

The Greenscents Guide to *Organic* *Laundry*



Healthy. Happy. Home.

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Why Choose *Organic* Laundry Products?



‘Conventional laundry detergents often contain a cocktail of artificial chemicals’

Conventional laundry detergents often contain a cocktail of artificial chemicals, from optical brighteners and synthetic fragrances to enzymes and harsh surfactants, that can damage sensitive skin, harm the environment, and contribute to indoor air pollution. While these chemicals are designed to remove stains and leave a lingering scent, they can also leave behind residue on clothes that affects both the skin and respiratory system, particularly in babies, children, and anyone with allergies or compromised immunity.

Emerging research now links early exposure to laundry detergents with a higher risk of developing allergies. This happens when harsh surfactants and enzymes damage the skin barrier, especially in children with eczema. Microscopic allergens can then enter the skin and lead to lifelong sensitisation. Maintaining skin integrity through gentler, toxin-free products is now recognised as a critical part of allergy prevention.

‘Laundry is a major source of environmental pollution’

It's not just about personal health. Laundry is a major source of environmental pollution, particularly from microplastics. Every wash releases synthetic fibres into wastewater, which pass through treatment plants and end up in rivers and oceans. The choice of detergent affects how many of these fibres are released, and whether other pollutants like silver nanoparticles or phosphates are carried with them.

Organic laundry products offer a better alternative. They avoid harsh chemicals, are biodegradable, and use sustainable plant-based ingredients. By switching to certified organic laundry solutions, you're protecting your skin, reducing indoor pollution, and lowering your impact on aquatic life.

How to Use *Greenscents* Laundry Products



Laundry Liquid

Concentrated and certified organic. A little goes a long way, follow the guide on the label.

Temperature: Effective from cold to 90°C. Use higher temperatures (60°C+) for soiled items like bedding during illness or cloth nappies.

How to use: Add 20–25 ml to the detergent drawer or use a dosing ball in the drum. For very dirty clothes, apply a few drops directly to the stain or use Greenscents Organic Castile Soap as a pre-treatment.

Fragrances: Choose Nonscents (fragrance-free), Lavender, Minty, Citrus, or Tinscents for babies (6 months+).

Allergy advice: Nonscents is ideal for babies under 6 months, pets, and sensitive skin.

Laundry Conditioner

Softens and reduces static naturally. Ideal for towels, synthetics, delicates and wool.

How to use: Add 20–25 ml to the fabric conditioner drawer for a 5–6 kg load.

Fragrances: Nonscents (fragrance-free), Lavender, Minty, Citrus, and Tinscents.

When to use: Recommended for towels, woollens, and any items where a gentler finish is desired. Not essential for every wash.



Castile Soap

Multi-tasking stain remover. Use neat on collars, cuffs, and marks before washing.

Laundry booster: Add 1–2 tsp to your laundry liquid for extra stain-fighting power, or use on its own for whitening whites at 60°C.

Personal care safe: Made with organic oils, gentle on hands when hand washing delicates.

Fragrances: Nonscents, Minty, or Lavender.

Tip: For booster use – add no more than 1–2 teaspoons to the detergent drawer alongside Laundry Liquid if extra whitening or degreasing is needed.



Laundry Solutions
For Every Load



Bedding



How often to wash: Weekly.

Why it matters: Bedding collects dead skin cells, sweat, skin oils, and microbes, even when it looks clean. Dust mites and bacteria thrive in warm, humid environments. Washing regularly at the right temperature helps reduce allergens and microbial load.

Washing tips:

- Use Greenscents Organic Laundry Liquid at 60°C to kill bacteria and dust mites.
- Add Castile Soap to boost whitening for white cotton sheets.
- Use Greenscents Laundry Conditioner for a softer finish, or skip it occasionally to preserve absorbency in mattress protectors.
- Air bedding daily to reduce moisture and discourage mite growth.

Drying advice: Dry completely, damp bedding encourages mould. Line-drying outdoors is ideal, but if drying indoors, use a heated airer and good ventilation.

Towels



How often to wash: After every 3–4 uses, or more frequently if damp for long periods or shared.

Why it matters: Damp towels are a microbial hotspot. They absorb skin bacteria, gut microbes, and airborne pathogens, especially when dried near toilets or in humid rooms. Over time, biofilms can form on towel fibres, affecting cleanliness and even appearance.

