

# WELCOME TO WENDY ROWE'S WORKSHOP

**CLEAN. SUSTAINABLE. LIVING.**

WITH WENDY PEPPEL

Includes  
**FREE**  
Checklist!



# Welcome!

You're not just here to learn about cleaning—you're here to create a healthier home. And I'm so glad you're taking the first step.

Whether you're brand new to Norwex or already love your EnviroCloth, this workshop is about more than shiny countertops. It's about **"empowering you"** with simple swaps that protect your health, save your time, and help you breathe easier—literally.



Wendy

## ABOUT ME

Hi! I'm Wendy Peppel, a wife, cat mom, and system-lover who found healing and clarity after decades of battling asthma and allergies. I used to believe the products in my home were helping me, but they were actually making me worse.

Then I found Norwex, and everything changed. Now, I help others create homes that feel like a sanctuary, rather than a source of stress—clean, simple, and safe for the people (and pets!) we love most.

Inside this workbook, you'll find inspiration, easy-to-follow ideas, and a peek into how just **"five core products"** can completely change how you care for your space. You don't have to overhaul your life—just start with one step. And this is a great place to begin.

Inside this workbook, you'll find tips, checklists, and helpful info that'll make the switch to safer, sustainable cleaning easier—and dare I say—fun!

Wendy Peppel



# Day 1



## WHY NORWEX?

What if you could **clean your home in half the time, spend less money on products, and create a healthier space for your family**, just by changing what’s in your cleaning caddy?

**That’s what Norwex is all about. We’re here to help you:**

- 🗑️ **Save Money** – Reusable tools that replace dozens of one-time-use cleaners.
- ⌚ **Save Time** – Clean faster and smarter with fewer products.
- ❤️ **Live Healthier** – Ditch the hidden toxins that pollute your indoor air and trigger allergies or asthma.

### ✍️ Reflection Prompt

What would you do with an extra hour each week if cleaning took less time?

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### A Little Backstory

Norwex was founded over 30 years ago in **Norway**, where strict environmental regulations sparked a revolution in safe cleaning.

The idea? Clean using **just water and high-quality microfiber**.

Today, Norwex is changing lives in over 20 countries—one safe home at a time.






# The Safe Haven 5: Your Cleaning Power Set






**Five products. One powerful shift.**

The Safe Haven 5 Set is the foundation of a cleaner, safer home—with less waste, fewer chemicals, and more peace of mind.

### Why You'll Love It:

-  **Save Money** – No more throwing cash at sprays, wipes, and refills.
-  **Save Time** – These multitaskers cut your cleaning time in half.
-  **Protect Your Health** – No toxic fumes or residues—just clean.

### What's Included:

-  **EnviroCloth** – Your everything cloth: surfaces, appliances, even walls.
-  **Window Cloth** – Streak-free shine on mirrors, glass, and stainless steel.
-  **Dusting Mitt** – Dust without sprays; traps allergens instead of spreading them.
-  **Cleaning Paste** – A little goes a long way—perfect for stubborn grime.
-  **Ultra Power Plus™ Laundry Detergent** – Powerful, fragrance-free, and gentle for skin.

### Quick Activity:

Which product are you most excited to try?

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What chemical product would you LOVE to stop buying?

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Day 3



## FRONT ROW SEAT: WATCH NORWEX IN ACTION

### Safe Haven 5 in Real Life

You've seen the product names—now see what they **really** do. During our live demo, you'll learn how five tools can replace an entire cabinet of cleaners, protect your health, and simplify your routine.

✔ Norwex Product	✗ Replaces This	🏠 Use It In
<b>EnviroCloth</b>	Disinfectant wipes, sprays	Kitchen, bathroom, doors, surfaces
<b>Window Cloth</b>	Glass cleaner, paper towels	Mirrors, windows, stainless steel
<b>Dusting Mitt</b>	Dust spray, Swiffer sheets	Shelves, baseboards, blinds
<b>Cleaning Paste</b>	Scrubbing powders, bleach	Tubs, sinks, stovetops, grout
<b>UPP Detergent</b>	Scented detergent, pods, softener	Laundry, Norwex cloth care

#### 👉 Reflect & Reset

Which room in your home feels like a cleaning headache?  
Let's make that your Safe Haven first.

# YOUR WEEKLY CLEANING ROUTINE (SAFE HAVEN 5 STYLE)

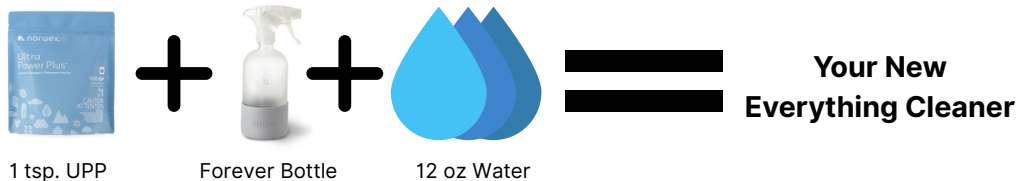
## DAILY QUICK TASKS

- Wipe down kitchen counters – **EnviroCloth**
- Shine mirrors/faucets – **Window Cloth**
- Dust a shelf or surface – **Dusting Mitt**
- Load of laundry – **UPP Detergent**
- Spot clean fridge, doors, or handles – **EnviroCloth**

## WEEKLY DEEP-CLEAN ZONES

Task	Tool	Notes
<input type="checkbox"/> Scrub sink & tub	Cleaning Paste + EnviroCloth	Buff with Window Cloth
<input type="checkbox"/> Clean glass/mirrors	Window Cloth	No sprays needed
<input type="checkbox"/> Dust baseboards/blinds	Dusting Mitt	Refresh with Rubber Brush
<input type="checkbox"/> Wash Norwex cloths	UPP Detergent	No softeners!
<input type="checkbox"/> Wipe kitchen appliances	EnviroCloth	Safe for stainless steel

## ALL PURPOSE CLEANING HACK



 **Pro Tip:** Laminate this page or slide it into a dry-erase sleeve to reuse each week!

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