Steph's SIMPLE LAUNDRY CHEAT SHEET

REAL ROUTINES FOR A CLEAN, CALM HOME



WHITES

- Wash with a good quality detergent.
- Add ½ cup (125ml) hydrogen peroxide to the wash.
- Dry in the sun whenever possible.
- Avoid fabric softener as it can cause yellowing.

These simple steps keep whites bright and fresh.

TEA TOWELS

- Wash in hot water with good detergent.
- Once a month (or when needed), give them a boil to remove build-up and keep them fresh.
- Dry in the sun for a natural boost.

A good boil makes such a difference!

TOWELS

- Wash in warm to hot water.
- Use good quality detergent.
- Add ½ cup (125ml) hydrogen peroxide every now and then.
- Tumble dry or line dry in the sun.

Keeps towels soft, fresh and long lasting.



TEA TOWEL BOIL METHOD – SIMPLE RESET

A monthly boil helps remove built-up grease, odours and dullness, bringing tea towels back to clean and absorbent.

	PER 1 LITRE WATER	PER 5 LITRES WATER
WASHING SODA	1 tablespoon	5 tablespoons
WASHING POWDER (REFERENCE ONLY)	½ – 1 tablespoon*	1 tablespoon*
HYDROGEN PEROXIDE (OPTIONAL)	25 ml (2–3 tablespoons)	125 ml (½ cup)

Bring water to the boil. Add ingredients, then tea towels. Simmer gently for 15–20 minutes. Allow to sit for a while, then wash as normal.

*I use only a very small amount of washing powder for reference – 1 tablespoon is usually enough.

SIMPLE HABITS, FRESH RESULTS

a calm home is built in the everyday

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