

CLEAN MAMA'S
GUIDE TO LAUNDRY

LAUNDRY SIMPLIFIED



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Quick Start Guide



Let's simplify laundry, shall we?

It doesn't need to be difficult! Here's what you need to do....

DECIDE ON YOUR METHOD:

Are you a laundry every day person, a laundry day person, or somewhere in between? My preference is always going to be laundry every day (as long as we have it to wash), but decide on your own method. Once you've determined this, use the Laundry Schedule on [page 4](#) to make a plan.

FIND YOUR SYSTEM:

1. How many laundry baskets do you need?
2. What determines when laundry is done?
A full basket or the day of the week?
3. Where will you fold laundry?
4. Who does the laundry (hopefully everyone!)

✧ ✧ ✧
*See [A System for Laundry](#)
on [page 5](#) to work through
your own home's system.*

USE THE RIGHT PRODUCTS:

You need less than you think! I am easily overwhelmed by laundry and find it easier to do one load of laundry from start to folded and put away every day. Simplify your laundry routine by using just the basics – no need for an arsenal of laundry supplies, pare it down to a couple favorites and keep those stocked. My must haves for fresh, clean clothes? See the Laundry List on [page 16](#) for all my favorites.

A FEW TO GET YOU STARTED

- Laundry Detergent with enzymes
- Oxygen Whitener
- Natural Fabric Softener
- Stain Solutions

Laundry Schedule

First things first, if you're overwhelmed with your laundry, you need a plan for it.

Use this simple worksheet to map out your week and your laundry intentions. If you're doing the Clean Mama Routine, you know that Laundry is a Daily Task. Do a load daily – from washer to folded and put away. Saturday is Sheets and Towels Day - that's the day that we launder bedding and bath towels. I do a quick load at the end of Saturday of cleaning cloths and then the 'clean washer' cycle on the washing machine.

OUR LAUNDRY SCHEDULE

We follow it loosely but it's helpful! We have five in our family so everyone gets a 'laundry day', starting with my husband on Monday, myself on Tuesday, our oldest on Wednesday, our middle child on Thursday, our youngest child on Friday, and sheets and towels on Saturday. This gives us a framework and a goal for what to wash and when to wash it.



PLAN IT OUT

Use the weekly boxes to the right to map out your laundry schedule. Do you do laundry daily? Every other day? Once a week? Plan it out, realizing that not every week will go perfectly, but at least you have a plan for your laundry moving forward.

SUN	
MON	
TUE	
WED	
THU	
FRI	
SAT	

SUN	
MON	
TUE	
WED	
THU	
FRI	
SAT	

A System for Laundry

Everything runs a little more smoothly when there is a **SYSTEM** to it.

You need a system and a method for your laundry. After years doing laundry and helping others figure out their own systems for laundry, here are a couple things that work universally. These help make laundry easier and more enjoyable (if that's possible).

 *With a system laundry gets done.*

EVERYONE GETS A LAUNDRY BASKET OR HAMPER

Dirty clothes go in the laundry basket, when it's full, laundry gets done. For kids, I recommend using a small basket. They have smaller clothes and learning how to fold and put away laundry is easier when it isn't a huge mountain of laundry.

KEEP IT SIMPLE

Kids clothes are generally colors and brights and can be laundered as one load, especially if you are keeping a small basket. If there are whites, launder those separately.

SEPARATE, SEPARATE

Instead of sorting by color, first sort by type of fabric. Why? Your fabrics will last longer if they aren't rubbing against opposing fabrics while they wash and dry. For example, washing leggings and jeans together can cause unnecessary friction, causing the fabrics to lose their original look and feel. Even sheets and towels should be laundered separately to ensure that they last as long as possible. As a general rule, the fabrics I recommend washing separately: whites and lights, darks, workout clothes, sheets, towels. This is as far as I go in separating - if you have multiple pairs of jeans to wash, that can be a separate load as well. I line dry jeans and find that they are fine in my dark load.

CLEAN VS DIRTY LAUNDRY BASKET

I keep clean baskets for clean clothes out of the dryer or folded and ready to be put away. If you don't do this or don't have extra baskets that you can use for clean and dirty clothes, periodically wipe your laundry baskets out with a cleaning cloth and an all-purpose cleaner.

