PRINTABLE RECIPE • LAUNDRY

Homemade Fabric Softener

A simple vinegar-based softener that helps laundry feel softer, reduces static, and leaves towels and everyday clothes fresh - made in minutes from ingredients you probably already have at home.

Makes about 3 cups | **Ready in 5 minutes** | **Use within 1 month**



Soft, fresh towels without a shop-bought softener.



White vinegar is the base of this simple recipe.

Ingredients

- 2 cups warm water
- 1 cup distilled white vinegar
- 1/3 cup baking soda
- 10-15 drops essential oil, such as lavender or lemon (optional, for scent)
- 1 clean bottle or jar with a lid (at least 750 ml)
- 1 funnel and 1 label for the bottle

Before you start

Use a large bowl or jug for mixing. Baking soda fizzes when it meets vinegar, so add it slowly and let the fizz settle before bottling. Never mix this softener with bleach.

Why It Works

Vinegar helps rinse away detergent residue that can leave laundry feeling stiff, so fabrics come out softer and towels stay more absorbent. Baking soda helps neutralise odours in the wash, and the essential oil, if you use it, adds only a light, fresh scent - the vinegar smell disappears as the laundry dries.

Step-by-Step Method

1. Pour 2 cups of warm water into a large bowl or jug.
2. Add 1/3 cup of baking soda a little at a time, stirring gently until it dissolves.
3. Slowly pour in 1 cup of distilled white vinegar. It will fizz - wait until the fizzing stops.
4. Stir in 10-15 drops of essential oil, if using, for a light scent.
5. Pour the mixture into your bottle using the funnel.
6. Label the bottle "Homemade Fabric Softener" with the date you made it.
7. Shake gently before each use, as natural ingredients can settle.

How to Use

- **Regular load:** Add 1/4 cup to the fabric softener dispenser, or add it during the final rinse cycle.
- **Large or heavy load:** Use up to 1/2 cup.
- **Towels and bedding:** This softener helps keep towels absorbent, unlike some shop-bought softeners that coat fibres.
- **No dispenser?** Add it to a downy-style rinse ball, or pour it in when the rinse water starts.

Use and Storage Checklist

- [ ] Shake or swirl gently before each use
- [ ] Use 1/4 cup for a regular load, up to 1/2 cup for a large load
- [ ] Store in a cool, dry place, away from direct sunlight
- [ ] Keep the bottle clearly labelled and out of reach of children and pets
- [ ] Use within 1 month for best results, and discard if it smells off
- [ ] Never mix with bleach or other cleaning products
- [ ] Avoid using on silk, wool, sportswear and flame-resistant clothing - vinegar can affect these fabrics
- [ ] Test on a small load first if anyone in the home has sensitive skin

Notes

Write down the scent you used, the date you made this batch, and any changes for next time.