

# Laundry Tips & Tricks for a better laundry experience



#1 Dermatologist Recommended



## Tip 1: The importance of correct dosing

**40% of laundry loads in HE machines are under-dosed with detergent.**

If laundry loads are under-dosed and clothes don't come out clean, you could end up rewashing, washing in hot water or throwing clothes away.

Pay close attention to the dosing recommendations on the inside of detergent caps. For liquid laundry pacs, follow the dosing instructions to the right and don't forget to add the pacs to the washing machine drum FIRST, then place clothes on top.

### Pacs Dosing Instructions



## Tip 2: Reduce your environmental impact

**80% of a washer's energy comes from heating the water.** Switching to cold water for everyday washing can save a large amount of energy. In fact, switching to washing in cold water for one year can save enough energy to drive a car up to 678 kilometres or charge your smartphone for life!

Generally, if you use liquid laundry detergent and/or fabric conditioner in plastic bottle packaging, you should leave the caps ON when placing in your recycling bin to help ensure recyclability. Check with your local recycling facility for any exceptions.



## Tip 3: How to extend the life of your garments

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| 1: | Button buttons, zip zippers and turn garments inside out.   |
| 2: | Use a fabric conditioner in the rinse cycle, like Downy Free & Gentle, to protect clothes from fading, fuzzing and to help prevent stretching due to the friction and heat of the laundry process.  |
| 3: | If your clothes are not heavily soiled and just need to be freshened up, consider the Quick Cycle on your machine. The Quick Cycle uses less mechanical energy while washing your clothes, resulting in fabrics that look and feel newer, for longer. |
| 4: | Save energy and money by skipping the spin cycle when washing delicate items. Remove excess moisture by shaping it flat on a thick, clean bath towel and rolling it up from the bottom, pressing out water as you go. Then lay it out flat to dry.    |



## Tip 4: Why conditioned fabrics are important for sensitive skin

The friction that is created between clothes and heat from the laundry process can damage fibres and make them appear tattered and frayed. When a fabric conditioner, like Downy Free & Gentle, is added to the rinse cycle, it conditions every fibre to help protect your clothes and keep fibres intact. Intact fibres means gentle fabrics against sensitive skin.



## Tip 5: Love your pets without wearing them

Pet hair contains dander and allergens and can easily cling to clothes that touches your skin. Dryer sheets, like Bounce Free & Gentle, are designed for sensitive skin without perfumes and when added to the dryer cycle the sheets reduce static on fabrics, which helps repel pet hair.

For more information on the products mentioned here,  
visit [tide.ca](https://tide.ca), [downy.ca](https://downy.ca) and [bounce.ca](https://bounce.ca).



TIDE AND DOWNY FREE & GENTLE  
ARE RECOGNIZED BY  
ESC\* AND NPF†:



THE ONLY LAUNDRY REGIMEN  
APPROVED BY:



\*Tide Free & Gentle liquid detergent, Tide PODS Free & Gentle detergent, Tide + Downy Free & Gentle liquid detergent, Tide + Downy PODS Free & Gentle detergent, Downy Free & Gentle liquid fabric conditioner, Tide Free & Gentle Hygienic Clean Heavy Duty liquid detergent, and Tide PODS Free & Gentle Hygienic Clean Heavy Duty detergent have all earned the Eczema Society of Canada Seal of Acceptance.

† Earned National Psoriasis Foundation Seal of Recognition, excluding Bounce Free & Gentle dryer sheets.