

THE LAUNDRESS®

NEW YORK

HOW-TOS FOR WASHING ACTIVEWEAR

KICKOFF THE CLEAN BY PRETREATING AND PRESOAKING

The only thing funky about a workout should be the music, not your outfit! Knockout odor and stains like a heavyweight by pretreating performance wear with The Laundress.

Remove Stains without a Sweat: Treat stains and areas susceptible to buildup and perspiration, such as underarms and necklines, with The Laundress Wash & Stain Bar. It's also ideal for targeting the thin straps and underwire of sports bras and tank tops.

Say "Au revoir" to Odors: Presoak the item in a bath of cool water and two capfuls of The Laundress Scented Vinegar. Leave to soak for at least 30 minutes.

Prepare to Hand or Machine Wash: Wash with same/like colors only. Always turn item inside out.

TOSS ACTIVEWEAR INTO THE WASHING MACHINE

Did you know that machine washing offers the most efficient and intense cleaning? But sometimes an intense workout calls for an intense wash!

Prep Your Piece: Place the item in a Laundress Mesh Washing Bag, inside out.

Go from Warmup to Wash: Select the normal cycle. Make sure the water temperature is cold. Add the appropriate amount of The Laundress Sport Detergent according to the machine and load size.

OR HAND OFF TO THE LAUNDRESS WASH TUB BASIN

Handwashing is the gentlest way to wash items and increases the longevity of textiles by preserving fibers.

Take the Pludge: Fill a Laundress Wash Tub Basin or sink with cool water and add two capfuls, or a squirt, of The Laundress Sport Detergent. Gently agitate so your items are evenly soaped and wet. Soak for at least 30 minutes.

Rinse Off: Rinse well by running cool water through the items until rinse water is no longer soapy. Do not wring as this causes stress to the fabric. Instead, press the water out of your item.

STAY COOL AND DRY

Always air dry activewear! The high heat of the dryer will reduce elasticity of spandex therefore reducing its wonderful stretch. Machine drying also leads to the fabric's degradation.

Lay Flat to Dry: Lay flat in its natural shape on a drying rack or clean towel.

AIR-OUT ODOR

Stop the post-workout stench on clothing, shoes, gym bags and more.

Freshen Up for the Finish Line: Spritz with The Laundress Sport Spray to remove any odors and replace with a fresh, crisp scent. The spray's antibacterial properties are a bonus!

TIPS!

- Never toss wet or sweaty clothes into the hamper—make sure to hang! If hanging isn't an option, place clothes in The Laundress Wet & Dry Bag.
- Ditch fabric softener when washing performance fabrics as it reduces absorption and wicking capabilities.
- Place Grip-less ToeSocks and Canvas Ballet shoes in a Laundress Mesh Washing Bag when washing to prevent them from getting lost during the wash cycle. Air dry both or machine dry low heat.
- Wipe down Glide Boards with The Laundress Surface Cleaner and a Laundress Lint-Free Cleaning Cloth after each use to kill germs and unpleasant odor.

