
– Dealing with Oily Linens –

We love Ayurvedic bodywork therapies and home self-care practices, but we *don't* love oily sheets and oily clothing. What to do? We'll tell you.

Ingredients for oil-free clothing and linens

¼ c. CitraSolv

½ c. OxyClean

detergent as usual

Directions for (old style) top-loading washing machines

Load your oily fabrics into the washing machine. Fill the machine up to its fullest amount using *hot water*, and add CitraSolv, OxyClean, and your usual detergent. Close the lid, and begin the longest cycle available to you. Once the initial agitation has stopped, pull out the knob, and let everything soak for a good thirty minutes. After this soaking, push the knob back in, and let the entire cycle finish normally. Transfer your fabrics to the dryer and dry as usual. Your fabrics should be oil-free and pleasant-smelling.

Directions to (new-fangled) front-loading washing machines

Load your oily fabrics into the washing machine. Fill the detergent bin with the CitraSolv, OxyClean, and your usual detergent. Set your wash program for the longest, most intense cycle you have available—something like “Heavy Duty.” If you have options for Extra Rinse or Extra Spin, choose those. You want as much contact time with water and cleaning as possible. Also choose *hot water* for your wash water. Let the cycle run normally. Transfer your fabrics to the dryer and dry as usual. Your fabrics should be oil-free and pleasant-smelling.



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