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NATURAL STAIN REMOVAL GUIDE

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If your house is anything like mine, laundry stains are a daily fact of life.

Conventional laundry stain treatment solutions are some of the most toxic cleaning products available. They contain harsh detergents, solvents, chemicals like sulfates and parabens as well as a host of artificial colors and scents.

Borrowing some wisdom from my grandma's era and the help of my professional stain creation experts (aka: my children), I compiled a helpful list of effective stain treatments for various types of stains.

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- Removing stains naturally takes a little more know-how and work than using a one-size fits all spray. When used correctly, these methods are highly effective.

- TIP: Always treat stains from the back, rather than the front, to avoid rubbing the stain in more.

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HOW TO TREAT DIFFERENT TYPES OF STAINS

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INK OR PAINT STAINS

- Soak in rubbing alcohol for 30 minutes or (ink only) spray with hair spray and wash out.

TEA OR COFFEE STAINS

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

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GRASS STAINS

- Scrub with liquid dish soap or treat with a 50/50 Hydrogen Peroxide (3%) and water mix.

MUD STAINS

- Let dry and brush off what you can, then scrub with a borax/water paste and wash immediately.

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TOMATO BASED STAINS

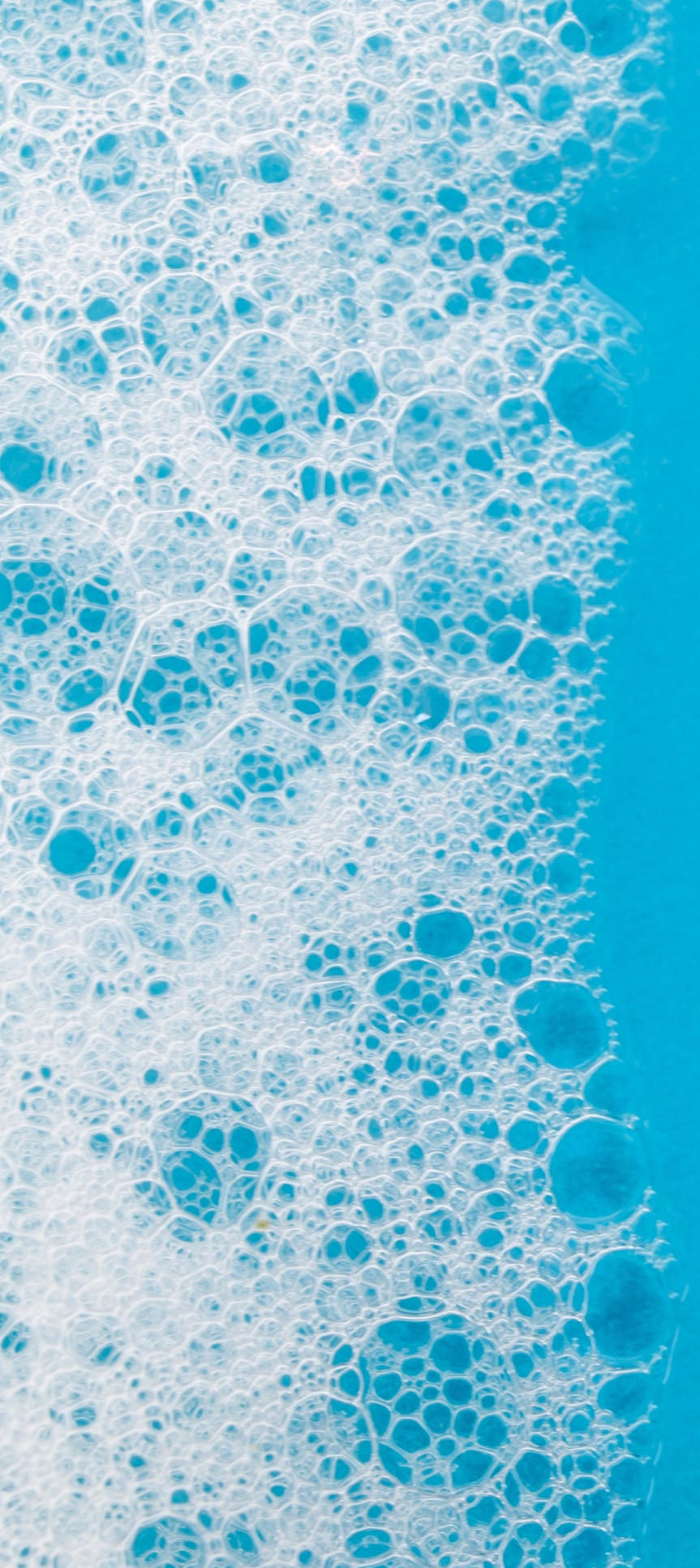
- Treat with white vinegar directly on the stain and wash immediately.

DINGY WHITES/UNDERARM

- Soak the stain directly in a mix of 50/50 hydrogen peroxide and water for 30 minutes and then add 1 cup of hydrogen peroxide to the wash water.

OTHER FOOD STAINS

- Treat with white vinegar directly on the stain and wash immediately.



GREASE AND OIL STAINS

- Sprinkle the stain with dry baking soda to remove any loose oil or grease and brush off. Then, soak in undiluted white vinegar for 15 minutes, rinse and scrub with liquid dish soap before washing.

BODILY FLUID AND PROTEIN BASED STAINS

- DO NOT WASH IN WARM WATER!!!!! This will set in the smell. Soak in cool water and then wash with an added mixture of 1/2 cup hydrogen peroxide and 1/2 cup baking soda in the washing machine.

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How to Handle Really Tough Stains

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When I encounter stains that don't respond to the methods above, I'll use stronger products that still contain natural ingredients. My favorite is Dr. Bronner's Sal Suds, which gets an "A" from the Environmental Working Group, and which is an amazing all-purpose natural cleaner.

It can be used directly on really tough stains in a pinch, though I prefer to make a natural stain spray…

HOW TO MAKE A NATURAL STAIN SPRAY

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NATURAL STAIN REMOVER INGREDIENTS

- 1 3/4 cups water
- 1/4 cup Dr. Bronners Sal Suds (regular Dr. Bronners Liquid Castille Soap will not work the same way in this recipe)
- A 16-ounce glass spray bottle

NATURAL STAIN REMOVER INSTRUCTIONS

1. Put the water into the spray bottle.
2. Add the Sal Suds.
3. Place lid on bottle and swirl gently to combine.
4. Spray on stains before laundering to help remove even tough stains.

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For more natural laundry tips, and to access a free printable stain removal reference guide, click here.

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