Washing tips:

- Wash at 60°C using Greenscents Laundry Liquid to remove bacteria and grime.
- Add Castile Soap to brighten whites and neutralise odours.
- Avoid overloading the machine, towels need space to rinse clean.
- Use Laundry Conditioner to soften, but skip occasionally to maintain absorbency.

Drying advice: Dry fully, ideally outdoors or on a heated airer with airflow. Avoid draping over radiators.

Gymwear & Synthetics



How often to wash: After every wear.

Why it matters: Synthetic fabrics (like Lycra and polyester) trap sweat, oils, and odour-causing bacteria. These odours can persist without pre-treatment, especially if the garment is close-fitting or contains stretch fabrics.

Washing tips:

- Pre-soak in 1 tbsp white vinegar diluted in cool water for 30 minutes to break down odours.
- Wash at 30–40°C using any fragrance of Greenscents Organic Laundry Liquid.
- Avoid fabric conditioner, it can reduce moisture-wicking properties.
- For very smelly items, add 1–2 teaspoons Greenscents Organic Castile Soap to your wash.

Drying advice: Air dry only. Tumble drying can degrade elastane and stretch fibres over time.

Delicates & Woollens



How often to wash: As needed, avoid overwashing.

Why it matters: Natural fibres like silk, wool, and cashmere are more fragile and sensitive to friction and heat. Overwashing can shorten their lifespan and cause felting or shrinking.

Washing tips:

- Use a hand wash or delicate machine cycle.
- Wash cold or at 30°C maximum using Nonscents Laundry Liquid or Castile Soap.
- Turn garments inside out.
- Use a mesh laundry bag for machine washing.

Drying advice: Lay flat to dry on a towel or mesh rack to preserve shape. Never wring out woollens.

Kitchen Laundry



How often to wash: Daily or after heavy use.

Why it matters: Tea towels, aprons, and dishcloths harbour grease, food bacteria, and pathogens like E. coli and Salmonella. These can transfer back onto clean dishes or hands.

Washing tips:

- Wash at 60°C with any fragrance of Greenscents Organic Laundry Liquid.
- Add Greenscents Organic Castile Soap for heavy stains or food grease.
- Avoid fabric conditioner, it can reduce towel absorbency.

Drying advice: Dry fully, ideally outdoors or indoors with good ventilation.

Pet Bedding



How often to wash: Weekly or more often in muddy conditions.

Why it matters: Pet bedding accumulates fur, dander, dirt, and odour. Regular washing reduces allergens, smells, and fleas.

Washing tips:

- Use Nonscents or Lavender Greenscents Organic Laundry Liquid only, both of these products are safe for pets.
- Add Castile Soap to lift stubborn marks.
- For strong smells, soak in 1 tbsp vinegar and water before washing.

Drying advice: Dry thoroughly outdoors or in a well-ventilated space to prevent mildew.

Babies & Small Children



How often to wash: As needed, often daily for bibs, vests, nappies, and bedding.

Why it matters: Young skin is extra sensitive, and early skin barrier damage can increase allergy risk. Nappies and babywear require gentle but effective hygiene.

Washing tips:

- For babies under 6 months, use Nonscents Organic Laundry Liquid and Conditioner only.
- From 6 months unless allergies are suspected, switch to Tinyscents, which adds safe, soothing fragrance.
- Cloth nappies should be pre-treated with a drop of Tinyscents Essential Oil Blend, then washed at 60°C to remove bacteria and staining.
- Add Greenscents Organic Castile Soap as a booster for soiled items.

Drying advice: Dry nappies and baby clothes completely. Sunlight is best for whitening and sterilising.

Shared Living or Care Homes



How often to wash: Follow a routine based on use, ideally 2–3 times per week for shared linens.

Why it matters: Where individuals share towels, bedding or soft furnishings, the opportunity for cross-contamination increases, especially for older adults, babies, and anyone with a weakened immune system. Viruses, skin bacteria and even antifungal-resistant organisms can spread through shared laundry if items aren't cleaned properly.

Washing tips:

- Use Nonscents Organic Laundry Liquid for universal safety, especially for items used by allergy-prone or immuno-compromised individuals.
- Stick to 60°C washes for communal towels and bedding.
- Assign personal towels where possible and wash more frequently during colds or infections.
- Avoid softeners that leave residue unless necessary, Greenscents Conditioner is suitable but not essential.

Drying advice: Encourage thorough drying between uses (not just after washing), this prevents dampness and bacterial build-up.