A System for Laundry



REMEMBER

Everything runs a little more smoothly when there is a **SYSTEM** to it.

DELEGATE, DELEGATE

As with any homekeeping task, help is key! Teach your kids to do their own laundry early. I always recommend starting with toddlers helping you separate socks and undies into piles. Then they can help with putting clothing away and move on to folding. Doing the laundry with them is how they learn and then how they can take over this task in elementary school. Of course this is child and ability dependent, but I have found that middle elementary aged kids can do a simple load of laundry independently.

WHAT YOU USE MATTERS

Part of your system is keeping the laundry supplies simple, minimal, and safe. You don't need a closet full of supplies and chemicals for clean laundry. Know what works for your home and family and stick to that. See the [Quick Start Guide](#) for my favorite products for simplifying laundry.

TO IRON OR NOT IRON

I am not a big ironer but I do have an iron and ironing board and use both as needed. I find that if I stay on top of the clothes coming out of the dryer (one load a day), I rarely need to iron. I also have a clothing steamer - both that and the iron work well to remove wrinkles and to freshen up clothing.

NOTES

How to Clean Your Top Loading Washing Machine

Cleaning your top loading washing machine is simple, all you really need is white vinegar and some cleaning cloths.

Worried that your laundry room will smell like a pickle? Once the rinse cycle runs you won't smell the vinegar.

HOW TO ADD IT TO YOUR ROUTINE:

If you're adding cleaning your washing machine to your cleaning rotation, clean it monthly or at least every 3 months.

TOP LOADING INSTRUCTIONS

- Start by setting your washer to its hottest temperature, highest capacity and longest cycle.
- Add four cups of white vinegar to the hot water, close the lid and allow it to agitate for several minutes.
- Open the lid or pause/stop the machine and allow it to sit for an hour so that the vinegar can do its job to get rid of the bacteria, mold and mildew and the hoses of your machine.
- After you have run a complete cycle with the vinegar solution, you can repeat the process if your washing machine is extra dirty. The vinegar does a great job of removing any buildup, not to mention softening any soap scum and other residue that may be in the washer and hoses. Let your machine agitate the solution for several minutes and open the lid.
- While you allow this solution to sit for an hour, it's time to tackle the exterior of the washer as well as the fabric softener and bleach reservoirs. Using soft cleaning cloth, dip it in the vinegar solution and wring it out. Wipe down the exterior, lid and control panel, taking care to not get it too wet. Remove any compartments and wipe down around the area where scum and dirt tends to collect. Rinse your cloth and remove the softener reservoir from the machine and wipe the exterior and interior of it as well. Close the lid and allow the washer to complete its cycle.



my number one maintenance tip

Be sure to leave the door open to prevent moisture build-up in between loads and clean it inside and out every month.

How to Clean Your Front Loading Washing Machine

Cleaning your front loading washing machine is simple, all you really need is white vinegar and some cleaning cloths.

Worried that your laundry room will smell like a pickle? Once the rinse cycle runs you won't smell the vinegar.

HOW TO ADD IT TO YOUR ROUTINE:

If you're adding cleaning your washing machine to your cleaning rotation, clean it monthly or at least every 3 months.

FRONT LOADING INSTRUCTIONS

- Select the hot water setting. If your machine does not have a hot water setting, then select a "white" or a "stain" cycle setting.
- Select the "extra rinse" option if your washer has that choice.
- Add one cup of white vinegar to the drum and fill the washing machine.
- Allow the cycle to run until it has completed.
- After you have finished washing the interior of the washer, take a couple minutes to clean the dispensers. These can be easily cleaned by simply removing and washing in warm, soapy water to remove any residue or by wiping them down with white vinegar on a cleaning cloth. Rinse and dry them thoroughly before reinserting them.
- Make sure you wipe down the rubber seal on the door as it is a perfect hiding spot for mold and mildew. Carefully pull back the rubber gasket and inspect to see if you have mold, mildew or socks lurking. Carefully wipe down the area with white vinegar and a soft cleaning cloth. Rinse with a cloth dampened with water and dry thoroughly with a clean cloth to prevent any moisture build-up.
- After cleaning these three zones, you can wipe down the exterior and control panel with a damp cleaning cloth. Maintaining a clean washer and eliminating the stinky laundry issue is simple.



my number one maintenance tip

Be sure to leave the door open to prevent moisture build-up in between loads and clean it inside and out every month.

