



Life Simplified

Compassionate Move Managers  
& Organizers

# What to Get Rid of in the Bathroom Checklist

Life Simplified

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If you haven't used it in a year, trash it. Throw away empty bottles or duplicates of stuff. This includes all expired medications, including over-the-counter medicines. Anything that does not belong in the bathroom.

- Expired/outdated magazines
- Books
- Old or do not like nail polish
- Hotel toiletries
  - Donate to shelters
- Hair products or body washes that are not used
- Make up bags or travel bags
  - Keep one you use and donate the rest.
- Old razors
- Expired makeup
  - How long have those cosmetics been lurking in your makeup bag? Mascara should be replaced every three months. Foundation and concealer are good for about a year, while lipstick, eye shadow and blush should be replaced every two years.

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- Makeup samples
  - Give away anything you know you won't use. That perfume you didn't like would go great in a DIY spa gift for your loved one.
- Expired or unidentifiable medication
  - Dispose of old prescriptions and anything you can't identify.
- Your toothbrush
  - The American Dental Association recommends replacing your toothbrush once every three months for maximum brushing power.
- Old glasses
  - When you get your next pair of prescription frames, donate the old ones.

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- Soap scraps
  - Unless you're really dedicated to melting down the slivers into one mega-soap, toss them out.
- Old or ragged poufs
- Ragged or worn towels and wash cloths
  - Donate to animal shelter
- Unwanted feminine products
  - Donate to shelter
- Broken or unused hair dryers, curling irons, flat irons and rollers

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### **Meet Annie Kilbride, Founder & President**



Annie Kilbride is the proud owner & fearless Leader of the team at **Life Simplified, LLC. a Professional Move Management & Organizing Company.** Annie's compassion for others & ability to use time efficiently are apparent the first time you meet her. As a former critical care nurse, she applies her knowledge and ability to connect with others to each job, utilizing her passion and talent to simplify your move, project, even your life.

Over the years, Annie has used her assessment, communication and planning skills to develop Life Simplified into more than just a professional organizing company. She has branched out into the Professional Move Management and Staging arenas. Her ability to use her compassion along with her skills has made her a leader in all these fields.

Annie has also donated her services to local fundraising events that help the community. She has had the gratifying experience of helping two local nonprofit organizations create an amazing donation center for the community in order to provide clothes and food that they would not otherwise have any access to. She has taught at the local community college & local adult school and had many speaking engagements. Annie has even been flown to Key West to help a client, as well as, been interviewed several times on local radio and TV shows & been quoted in several different newspaper articles.

In addition to her organizational talents, Annie strives to educate others. Annie's team helps guide clients through many overwhelming and difficult life altering decision making processes with compassion and absolutely no judgement.

Annie & the Life Simplified Team go the extra mile—she will hang something on the wall, move furniture, pick up supplies, pack her car full of donations. She will even bring all your items to sell, and arrange for all pick-ups, contact auctioneers, eBay personnel and get you fair value for your unwanted clutter. Annie will arrange for the electrician, handyman, junk man, movers, etc. and keep ALL of them on schedule!

Annie & her team are members of National Association of Productivity & Organizing Professionals, Real Estate Staging Association, National Association of Specialty & Senior Move Managers, The Keys Guild, SBO Partner Program & has been voted Best of the Main Line & Western Suburbs by Main Line Today.

*Annie Kilbride, Professional Move Manager & Organizer*  
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