



Know the Facts

Health



Making Laundry Soap & Fabric Softener

Homemade laundry detergent & fabric softener: should we or shouldn't we? There are many reasons why you should go green with your cleaning detergents even though it is not as convenient as buying something off the supermarket shelf.

To start with conventional detergents contain toxic ingredients to both you and the environment. Some of these ingredients are chlorine, phosphates, artificial additives, synthetic dyes and perfumes. Making your own means no toxins and no harsh chemicals on your clothes or your skin; no fumes from added perfumes and scents to be inhaled throughout the day which may have damaging consequences on your endocrine and neurological health. These are the same toxins that are dumped in our oceans and ground. Making your own products also reduces the amount of packaging and transportation by-products helping to reduce waste.

Home made detergent and fabric softener does not have animal by-products that are used in some commercial soaps making it suitable for vegans and environmentally conscious people. Homemade detergents cost less money and last longer.

So go for a safe-for-you-and-the-environment, economical, lightly scented and vegan laundry soap and fabric softener. See how on the next page.



What may stop you from DIY?

- You need to look for ingredients from various sources, put time and effort into making it. It may also be a messy job. For example, grating a bar of soap, using a food processor, you will have to use various cleaning bowls and containers. All that make it a little bit more tedious than buying a product at the store.
- Clothing washed with homemade detergent may not seem as soft or as clean as when you use a regular laundry detergent and fabric softener. This is because conventional detergents contain lots of harmful additives to remove difficult stains and make clothes feel soft to the touch.



Laundry Soap

Basic Ingredients

- 1 kilo for washing not baking Na_2CO_3
- 1 kilo Borax Sodium tetraborate $\text{Na}_2\text{B}_4\text{O}_7 \cdot 10\text{H}_2\text{O}$
- 1 kilo soap powder from olive oil

Directions

- Mix ingredients and store in a jar.
- Label & date.
- Use 3-4 tablespoons per wash.



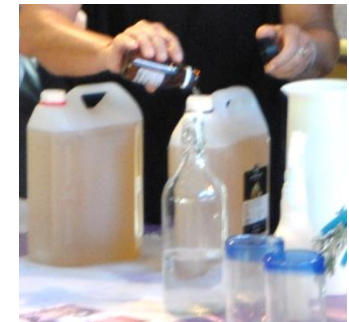
Fabric Softener

Basic Ingredients

- 1 liter water
- 1 liter white vinegar
- 20 drops essential oils (optional)

Directions

- Mix ingredients and store in a bottle.
- Label & date.
- Use 3-4 tablespoons per wash.



Words For The Wise

Soda & borax when mixed with water remove fat, wine stains, bad smells, rust and tough stains in general. Along with the vinegar they protect the washing machine from salt buildup. They are also ecofriendly.

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Further reading: www.globalhealingcenter.com; www.theguardian.com; www.auratektextiles.com; www.livestrong.com;