How to Maintain and Clean Your Dryer

Put dryer maintenance on your to-do list!

Keep your lint trap clean and schedule an annual dryer vent cleaning.

AFTER EVERY USE: Clean your lint trap.

MONTHLY: Wipe down the exterior and interior drum of your dryer. Both the exterior and interior of your dryer can be wiped clean with a simple and safe all-purpose spray of equal parts white vinegar and water. Spray directly on a microfiber cleaning cloth and wipe clean. Keep the dryer open until it's dry.

CHECK OFF THE MONTHS AS YOU COMPLETE THEM...

	JAN		FEB		MAR		APR
	MAY		JUN		JUL		AUG
	SEP		OCT		NOV		DEC

ANNUALLY

Unplug the dryer and clean out the hose and duct with a vacuum cleaner. I recommend hiring a professional to do this task in order to blow out the duct thoroughly.

SERVICE LOG	DATE	SERVICED BY

How to Fold Anything and Everything

How you fold and store your laundry is a systematic process and it's personal.

Come up with what works best for you and your storage situation. If you have more hanging space than drawer space, your shirts and pants will most likely be hung and vice versa.

THE NEXT FEW PAGES WILL TEACH YOU:

1. How to fold and store fitted or flat sheets
2. How to fold and store wash cloths, hand towels or bath towels
3. How to fold and store pretty much any type of clothing

TAKE A FEW NOTES ON WHAT IS WORKING IN YOUR CURRENT SYSTEM AND AREAS YOU CAN IMPROVE.

✦ FOLD & STORE ✦

Fitted or Flat Sheets

Frustrated with storing your sheets?

Fold them up as neatly as you can and store them in a pillowcase.


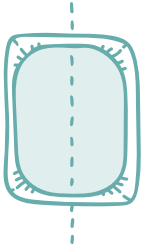



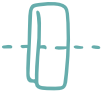


Stack the sets on a shelf or in a basket for easy access.

No more bundled up sheets and sets stay together.

The best thing about this tip?

It's okay if your fitted sheets aren't perfectly folded because they hide in the pillowcase.

FOLDING INSTRUCTIONS:

<p>1</p>  <p>Pull the sheets out of the dryer – get them when they're warm before they are bunched up.</p>	<p>2</p>  <p>Fold sheets in half the long way (these steps work for flat sheets as well).</p>	<p>3</p>  <p>Tuck one fitted corner into the other – like a pocket.</p>	<p>4</p>  <p>Fold the sheet in half again with the fitted corners on the inside.</p>
<p>5</p>  <p>Fold the sheet in half, bringing the two corners together.</p>	<p>6</p>  <p>Fold in half again – it should be about 11"x14", if not, fold it again.</p>	<p>7</p>  <p>Put the extra pillowcase in the sheets or on the top and slide into the pillowcase.</p>	<p>8</p>  <p>Place the sets on top of each other on a shelf or in a basket.</p>

✦ FOLD & STORE ✦


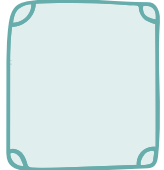
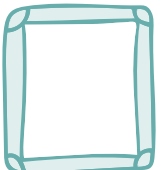




How to Insert a Duvet into a Duvet Cover

If you've every found yourself wrestling with duvet, here is a super simple method for this popular bedding cover.

I recommend washing a duvet cover like you would sheets – weekly is best if you don't use a top sheet and bi-weekly to monthly works if you do use a top sheet.

When you have mastered this method, you won't be afraid to wash your duvet cover any longer.

