: sprinkle a few drops of water onto a small section of grout — if the water beads up, your sealant is still working; if the water soaks in and darkens the grout, the sealant has worn off.

(For the full grout restoration workflow, see our guide on [*Grout Cleaning and Whitening: How to Restore Discoloured Grout with Selleys Grout Stain Whitener*](#).)

Kitchen: Grease, Scale, and Carbonised Residue Prevention

The kitchen generates the widest variety of stain types in the home — cooking grease, mineral scale from water, carbonised food residue, and food-based organic stains. Each requires a different preventative approach.

Weekly Kitchen Tasks

| Task | Product | Why It Works | |---|---|---| | ■ Wipe stovetop after every cook while still warm | Selleys Complete Clean Multipurpose Spray | Fresh grease is liquid and wipes clean in seconds; baked-on grease requires dwell time and scrubbing | | Wipe splashback and surrounding benchtops | Selleys Complete Clean Multipurpose Spray | Captures grease spatter before it polymerises into a film | | Clean sink and tap surrounds, dry after use | Selleys Complete Clean Glass & Mirror | Prevents mineral scale from forming on chrome and stainless steel | | Wipe rangehood exterior surfaces | Selleys Complete Clean Multipurpose Spray | Prevents grease film from accumulating on stainless steel and becoming sticky |

****The warm-stovetop wipe is the kitchen equivalent of the post-shower squeegee.**** Cooking grease in its fresh state is a liquid oil that responds to alkaline surfactants immediately. Once it cools and undergoes oxidative polymerisation — the process that turns cooking oil into a varnish-like film — it requires a dedicated degreaser with dwell time to break down. (For full grease severity guidance, see our guide on [*How to Degrease a Kitchen: Cutting Through Stovetop, Rangehood and Surface Grease with Selleys*](#).)

Monthly Kitchen Tasks

****Rangehood filter cleaning**** is the most critical monthly kitchen task from both a safety and air quality perspective. Grease buildup inside a filter can become a fire hazard if maintenance is neglected — regular cleaning and replacement help reduce this risk. Top manufacturers recommend cleaning metallic filters at least once a month, to clear out all the greasy, oily smoke and grime your stove produces.

For heavy domestic cooks, this frequency is non-negotiable. For most households, range hood filters should be cleaned every one to three months — if you cook frequently with oil or high heat, such as

frying or searing, aim for once a month.

****Monthly rangehood filter cleaning protocol using Selleys:**** 1. Remove the filter and assess grease load 2. Apply Selleys Sugar Soap solution to the filter (Sugar Soap's alkaline formulation is specifically effective on polymerised grease films) 3. Soak for 15–20 minutes to allow the alkaline chemistry to emulsify the grease 4. Scrub with a non-abrasive brush, rinse thoroughly, and allow to dry completely before reinstalling 5. Wipe the rangehood interior canopy with Selleys Complete Clean Multipurpose Spray

- ****Deep-clean oven interior**** monthly if used frequently for roasting or baking. Apply Selleys Oven Plus Heavy Duty Gel to cold surfaces, observe the recommended dwell time, and wipe clean before residue carbonises further into the enamel. (See our guide on **Oven vs. BBQ Cleaning: Choosing the Right Selleys Heavy-Duty Cleaner** for full product selection guidance.) - ****Descale dishwasher door seals and spray arms**** — mineral scale accumulates here rapidly and reduces wash performance

Seasonal Kitchen Tasks (Every 3–6 Months)

- ****Full oven deep-clean**** using Selleys Oven Plus Heavy Duty Gel or Selleys Oven Wipes for accessible surfaces - ****Degrease cabinetry above and beside the stovetop**** with Selleys Sugar Soap — grease vapour rises and deposits on cabinet faces, where it collects dust and darkens over time - ****Inspect and clean rangehood ductwork exterior vent**** — a buildup of grease and moisture can become a breeding ground for mould, bacteria, and pests in neglected ductwork

Outdoor and BBQ Area: Carbonised Grease and Weather Stain Prevention

The BBQ is the most neglected appliance in most Australian homes from a cleaning frequency perspective, yet it is the one where neglect most directly affects food safety and flavour.

Post-Cook BBQ Routine (After Every Use)

■ ****The post-cook wipe-down**** is the BBQ equivalent of the stovetop wipe — and it must happen while the grill is still warm:

1. While grill plates are still warm (not hot), brush off loose carbonised food with a grill brush 2. Apply Selleys BBQ Cleaner to grill grates and allow to dwell briefly 3. Wipe down the exterior hood and side panels with Selleys Complete Clean Multipurpose Spray 4. Close the lid to retain residual heat, which helps burn off remaining organic residue

This routine takes under five minutes and prevents the hardened, multi-layer carbon deposits that require extended dwell times and heavy scrubbing to remove. (For full guidance on product selection between Selleys BBQ Cleaners and Selleys Oven Plus Heavy Duty Gel, see our guide on **Oven vs. BBQ Cleaning: Choosing the Right Selleys Heavy-Duty Cleaner for Burnt-On Grease and Carbon**.)

