

COMMON TIPS FOR SUSTAINABLE LAUNDERING

A set of useful tips from the appliances detergents and textile care organisations* in Europe to save water, CO₂ and money. Let's be more impactful together and help the environment!

To start with:



PAY ATTENTION TO THE LABELS:

Save energy - Buy the most energy efficient appliances

Read the detergent label and favour concentrated products

Keep the care label on your textile in order to be able to follow the instructions

On a daily basis:



SAVE ENERGY- WASH AT LOW TEMPERATURE:

Washing your laundry at lower temperatures saves energy. Use the energy saving programmes available on your machine. Even though these programmes run for a longer time, they actually use less energy and water¹. If you are not sure whether you are using the correct programme, please refer to the user manual of your washing machine to treat your laundry in the most efficient way.

Higher temperature programmes should be used for heavily soiled laundry; however, keep in mind that they consume more energy. For more details on the appropriate temperature for your laundry, refer to "[Low temperature laundry washing guidance](#)".

Remember also:

- The care label on your textile indicates the maximum washing temperature. Did you know that you can select a lower washing temperature?
- Avoid pre-washing unless it is necessary.
- Switch off the machine after the wash cycle (reduce stand-by energy consumption)

LOAD APPROPRIATELY:



To save energy and water, always put on a full load. In case you really have to wash smaller loads, use the washing programmes especially designed for partial loads.

For the cotton cycles, fill your machine completely.

For other types of textiles (e.g. wool, synthetics), refer to the user manual of your washing machine to know the appropriate amount of laundry.

¹ The longer programme duration compensates the use of lower temperature in order to reach the same washing performance; this helps save energy because the energy needed to heat up the water is higher than the energy required for the mechanical action of the drum.



USE THE DOSING INSTRUCTIONS:

Follow the dosage recommendations on the detergent packaging; this will vary according to water hardness and soil level.

Over-dosing and under-dosing may not be sustainable; in addition, this could lead to reduced washing performance. If needed, pre-treat difficult stains and/or add a stain removal product before launching the washing cycle.



USE THE HIGHEST RELEVANT SPIN SPEED:

A higher spinning speed on the washing machine will shorten the drying time and save energy in tumble dryers and indoor line drying.

Special attention should be given to the spinning of delicate textiles. In this regard, please refer to the textile care labelling instruction.



TAKE CARE OF YOUR TEXTILE:

To preserve the quality of your textiles, wash them only when you think this is necessary. Airing your clothes (wool for example) may reduce the need to wash them. We also recommend that you sort your laundry according to colour and textile type but remember that a full load will save energy.



MAINTAIN YOUR WASHING MACHINE PROPERLY:

After each wash, leave the door open to allow the machine to dry out.

To keep your washing machine fresh and clean, working at its best, run regularly (e.g. monthly) wash-cycles at least at 60°C and with a bleach-containing powder detergent or another appropriate product. This will extend your washing machine's lifespan.



SAVE PACKAGING – RECYCLE:

To preserve resources, favour permanent or refillable packaging and buy refill packs where available.

Whenever possible, help recycling by putting cardboard and plastic packaging in the relevant recycling container.

**This initiative is a joint project delivered by:*

A.I.S.E. – the International Association for Soaps, Detergents and Maintenance products, representing among others the producers of detergents in Europe (www.aise.eu).

APPLiA – represents home appliance manufacturers from across Europe (www.applia-europe.eu).

GINETEX – the International Association for Textile Care Labelling, which has devised an internationally applicable care labelling system for textiles based on symbols (www.ginetex.net).