INSTRUCTIONS:

<p>1</p>  <p>Put clean sheets and pillowcases on the bed.</p>	<p>2</p>  <p>Turn the duvet cover inside out, lay it on the bed.</p>	<p>3</p>  <p>Place your duvet on TOP of the inside-out duvet cover.</p>	<p>4</p>  <p>Tie corners to the loops on corners of duvet – single tie, do not knot.</p>
<p>5</p>  <p>Right side out the duvet on the bed.</p>	<p>6</p>  <p>Button up the bottom – I never fully unbutton the duvet cover, less to button up!</p>	<p>7</p>  <p>Step back and admire your beautifully made bed.</p>	<p><i>Here's a tip!</i></p> <p>Look for a duvet cover that has ties in the corners – this keeps the insert in place + makes for a neatly made bed. A few good ones: Boll & Branch, Pottery Barn, and Sol Organics.</p>

✦ FOLD & STORE ✦

Wash Cloths, Hand Towels *or* Bath Towels

Decide on how you want to fold your towels
– in half, in thirds, another way.

This is helpful for storage and making sure everything fits neatly and can be located easily. Fold the towels and put them away – when you launder your towels again put them away the same way again.

For consistency, I fold all the towels the same way.

FOLDING INSTRUCTIONS:

1



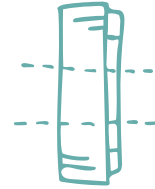
Lay flat and smooth out the towel.

2



Fold towels in thirds lengthwise.

3



I fold bath towels in thirds again.

4



Hand towels + washcloths get folded in half to fit in our cupboards – you might want to fold in thirds, depending on your space.

5



Stack on shelves for easy access!



Clean Mama says...

Check out this [blog post](#) for a little extra help!

Any and All Clothing

Clothing might be folded up or hung, it really depends on how much room you have to store them and where you store them.

Come up with a way that works for your family, your laundry system and where you are storing these items. If you have a shallow drawer for t-shirts, you won't be able to 'stand them up'. This is why there really isn't a right or wrong way to fold things but it does help with organization and putting things away if there is a SYSTEM for how they are stored.

FOLDING INSTRUCTIONS FOR:



SHORTS Fold in half lengthwise and then fold in half and stack or put vertically in drawers.



JEANS + PANTS Kids – fold in half lengthwise and then fold in half and then in half again and stack or put vertically in drawers. My husband folds his jeans and pants in half lengthwise putting a crease in the front and then in thirds and then stacks them on a shelf in our closet. I fold my jeans and pants in half lengthwise and hang them.



T-SHIRTS Most shirts are hung on hangers in our house – we have the room to hang them and it's just my preference and I'm not a fan of fold lines on shirts. The shirts that are folded get folded and stacked vertically if there's room in the drawer or horizontally if there isn't. If I am folding shirts, I hold it up, fold the sleeves and about a third of each side in, lay it flat and fold in half and then in half again. If you are looking for a perfect fold, you can always try a shirt folder – I find it quicker just to fold without a folder but that's just my preference.



LEGGINGS Fold in half lengthwise and then in half again. I continue to fold the pants or leggings until they are as small as the waistband. I keep them vertically in my drawer as it's the only way they fit this way in the drawer is if I fold them down to the size of the waistband.

Any and All Clothing



REMEMBER

Come up with a way that works for your family, your laundry system and where you are storing these items.

FOLDING INSTRUCTIONS FOR:



PAJAMAS I like to make a ‘package’ with pajama sets. This makes it easy to grab the set and it eliminates searching for the set. I start by folding the pants in half and then in half again. For the top, I fold the sleeves in and place the pants in the bottom half of the shirt and fold the top half over the top.



SOCKS We do socks differently for everyone – for my socks, I fold over and then bring the band over them again. This is the only way they fit in my narrow sock drawer. My husband keeps his socks in baskets in our closet – one basket for sport socks and one for dress socks – nothing gets matched or folded. The kids each have a bin in their top drawer next to their undies bin and their socks get tossed in there. I buy large packs of the same socks so there is very little matching that needs to be done. Grab undies and two socks and go.



UNDIES Fold in half and then in half again and stack and place in a drawer if you’re feeling fancy. I prefer using a small bin in the top dresser drawer to just toss undies into.



BRAS Fold the cups into each other and fold the straps into the cups. Fold in half again and store.

✦ GUIDE TO LAUNDRY ✦

The Laundry List

what you need, what you don't!

STEP 1: THE SYSTEM

LAUNDRY BASKETS

How many laundry baskets do you need?

GETTING IT DONE

What determines when laundry is done? A full basket or the day of the week?

FOLDING 101

Where will you fold laundry?

WHO'S HELPING

Who does the laundry? (hopefully everyone!)

