

CLOSET CLEANSE

DETOX YOUR CLOSET IN 4 EASY
STEPS



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INTRODUCTION

It's that time again! Time to clean your closet, get rid of that clutter, and organize!

I know that having a clean and organized closet is something that a lot of women struggle with keeping up with for more than a couple of weeks. If you've ever looked in your closet and thought "I have nothing to wear" you know exactly what I mean. Well, those days are about to be behind you, because we're gonna do some 'Closet CPR' (Cleaning, Purging and Reorganizing) and whip your wardrobe into shape!

Benefits of an organized closet

- Saves you money! An organized closet makes it easier to see what you have so you don't buy duplicates
- Saves you time! Getting your day started is much easier when all your clothes are organized
- Better use of space! Those jeans you can't fit anymore are taking up valuable real estate in your closet. Use your space wisely and only keep items that you wear/use

Before you get Started

Gather up everything you'll need to make this closet clean out successful:

- Cleaning products: Sponges, all-purpose cleaner, broom, vacuum, etc.
- Hangers: I recommend huggable hangers. They keep your clothes from slipping off and they're thin which creates more space in your closet. Whichever hangers you

choose, make sure they all match for a more uniform look and (I can't stress this enough) get rid of any wire hangers.

- Space bags: These are genius for neatly storing all your off-season items.
- Hooks: Wall mounted or over the door, hooks give you additional storage options
- Storage boxes: Use these to store belts, scarves, or anything else that isn't hang-able or fold-able.

STEP 1: EMPTY YOUR CLOSET

The first thing to do when organizing your closet is to empty it out. Completely. Take everything out of your closet. Yes, everything. I know, it's a lot. Deep breath... we'll get through this.

Once empty, give the closet a complete cleaning.

Here's where those cleaning supplies will come in. Give the closet a good cleaning from top to bottom. Replace any shelf lining paper, dust, and vacuum and/or sweep the floor.

TIP

Cleaning and organizing your closet may take a while. Set aside a day...depending on the size of your closet (and level of your foolishness) you may need to set aside two days so that you can divide and conquer.

Now that you've taken everything out, you can sort through it. Create piles labeled:

- Keep
- Donate or Sell
- Toss

STEP 2: LOVE IT OR LOSE IT?

If you're anything like me, editing your wardrobe is a task that sounds easy in theory but the execution of it? Not so much. If you suffer from just-can't-let-go-itis, here's a handy infographic to help you decide what stays and what goes:

Love It or Lose It!

Edit your Closet



The average person wears 20% of their clothes 80% of the time



Out of sight, out of mind: Clearing the clutter makes your clothes more visible. If you can't see it, you won't wear it.



2 out of 3 women hold on to clothes that don't fit in hopes of fitting them again someday.



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If you don't think you'll be able to part with your favorite items (the ones you haven't worn in years), enlist the help of a friend (or ask [The Style Medic!](#)).

Your keep pile should only consist of items you will use or wear.

It can be tempting to want to keep those items that have sentimental value, but parting with them will not make the memories associated with them any less special.

Unless you're actively engaged in a weight management program, there's no need to hold on to those 'skinny jeans' you're hoping to fit into again someday. You don't want to lose weight and be this dope new version of yourself wearing outdated jeans. Invest in some new items when you lose the weight. Treat. Yo. Self.

TIP

As you're going through your closet, make a list of the keepers and jot down any staples your wardrobe is missing and things you have multiples of. The next time you go shopping, you'll know what you really need.

Go through every piece of clothing and think about what you wear and don't wear. Be honest with yourself.

STEP 3: TIME TO ORGANIZE!

Now it's time to put the keepers back. Start with the things you can hang. When you are putting the clothes back, organize any way you like, but my suggestion is to first organize by category, then organize by color.

- Start with these categories:
 - Long sleeve tops
 - Short Sleeve tops
 - Dresses / Jumpers
 - Skirts
 - Trousers
 - Jeans

TIP

Make it smell good! Now that you've whipped your closet into shape, why not make it smell as good as it looks? Use potpourri sachets or even dryer sheets to keep your closet smelling fresh.

- After sorting into categories, sort items by color: red, orange, yellow, green, blue, purple, brown, black, white. This will help you put outfits together quickly
- If you don't have a shoe rack, keep shoes neatly lined up at the bottom of the closet or keep boxes neatly stacked
- Sweaters should be folded to keep from creating wrinkles and hanger dents. They can be organized by color too
- I also suggest sorting shoes by category to make things even easier. This means dress shoes in one place, sandals in another, etc.

STEP #4: ONE WOMAN'S TRASH

So now that you've gotten rid of all the unnecessary stuff that's been accumulating over time, what do you do with it? Here are a few ways you can get rid of the mess and maybe make a little extra money too!

TIP

Don't just organize your closet in spring. Keep your closet in shape and organize every season.

Cash in Your Closet

- Return for store credit: Many stores won't let you return items for a refund after a certain period. If you have clothes in your closet that still have the tags on them you may be able to return them to the store for store credit
- Sell on Sites like eBay, ThredUp or Poshmark: If your items are still in good condition try selling them online. You can also sell store credit/gift cards for cash on eBay
- Sell at local consignment shops: If selling clothes online doesn't appeal to you, you can get the same results from consignment shops. Make sure you check with the store to find out which brands they accept before visiting

Do Some Good

- Host or participate in a Clothing Swap: A clothing swap is exactly what it sounds like; a bunch of folks get together and swap items of clothing. You can use sites like Meetup.com to find swaps in your area or you can make it

a girl's night and host your own. Invite your girlfriends to bring clothes they don't want to keep (but are way too cute to donate) and have a little cocktail party where everyone gets new clothes without spending money. Donate any un-swapped items.

- Donating items to organizations like Goodwill, Salvation Army or Dress for Success is a great way to give back while getting rid of unwanted items. Make sure to keep donation receipts for tax purposes.

**NOW STEP BACK AND ENJOY
YOUR MASTERPIECE!**

About the Author

T. Espinoza is The Style Medic. She's the Diva next door, the girlfriend who always looks Fab but doesn't spend a bundle.

T. uses her money saving superpowers to help fashionistas blur the lines between frugal and fabulous so that they can live a more fabulously rich life without breaking the bank.

Find out more on <http://www.TheStyleMedic.com/about>

