

Natural Laundry Additives & Fabric Conditioner Guide by My Tip Offs

 **White Vinegar** - Softens fabrics naturally, removes detergent residue, and freshens laundry. Smell disappears as clothes dry!

- **Use:** 100 ml in the *fabric-softener drawer* per load.
 - Mix ½ cup vinegar + 10–15 drops essential oil (lavender, lemon, or eucalyptus) for a light scent.
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Bicarbonate of Soda (Baking Soda)

- **Use:** 2–4 tbsp (30–60 g) directly in the *drum* with detergent.
 - **Why:** Neutralises odours, brightens colours, softens water.
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 **Essential Oils (Optional)** Use only *pure essential oils* (not synthetic fragrance oils):

- **Lavender** – calming, antibacterial
- **Lemon** – bright, deodorising
- **Tea Tree** – antimicrobial (5 drops only if using; too much smells clinical!)
- **Eucalyptus** – fresh and germ-fighting
- **Peppermint** – cool and antibacterial
- **Rosemary** – herbal and antifungal

 Mix 10–15 drops into ½ cup vinegar before adding to the softener drawer.

Washing Machine Maintenance - Run a cleaning cycle *monthly*:

- **Option 1:** 500 ml (≈ 2 cups) white vinegar poured straight into the drum.
 - **Option 2:** ½ cup (≈ 100 g) soda crystals in the detergent drawer.
 - **Cycle:** Empty 90 °C wash.
 Do not use both in the same cycle.
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Drying & Freshening

- Don't overload the washer — clothes need space to rinse.
 - Dry in sunlight if possible (nature's best fabric freshener — not easy in the UK 😊).
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Scent Sachets for Wardrobes & Drawers

- Add 2–3 tbsp **baking soda** into a **small fabric bag, muslin pouch, or clean sock**.
 - Add **5–10 drops essential oil** (lavender or cedarwood). Shake, place in drawers or hang in wardrobe.
 - Replace every 2–3 months or refresh with a few drops of oil. Alternatives: dried lavender, cedar chips.
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Quick Reminders

- ✓ Skip fabric softener for towels, sportswear, waterproofs, and microfibre.
- ✓ Use half-dose softener for jeans, T-shirts, and bedding only if needed.
- ✓ Natural = clean, soft, and planet-friendly.