

Eco-Laundry Additives: Quick Guide

A simple reference for which natural laundry boosters to use with different fabrics and loads.

Vinegar – Fabric Softener & Odour Neutraliser

Best for: Towels, bedding, sportswear, pet laundry, jeans, leggings, waterproofs.

Avoid with: Delicates, silk, or wool. Can weaken elastic over time (underwear).

Bicarbonate of Soda – Deodoriser & Gentle Cleaner

Best for: T-shirts, socks, sportswear, pet laundry, whites and school uniforms.

Avoid with: Wool, silk, or delicates. Use only half a scoop if washing coloured fabrics.

Citric Acid – Descaler & Softener

Best for: Bedding, towels, and machine cleaning cycles.

Avoid with: Coloured loads, delicates, and elasticated items.

Soda Crystals – Deep Cleaner & Grease Cutter

Best for: Heavily soiled clothes, jeans, workwear, kitchen cloths, and pet bedding.

Avoid with: Wool, silk, or delicate synthetics. Not for handwashing.

Epsom Salts – Natural Softener & Odour Neutraliser

Best for: Towels, bedding, and gym gear.

Avoid with: Silk, wool, and delicates. Not ideal for elastic fabrics or underwear.

Clothing Guide

- T-shirts → Bicarbonate of soda or vinegar
- Underwear (panties, bras, boxers) → Mild detergent only (no additives)
- Leggings → Vinegar (freshening) or mild wash only
- Dresses & skirts → Vinegar or none (gentle cycle)
- Jerseys → Gentle detergent only (avoid all additives)
- Jeans & denims → Vinegar or soda crystals
- Waterproof jackets & pants → Vinegar rinse only (no heat dry)

Tip: Always dissolve powders before adding to the drum, and use vinegar in the fabric softener compartment.