STEP 2: DETERGENTS & MORE

CHOOSE YOUR LAUNDRY DETERGENT



Look for an enzyme-based detergent - I recommend [Clean Mama's Spray Laundry Detergent](#) (can also be used as a pre-treater) and [Clean Mama's Laundry Super Powder](#). You don't need both, choose your preference of liquid or powder detergent.

Why enzyme-based?

Enzymes search out dirt, grimes and odors, break them down and make them easier to remove.

USE A SAFE WHITENER AND BRIGHTENER



Keep the bleach out of your home - I haven't owned it in years and can promise you that you don't need it. I recommend [Clean Mama's Oxygen Whitener](#) for your whites, colors (it's color-safe) and for cleaning! It's a great addition to your laundry and cleaning arsenal.

STAIN SOLUTIONS



Use the right ingredients for stains and you'll no longer have stains on your clothing and laundry. See the Stain Chart on [page 24](#) for more information and all my favorites.

The Laundry List

what you need, what you don't!

STEP 3: IS IT CLEAN?

Follow these clean laundry tips for your cleanest laundry yet...

1. Use the amount of detergent recommended - less is always better.
2. Don't overload your washing machine. Make sure that your clothes have plenty of room to agitate and get clean..
3. Never overfill your washing machine or dryer as you want adequate water flow in the wash and air flow in the dryer to clean and dry your laundry.

STEP 4: NATURAL SOFTENERS & MORE

WHY USE NATURAL FABRIC SOFTENER?

Most conventional fabric softeners + dryer sheets contain fragrances and ingredients that are known to cause and/or exacerbate existing respiratory and asthmatic irritations and problems. These ingredients are toxic and harmful to anyone, not just people with existing problems. I recommend using safe and natural fabric softener.

Did you know?

Fabric softeners coat fibers making clothes + towels harder to get clean because of the build up of fabric softener.

WOOL DRYER BALLS OR WHITE VINEGAR, USE ONE OR BOTH TO SOFTEN



[Wool Dryer Balls](#) reduce drying time and soften clothes. You can use them for up to 1000 loads of laundry – depending on how much laundry you do, that's probably at least 3 years! NO waste, eco-friendly, plus wool is biodegradable and naturally antimicrobial. To use white vinegar – add ¼ cup in the fabric softener dispenser for soft laundry and a clean washing machine. And no, your laundry will not smell like a pickle, pinky promise.



SWEATER SHAVER OR STONE

I love a sweater shaver for getting pills off clothing + sweaters, they're great to have in your supplies. I even use ours on our sofa!

The Secret to Soft and Fluffy Towels

Frustrated with crunchy towels? How do they go from super soft and fluffy towels to crunchy and stiff? What happens to make them veer away from that wonderful state?

Towels absorb water, if they aren't hung up optimally or if they remain damp, they get stinky. Hampers and baskets are full, towels get stuffed into the washing machine and never get fully clean. Then they get over-stuffed into the dryer and don't get completely dry or get dry but aren't folded right away leaving them wrinkled and crunchy.

DE-STINK YOUR TOWELS

First things first, let's start with a couple 'rules' to help keep your towels smelling good:

- Make sure your towel storage method is optimal for non-stinky towels.
- Use bath towels no more than twice before washing and make sure that they are able to fully dry in between uses and before tossing them in a hamper or laundry basket.
- Change your hand towels often – daily is optimal.
- Never leave your towels (or any laundry) longer than a couple hours in the washing machine. The wet towels and closed space are breeding grounds for bacteria and smells to build up.
- Never over-fill your washing machine or dryer as you want adequate water flow in the wash and air flow in the dryer to clean and dry your towels (and any laundry).
- If you have some extra stinky towels use 1/2 cup baking soda in a wash with warm water and then re-wash the towels with your favorite detergent.

STOP USING FABRIC SOFTENER

Fabric softener coats the fibers and can keep your towels from getting fully clean – not to mention it's full of chemicals that you don't need in your home. You can use white vinegar as a softener (1/4 cup/load) and bonus, it'll freshen up your towels too. Simply pour the vinegar in the softener dispenser on your washing machine.



It's much easier than you might think to keep those towels looking and feeling like new!

