



## 1 - INITIAL WASH

The **FIRST** time you wash your sheets: Add 1/2 cup of distilled white vinegar to your washing machine's fabric softener dispenser to prevent the fibers from pilling. Vinegar is a natural fabric softener, it brightens, whitens and eliminates odors.

*Always follow manufacturer's care instructions before adding vinegar to your washing machine.*

## 2 - HOW TO WASH

Wash in cool to warm water with like colors & fabrics in mild detergent on a gentle cycle. Use non-chlorine bleach only.

*Our little secret...*

*Washing similar linens together on a gentle cycle, using cool to warm water, & adding vinegar in place of fabric softener can all help reduce pilling.*

## 3 - HOW TO DRY

Dry sheets on **LOW HEAT**. You can also **TUMBLE DRY** your sheets, which takes longer, but may extend the life of the sheets

**Fun Fact:** To reduce fabric clumping & keep sheets from rubbing together:

Adding a few clean tennis balls inside the dryer with your sheets can also shorten dry times & reduce pilling

## REMOVE OIL WITH A DEEP SOAK

### YOU WILL NEED:

- \* **DISH SOAP** - it cuts grease! (1 cup)
- \* **BORAX** - a laundry booster! (2 tbsp or less)
- \* **WHITE DISTILLED VINEGAR** - it neutralizes odors! (1 cup)
- \* **MILD LAUNDRY DETERGENT** (your normal amount for 1 load of sheets)

**1.** As hot water is filling a plastic tub or sink (NOT your washing machine) mix the above ingredients with **HOT** water. Make sure the water is **HOT for the soak only** ~ fill enough water to cover the sheets. The goal is to have a thick soapy mixture that penetrates deep into the fibers and soaks for at least 1 to 3 hours, if possible. Remember, the longer the soak the better.

**2.** After the soak is complete, drain the soapy water & do a quick fresh water rinse through the sheets and wring out the excess water.

**3.** In your machine, wash your sheets in **COLD** water. Dry on **LOW** heat.

## WHAT NOT TO DO



### NO FABRIC SOFTENER

Over time, the fabric softener buildup can actually stiffen the tiny fibers and reduce flannel's softness.



### NO HIGH HEAT

High heat may lead to excessive shrinkage, abrasion and unwanted pilling.



### NO HOT WATER

Hot water can cause the small fibers in the flannel to shrink, resulting in pilling.



### NO SPOT RUBBING

Excessive rubbing in 1 spot may increase the chance of pilling, which occurs when the fibers become micro-knotted.