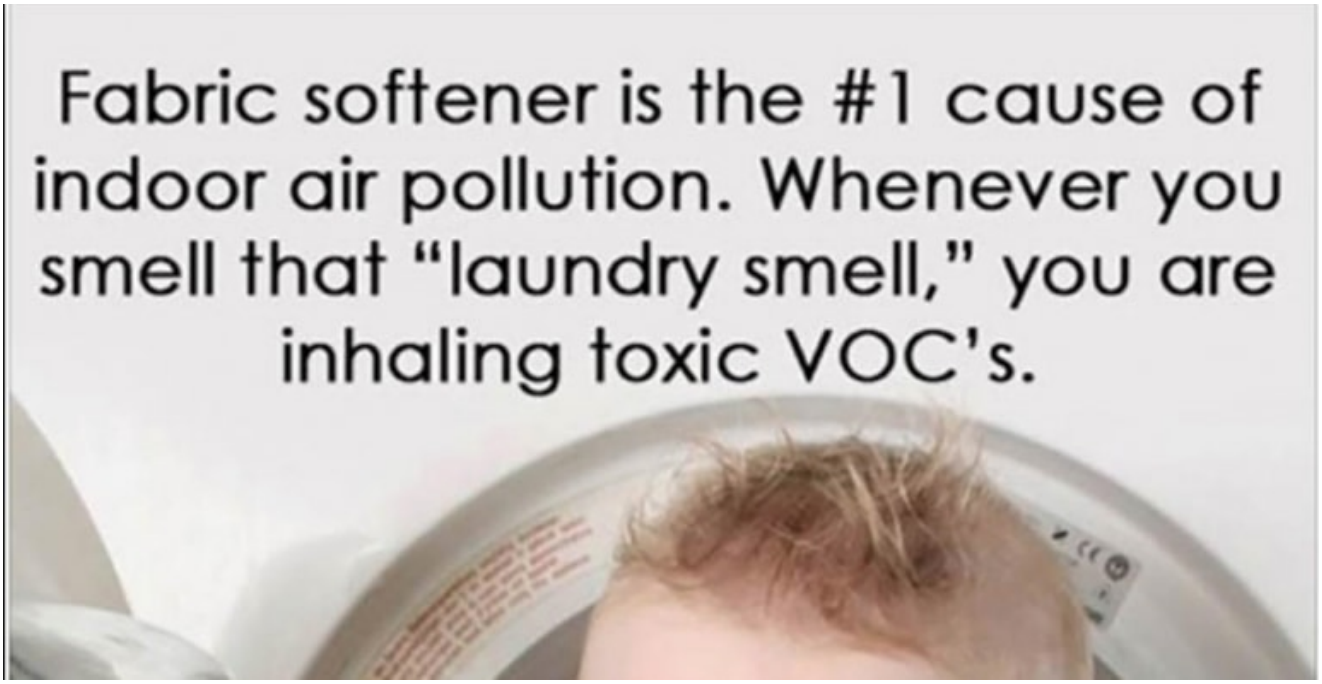
HEALTHY TIPS

Fabric Softener Is the No.1 Cause of Indoor Air Pollution. Make Your Own with this DIY Recipe

By bestfolkmedicine · 13/06/2018 · 2 min read



Unfortunately, as many of you may already know, store-bought fabric softeners contain a lot of chemicals and toxins. This is why it is a far better and safer solution to make your own homemade cleaning products and reduce your exposure to these substances that can impede your overall health.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

When it comes to homemade fabric softeners, did you know that vinegar is a great option to prepare it? It is known to have the natural capacity to eliminate soap residue and minimize static reduction during the

process of drying. The small amounts of potassium and sodium in it assist in softening hard water. To learn how to prepare your own homemade fabric softener using vinegar, make sure you continue reading this article!

How Is White Vinegar Produced?

It is made from the second fermentation of dilute distilled alcohol which could be obtained from grain or the starch from rice, barley, corn, and potatoes. It has a lower acidity than apple cider vinegar.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

DIY Fabric Softener

You will need:

A gallon of quality white vinegar

2 cups of baking soda

30 drops of your favorite essential oil

Clean bottle

Preparation: Mix the ingredients well and then transfer the content into a clean bottle and close it.

How to Use it: Prior to adding it to your laundry, make sure you dilute the fabric softener (1/4 cup) with ¾ cups of water. Also, pour it into the washing machine during the final rinse cycle, not in the beginning.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

The Advantages of Using Vinegar in Laundry

White distilled vinegar applied onto laundry will whiten, brighten, and soften the clothes and it will also remove unpleasant odors without the presence of strong chemicals. It is completely safe for use in both standard and high-efficiency washers and it is good for septic tanks and the environment. Let us take a look at some of the best ways in which white vinegar will help you with your laundry:

- **It will restore the whiteness and brightness of white laundry**

Did you know that the acetic acid present in this vinegar is so mild that it will not harm the fabrics, but it is powerful enough to dissolve all residues?

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

- **The clothes will be naturally soft**

If you dislike the idea of heavily-scented store-bought softeners, but still want your clothes to be softer, white vinegar is what you need!

- **Maintain the darkness of dark clothes**

To keep the freshness and prevent black clothes from looking dull, white vinegar fabric softener is what you need!

Sources:

THINK ORGANIC LIFE & THE SPRUCE

Read online: https://bestfolkmedicine.com/2018/06/fabric-softener-cause-air-pollution-make-own/

Downloaded on 21/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.