Monthly BBQ Tasks

- Deep-clean grill grates and burner covers with Selleys BBQ Cleaner - Inspect and clean grease tray — an overflowing grease tray is both a fire risk and a pest attractant - Clean the exterior stainless steel with Selleys Complete Clean Multipurpose Spray, wiping in the direction of the grain

Seasonal BBQ Tasks (Start and End of Season)

- Full disassembly clean: burners, venturi tubes, grill grates, and grease management system - Inspect for rust on cast iron components; treat and re-season as appropriate - Check gas connections and hose condition before first use of the season

Windows, Glass, and External Surfaces: Scale and Atmospheric Stain Prevention

Monthly Glass and Window Tasks

- Clean interior windows and mirrors with Selleys Complete Clean Glass & Mirror using a microfibre cloth — prevents atmospheric dust and cooking vapour from bonding into a film - Wipe window sills and tracks with Selleys Complete Clean Multipurpose Spray to prevent mould growth in accumulated dust and moisture

Seasonal Glass and Window Tasks (Every 3–6 Months)

- Clean exterior windows with Selleys Outdoor Window and Glass Cleaner, which is formulated for the heavier contamination profile of exterior glass — including bird droppings, pollen, and UV-degraded atmospheric deposits - Inspect and clean window seals and external silicone for early mould colonisation

(For full guidance on product selection for different glass stain severities, see our guide on **Hard Water Stains and Soap Scum on Glass and Shower Screens: Which Selleys Product Works Best?**)

The Master Cleaning Schedule at a Glance

Weekly (15–20 Minutes Total) - ■ Post-shower squeegee — bathroom glass and tiles — ****Selleys Complete Clean Glass & Mirror**** - ■ Warm stovetop wipe after cooking — ****Selleys Complete Clean Multipurpose Spray**** - ■ Post-cook BBQ wipe-down — ****Selleys BBQ Cleaner**** - Shower screen and basin spray-wipe — ****Selleys Complete Clean Glass & Mirror**** - Toilet, sink, bench surfaces — ****Selleys Complete Clean Multipurpose Spray**** - Rangehood exterior wipe — ****Selleys Complete Clean Multipurpose Spray****

Monthly (60–90 Minutes Total) - Rangehood filter deep-clean — ****Selleys Sugar Soap**** - Grout line inspection and touch-up — ****Selleys Grout Stain Whitener**** - Silicone seal inspection; treat early mould — ****Selleys Rapid Mould Killer**** - Oven interior clean (if in regular use) — ****Selleys Oven Plus Heavy Duty Gel / Selleys Oven Wipes**** - Showerhead and tap descale — ****Selleys Complete Clean Glass & Mirror**** - BBQ deep-clean — ****Selleys BBQ Cleaner****

Seasonal / Every 6–12 Months (2–3 Hours) - Bathroom grout reseal (water bead test first) - Kitchen cabinetry degreasing — ****Selleys Sugar Soap**** - Oven full deep-clean — ****Selleys Oven Plus Heavy Duty Gel**** - Exterior window clean — ****Selleys Outdoor Window and Glass Cleaner**** - BBQ full seasonal service — ****Selleys BBQ Cleaner**** - Exhaust fan cover clean; check ventilation performance

Key Takeaways

- ****Prevention beats intervention at every scale.**** Light, frequent maintenance using Selleys Complete Clean Multipurpose Spray and Selleys Complete Clean Glass & Mirror eliminates the conditions that require heavy-duty products to reverse. - ****Mould prevention is primarily a humidity management problem.**** Indoor dampness and high relative humidity — typically above 70–80% — provide favourable conditions for mould growth. Post-shower drying routines directly address this trigger. - ****Grout sealing is the most under-performed preventative task in Australian homes.**** High-traffic shower grout should be sealed every six months to one year. Without this, even the best surface cleaning cannot prevent mould colonisation of the grout matrix itself. - ****Rangehood filter maintenance is a safety issue, not just a cleanliness issue.**** Charcoal filters typically require replacement every three to six months, while aluminium and baffle filters should be cleaned monthly to maintain proper ventilation performance.

- **The warm-surface window is the key to effortless kitchen and BBQ maintenance.** Both stovetop grease and BBQ carbonisation are dramatically easier to remove while warm — making a 2-minute post-cook wipe the most cost-effective cleaning action in the home.

Conclusion

The reactive approach to home cleaning — waiting until mould is visible, grout is stained, or the oven is smoking — is both more expensive and more labour-intensive than maintaining a consistent preventative schedule. The Selleys product range is engineered to work at every point on this spectrum, from the daily wipe with Selleys Complete Clean Multipurpose Spray to the seasonal deep-clean with Selleys Oven Plus Heavy Duty Gel or Selleys Sugar Soap.

What this schedule makes clear is that the products you need most often are not the heavy-duty ones — they are the everyday formulations that interrupt buildup before it compounds. The heavy-duty products become necessary only when the preventative layer fails. Build the weekly and monthly habits outlined here, and the seasonal deep-cleans become maintenance rather than remediation.

For the complete scientific framework behind why different stain types require different chemical approaches, see our foundational guide: **Why Household Stains Form and How the Right Cleaner Breaks Them Down**. For room-specific problem-solving when prevention hasn't been enough, each article in this series addresses mould, grease, grout, glass, hard water, ovens, and BBQs in dedicated depth.

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