

# Wellness Mama's Guide to Laundry

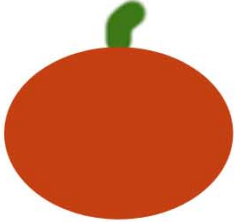


TIP: Always treat stains from the back to avoid pushing them into fabric more



**Ink or Paint Stains :**  
soak in rubbing alcohol for 30 minutes or spray hair spray on it and wash

TIP: Use Wellness Mama Homemade Baby Wipes for immediate pre-treatment of all types of stains



## Tomato Based Stains:

White Vinegar directly on stain, wash immediately



## Tea of Coffee:

Immediately pour boiling water over the stain, or if it is set, scrub with a paste of borax and water and wash immediately



## Grass Stains:

Scrub with dish soap or treat with 50/50 hydrogen peroxide and water mix



## Mud:

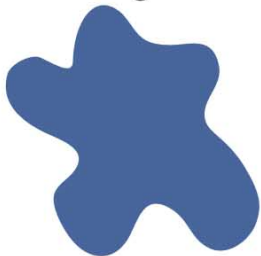
Let dry, brush off what you can, treat with borax/water paste and wash immediately

## Other Food Stains :

Sprinkle with baking soda and then spray with a 50/50 Hydrogen Peroxide and water mix right before washing

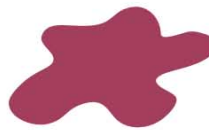
## Dingy Whites or Underarm Stains :

soak in 50/50 Hydrogen Peroxide and water mix for at least 30 minutes and wash with an added 1 cup of hydrogen peroxide per load



## Wine or Red Dyes:

Use a mix of 50/50 Hydrogen Peroxide and water and soak



## Vomit, Urine, Poop, Blood, Egg, Gelatin, Glue or other protein Based Stain :

DO NOT wash in warm water! Soak in cool water and then cool wash with an added mixture of 1/2 cup hydrogen peroxide and 1/2 baking soda

## Grease or Oil Stains :

sprinkle with dry baking soda to absorb any loose oil or grease, then soak in undilute white vinegar and scrub with dish soap before washing