Laundry During Illness



How often to wash: Daily, if items are in direct contact with someone who is unwell.

Why it matters: During illness, bedding, clothing, face cloths and towels can harbour pathogens, including viruses (such as Norovirus or influenza) and bacteria like E. coli or Salmonella. These microbes can survive on textiles for hours or even days, especially in damp environments. When washing is delayed or temperatures are too low, there's a risk of spreading infection to other household members.

Washing tips:

- Wash separately from other laundry, ideally as soon as possible.
- Use Greenscents Organic Laundry Liquid at 60°C to kill common pathogens.
- Add Greenscents Organic Castile Soap as a natural booster for visible soiling or strong odours.
- Add Tinyscents or Hygge organic essential oil blend for natural antibacterial and antiviral support, its essential oils can help break down biofilms on fabrics.
- Use gloves when handling soiled items, and wash hands thoroughly afterwards.

Drying advice: Always dry items completely, microbes survive longer in damp fabrics. Use outdoor drying where possible, or ensure good airflow indoors.

Travel & Away-from-Home Laundry



How often to wash: As needed, especially for underlayers and items worn in hot, humid or polluted environments.

Why it matters: While travelling, access to hygiene may vary, and clothing can quickly become a vector for pollutants or allergens. In warmer climates, sweat and dust increase microbial presence on clothes, and hotel towels or bedding may use strong detergents that irritate sensitive skin.

Washing tips:

- Travel with Greenscents Organic Castile Soap as a universal cleaner — safe for laundry, handwashing, and even skin. If you feel unsafe with glass, swap for our PET amber bottles.
- Hand-wash essentials in warm water with a few drops of Castile Soap.
- Pack Nonscents Organic Laundry Liquid in a small travel bottle for use in communal laundries.
- Rinse thoroughly to avoid detergent build-up, which may trigger reactions or dryness.

Drying advice: If outdoor drying isn't possible, hang clothes near a sunny window or use a fan to encourage airflow and prevent mildew.

Outdoor Drying

Best for whites, bedding, towels and anything needing freshening.

Ultraviolet (UV) rays from sunlight are nature’s disinfectant — they help kill bacteria, viruses, and dust mites on damp fabrics. This makes outdoor drying particularly valuable for bedding, towels, and items used during illness.

Line drying also preserves fabric quality compared to high-heat tumble dryers, reducing wear and microfibre shedding. This means fewer microplastics entering the environment over time.

Save energy and reduce humidity indoors.



Indoor Drying

Use heated drying racks or dehumidifiers in colder months.

Be cautious with indoor humidity, drying one load of laundry indoors can release up to 2.5 litres of moisture into the air, potentially contributing to mould growth and indoor air pollution if not properly ventilated. This is especially important for asthma or allergy-prone households.

Open windows regularly or use extractor fans to reduce moisture build-up.

Airing the room for just 15–20 minutes a day can significantly improve air quality and reduce moisture-related problems.

Tip: Add a few drops of Hygge essential oil blend to the conditioner drawer during winter. The natural antibacterial oils help reduce bacterial growth during slower indoor drying.



Small Homes

- Dry smaller loads more frequently.
- Hang clothes on an ailer positioned near a window or fan.
- Avoid drying on radiators — this creates damp and condensation.
- Drying on radiators can increase indoor humidity and reduce energy efficiency, as the radiator works harder to heat the room.
- Use lightweight drying racks with multiple tiers for maximum airflow.

Tip: A dehumidifier can help remove moisture without adding heat, and may be more energy-efficient than a tumble dryer in small spaces.

Steam Ironing

Steam ironing not only smooths fabrics but also helps reduce bacteria. The combination of heat and steam has been shown to reduce microbial contamination, especially useful when washing at lower temperatures or after illness. **If you have time steam ironing tea towels and dishcloths is a simple way to boost kitchen hygiene and help prevent the spread of pathogens.**

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Thank You For Reading

We hope this guide helps you make laundry day a little greener and gentler on your home, your skin, and the planet.



If you have any questions or tips of your own, we'd love to hear from you.

Email us: info@greenscents.co.uk

Visit us: www.greenscents.co.uk

Find Out More

Don't forget, this is just one in our series of Greenscents Guides. Keep an eye out for other editions on dishwashing, surface cleaning, and more.

In the meantime, you can explore our full range of certified organic laundry products, and discover our wider homeware collection, on our website.

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