How to Naturally Strip Laundry

Stripping laundry has been floating around the internet forever...

It's a question I get asked about regularly.

WHAT IS STRIPPING LAUNDRY?

Stripping laundry is removing any residue from detergents and fabric softeners, or a build up of minerals from hard water that you aren't able to remove from your laundry with traditional laundry washing methods. You'll see this method talked about regularly in cloth diapering groups and laundry forums.

This isn't something I regularly do because I don't typically have build-up from laundry products or minerals, but it's great for getting a deep clean and residue build up if you feel you have it.

WHY WOULD YOU WANT TO STRIP LAUNDRY?

If you have sheets, towels, cloth diapers, or any other laundry that you feel isn't getting clean or might have some build-up trapped in the fibers, laundry stripping might be a good option.

HERE'S MY SAFE & EFFECTIVE METHOD...

Gather the laundry that needs to be stripped. Just like a washing machine, you don't want to overfill or crowd the fabric – in other words, don't throw all your laundry in and make sure you keep it separated by whites and colors - don't mingle them together.

You can do this in a top load machine if you have the soak option or alternatively, fill a bathtub or large sink about 1/2 full with HOT water. If your water doesn't get super hot, you can fill it with hot water and boil some water and pour that in to bring the temperature up.

ADD THE INGREDIENTS:

- 1/4 cup Super Washing Soda – laundry booster (I usually purchase Arm & Hammer – you can find it in the laundry aisle)
- 1/4 cup Borax – cleaning and laundry booster (find in the laundry aisle)
- 1-2 scoops [Clean Mama Super Laundry Powder](#) - it has enzymes in it which makes it especially effective for removing stains and minerals

Stir to dissolve the powder and add the CLEAN laundry – make sure that what you are washing is clean first. This method can be used on whites and colors.

Stir every 30 minutes to an hour until the water is cool – this process will take 3-4 hours. You'll most likely see darker water in your tub – this is the minerals and build-up leaving the fabric.

Drain the water and press out the excess liquid using the spoon from the stripped items. I used a solid laundry basket to transfer the wet sheets into the washing machine.

✧ ✧ ✧ *Place in your washing machine and launder and dry as usual.*

✦ GUIDE TO LAUNDRY ✦

Laundry Care Guide

 MACHINE WASH on normal	 MACHINE WASH on permanent press	 MACHINE WASH on delicate
 HAND WASH	 DO NOT WASH	 DO NOT WRING
 water temp not above 80F / 30C	 water temp not above 105F / 40C	 water temp not above 120F / 50C
 water temp not above 140F / 60C	 water temp not above 160F / 70C	 water temp not above 200F / 95C
 water temp at 80F / 30C	 water temp at 105F / 40C	 water temp at 120F / 50C
 water temp at 140F / 60C	 water temp at 160F / 70C	 water temp at 200F / 95C
 BLEACH IF NEEDED	 DO NOT BLEACH	 NON-CHLORINE BLEACH
 NON-CHLORINE BLEACH	 TUMBLE DRY	 DRY NORMAL on low heat
 DRY NORMAL on medium heat	 DRY NORMAL on high heat	 DRY NORMAL no heat
 HANG TO DRY	 DRIP DRY	 DRY FLAT
 DRY IN THE SHADE	 DO NOT DRY	 DO NOT TUMBLE DRY
 IRON WITH ANY HEAT OR STEAM	 DO NOT IRON	 max temp 230F / 110C
 max temp 300F / 150C	 max temp 390F / 200C	 IRON WITH NO STEAM

Fabric Care Guide

Different types of fabric need special attention and care.

Below is a list of common washable fabrics and how I recommend washing them. If you are unsure on any item, consult the fabric care symbol on the tag and the Laundry Care Guide on [page 20](#).



REMEMBER

Regardless of the type of fabric, you can use any of the Clean Mama enzyme-based detergents for all of your laundry. They're both gentle for all fabrics yet tough on stains and odors.

Use your preference of spray/liquid or powder or your own personal favorite.

CARE INSTRUCTIONS FOR:



BABY + KIDS CLOTHES Pre-treat any stains (I recommend my [Laundry Detergent Spray](#)), soak in warm water if necessary. Launder any whites separately and launder the rest of the clothes together. I also add a scoop of [Oxygen Whitener](#) to each load of kid's clothes - this helps to whiten whites and keeps colors bright. Dry on Medium heat with [Wool Dryer Balls](#). Generally speaking, I recommend using a small laundry basket for each child and each child's clothes in their own load. This makes folding and putting away easy - for you and helpers. A small laundry basket helps to keep laundry a little more manageable.



JEANS Turn inside-out + wash with other jeans on Cold. Remove from wash, turn right side out, hang to dry. Sometimes I'll toss the jeans in the dryer for 5-10 minutes when they're almost dry to soften.



SWEATERS Depending on the woven content of your sweater, most sweaters need to be dry cleaned or line dried. I have found that washing on Gentle with Cold or Cool water works too - of course, this is at your discretion. Wash the sweater(s) alone or individually or hand-wash with a spray of laundry detergent or teaspoon of powder. Rinse thoroughly if you are washing by hand. Use bath towels to 'block' the sweater. Lay the bath towel on a hard surface, lay the sweater on top of the towel. Fold the sweater sleeves across the sweater so that they cross in the middle. Roll the towel up with the sweater inside. Press or step on the rolled up sweater, unroll and line dry.

Fabric Care Guide

Quick Tip: Start using the freezer method for smells!

Did you know that most smells in laundry is actually bacteria? If you have something that can't be laundered like hockey gear or protective padding from sports gear, you know that it can stink. Use a large plastic storage bag - the kind that's typically used for storing pillows - put the gear in the bag, seal it up and put it in the freezer overnight. If you have a deep freeze, that's preferable.

✦ ✦ ✦ *The freezer will effectively kill the bacteria and the smell.*

You're welcome. This method also works for jeans that you don't want to wash but might not be super fresh. Put them in a bag, put them in the freezer, and remove to bring back to room temperature before wearing.

CARE INSTRUCTIONS FOR:



CASUAL WEAR Most clothes are 'casual wear' and can be laundered on Warm/Cool or on Cold, depending on your preference. My preference is warm with a cool rinse. I pull out any items that need to be line dried (typically anything that has the tendency to shrink - 100% cotton) and put the rest in the dryer on Warm with [Wool Dryer Balls](#).



WORKOUT WEAR + SPORTS GEAR

I recommend laundering workout wear and sports gear separately from other clothes. It will get cleaner because there isn't friction between the fibers as there would be if you were washing it with jeans or other fabrics. Workout wear and sports gear tends to hold that sweaty scent in the fibers, you need an enzyme detergent to draw that out. I use [Spray Laundry Detergent](#) on our workout wear and sports gear, launder on Warm, and add an extra rinse. Dry on Low with [Wool Dryer Balls](#) and have no issues with residual scent - hooray! If you are washing muddy or dirty sports gear - like white baseball pants with dirt and/or grass stains, pre-treat with the [Spray Laundry Detergent](#), add 2 scoops of [Oxygen Whitener](#) to the load and soak first before laundering as directed above.



SHEETS Launder on Warm or Hot with a scoop of [Oxygen Whitener](#) added to the detergent. Dry on Warm with [Wool Dryer Balls](#) - this keeps the sheets from tangling up. I check on the sheets at least once while they're drying to make they aren't getting balled up. My best tip? Pull the sheets out when they are 'almost' dry and put them directly on the bed. They'll be crisp and wrinkle-free.

Fabric Care Guide

Quick Tip: How to quickly freshen pillows or other “unwashable” items.

If you have a pillow or another washable item that needs to be freshened up but isn't ‘washable’, simply toss that item in the dryer on Low to Medium heat for 15-20 minutes to give them a little freshening up. You can also toss in [Wool Dryer Balls](#) to help fluff the pillows around a bit.

CARE INSTRUCTIONS FOR:



TOWELS Launder towels separately from other laundry - they'll get cleaner and dry more easily. It's tempting to cram all the towels into one load but they won't get completely clean if you do. Keep the load to about $\frac{3}{4}$ full. Launder on Warm or Hot with a scoop of [Oxygen Whitener](#) added to the detergent and $\frac{1}{4}$ cup white vinegar added as your fabric softener. Do not use fabric softener on towels - it coats the fibers and makes them hard to clean and less absorbent. Dry on Warm with [Wool Dryer Balls](#). Fold directly from the dryer to avoid crunchiness.



KITCHEN TOWELS Keep a small basket just for kitchen cloths and towels. Make sure that you are letting them completely dry before stashing them in a basket to avoid that gross smell that can come from damp/dirty kitchen cloths and towels. Launder your kitchen towels separately from other laundry to ensure they have plenty of room in the washer to get clean. Kitchen towels are typically 100% cotton. I wash these on Hot, spot treating if necessary with [Laundry Detergent Spray](#), and with a scoop of [Oxygen Whitener](#). Dry on Medium, fold + put away.



CLEANING CLOTHS You can find my favorite cleaning cloths in the [Clean Mama Shop](#). Microfiber or a microfiber blend needs to be laundered together, not with other laundry. Why? Microfiber will attract lint from other fabrics and that lint will transfer to surfaces when you dust and clean. Wash microfiber on Hot for germ killing and dry on Low/Medium. Do not use fabric softener when laundering microfiber as it will coat the fibers (like it does with towels) and transfer that to surfaces.

Stain Chart

Most stains can be removed when treated promptly.

Take care to treat and remove stains right away and your laundry woes will go away. Try these safe and natural methods and launder as usual. I use [Clean Mama's Spray Laundry Detergent](#) as my pre-treater as well.

STAIN TREATMENT FOR:

UNKNOWN STAINS Dampen the stain and rub with a bar of castile soap. Rinse, repeat if necessary and launder as directed.

BODILY FLUIDS Blot and soak up with a dry cloth. Rinse with cold water. Apply a solution of [Oxygen Whitener](#) and water. Let soak and launder as usual.

FRUIT + JUICE Reverse fabric and run under warm/cool water and treat with white vinegar if stain remains. If fabric is white, spray with hydrogen peroxide.

GREASE + OIL Keep a piece of white chalk in your laundry room and draw over any grease stains. If the grease or oil stain is larger in size, sprinkle with corn starch and rub in with a drop of dish soap. Both the chalk and the cornstarch absorb the oil.

INK Dab stain with a cotton swab dipped in rubbing alcohol. Rub the rubbing alcohol into the stain, rinse and repeat.

SWEAT Mix up a baking soda and water paste (start with 2 tablespoons baking soda and 1 tablespoon water) and scrub with a small brush to dissolve perspiration. Soak in ¼ cup [Oxygen Whitener](#) and warm water in the washing machine or a small laundry bucket for a couple hours or overnight.

WINE Blot with club soda or cool water and soak up stain. Reverse fabric and rinse with cool water and launder as usual.

Featured Products

Use this handy page for shopping my favorite laundry products.

Helpful descriptions + links are included! [View the complete Laundry Collection over on my shop.](#)



QUICK TIP

If you have essential oils on hand – add a couple drops to the wool dryer balls, let dry completely and toss in with your next load for a subtle scent! My favorite scent to add is lavender.

LAUNDRY DETERGENT SPRAY

This is the laundry detergent that will change your laundry routine for good! Just 5 sprays - no drips, no spills, no mess. Ultra-concentrated advanced enzyme power cleans any fabric with just 5 sprays. Available in Unscented, Clean Laundry Scent, in a starter kit, as a refill bundle or as a monthly subscription.

[Learn More, Buy Now or Subscribe](#)

OXYGEN WHITENER

Uses sodium percarbonate and other earth derived ingredients to aid in breaking down the hard water minerals to bring back your whites! It is color safe but it is recommended that you test a small spot on your colored laundry to ensure fabric compatibility. Available in Lemon scent and as a monthly subscription.

[Learn More, Buy Now or Subscribe](#)

LAUNDRY SUPER POWDER

Formulated with enzymes to remove dirt, grime, and odors. Ultra-concentrated, made from just seven earth-derived ingredients and formulated for the most sensitive skin and strong enough for the toughest stinky cloths and stubborn stains. Available in Lemon + Clove or Lavender scent and as a monthly subscription.

[Learn More, Buy Now or Subscribe](#)

WOOL DRYER BALLS

Unbleached and fragrance free wool from family-owned farms in New Zealand and hand-felted by women in Nepal to support their families with this craft.

[Learn More or Buy Now](#)