

¿Qué misterio tiene hacer bien la colada?

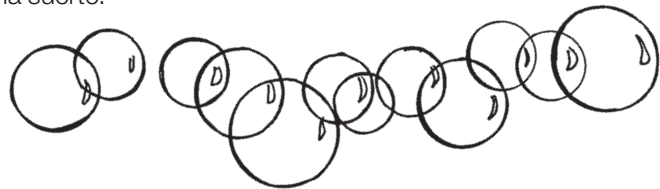
A la hora de la verdad, ¿no es la lavadora la que hace todo el trabajo? Sí, claro que sí. Pero si te quieres asegurar de que tus vaqueros favoritos, o tu carísimo jersey de marca no salgan de la lavadora reducidos a la mitad, el doble de anchos o de un color radicalmente diferente al que tenían cuando los pusiste en la máquina, no es mala idea darle un repaso a tus técnicas de lavado. Por ejemplo, cómo separar adecuadamente la colada, cómo elegir el programa y el detergente adecuado y cómo secar la ropa de la mejor manera posible.

Una vez que hemos separado correctamente la colada, añadimos el detergente y seleccionamos el programa adecuado; sí, entonces es cierto que la máquina se encarga de todo el trabajo. De hecho, lava mejor y con más cuidado tu ropa que si la lavaras a mano.

En este folleto hemos recopilado los mejores trucos básicos para cualquiera que necesite refrescar sus técnicas de lavado. No sólo te ayudará a entender esos símbolos crípticos que aparecen en las etiquetas de lavado de la ropa y a eliminar diferentes tipos de manchas, sino que también te enseñará a actuar de manera ecológica y energéticamente inteligente la próxima vez que hagas la colada.

También te ofrecemos recomendaciones y consejos sobre la mejor manera de cuidar tu lavadora. Y sobre cómo conseguir que el cuarto de lavado sea un lugar en el que te encante estar.

¡Buena suerte!



Linus y Miranda, futuros expertos en poner la lavadora.



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Para empezar

It's not hard to wash right. But it does take some preparation and you need to watch your step. We're going to take you through the laundry process from start to finish, looking at the problems you might encounter along the way. Like how do I get rid of ketchup stains? Can I wash those stinky sneakers? Why do the straps on my white bras come out gray? And when do I need a wash bag? Let's get started!

Blue with blue, white with white

Sounds like a no-brainer, right? But there are lots of different colors and fabrics, so pay attention to this. The first thing you should do is read the care label on the garment. Then look at the color and sort your wash into piles based on these three simple rules:

1. Color

Sort into whites, light colors and dark colors based on the lightest color in the garment. That way your white sheets and T-shirts will never come out pink or baby blue.

2. Temperature

The care label specifies a temperature, and you should never wash a garment at a higher temperature than this. Otherwise you risk ruining it. On the other hand, garments are often marked at lower temperatures than they can actually stand, and too low won't get it clean. If you can't find the care label, use your common sense. Does it seem like a delicate garment? What kind of fabric is it made of? Feel it and put it in the same pile as garments of roughly the same type.

3. Wash program

Check the garment's care label and select the program based on what it says. Clothing labeled 'Hand Wash' can be machine-washed if your washer has a special hand wash program.

Right then. How many piles did you end up with? Too many? Keep the color piles, but you can mix garments with different temperature labeling if you select a program and temperature based on the most sensitive garment in



*Empty those pockets!
It's no fun losing stuff
and damaging your
washer in the process.*



Silk, velvet or rags?

Different fabrics should be washed and dried in different ways. Generally, you can sort fabrics into two main groups: man-made fibers and natural fibers.

Man-made fibers

Man-made fibers include many different sorts of fibers, each with their own characteristics. The main groups are:

Synthetic fibers

such as acrylic and polyamide are strong and crease-resistant materials, but don't have the capacity to absorb moisture, which means that they can easily become statically charged. On the other hand, synthetic materials are easy to wash and they dry quickly.

Regenerated fibers

of which viscose is the most common. It comes in many varieties, some of which have similar qualities to cotton and are able to withstand high wash temperatures, while others can't stand more than 40°C. Viscose stretches when it's wet which is useful to bear in mind when you're drying a viscose garment. Spread it out on a flat surface when you dry it.

Natural fibers

Garments made of natural fibers breathe, which means that the material transports moisture away from the skin, so it feels very comfortable to wear. Examples of natural fibers are:

Cotton

A very common, durable material that can take rough treatment and requires high temperatures, 60–95°C, to get clean. It often shrinks a bit the first time you wash it.

Linen

A material that's common in tablecloths, napkins, and some garments. Not as washable as cotton and should be washed no higher than 60°C. Like cotton, it shrinks and creases easily.

Wool

A fiber with crinkle that makes it elastic and also crease-resistant. Needs to be washed gently, never at temperatures higher than 40°C and only a short spin. Dry in a tumbler dryer suitable for drying woolen garments, or roll up in a dry towel and press out the water instead of spinning it. Then let it dry flat.

Silk

A delicate material that requires very gentle handling. Wash it at max. 40°C and only using a program suitable for silk. Preferably allow the garment to drip dry, but not in the sun, as silk becomes brittle and bleaches easily in sunlight.

Select the right program

Most garments can be machine-washed, but you need to select the right program based on the fabric, color, and how soiled the garments are. An intensive/heavy duty program for heavily soiled garments. An eco-wash program for a normal wash of natural fiber garments. A fast/quick wash program for small loads of lightly soiled garments. Programs with extra rinses for allergy sufferers. Gentle wash programs for synthetics and clothing with screen prints. Wool has its own program, and some washing machines have special programs for sports gear, including trainers and sports jackets. Many sports jackets are made of waterproof, breathable fabrics like Gore-Tex®, which should never be treated with fabric softener.

For night-time washing, there are special programs where you switch the machine onto spin when it suits you.



Some washing machines even have special programs for washing sneakers!

How soiled is heavily soiled?

Lightly soiled washing: Clothes without obvious stains that just need freshening up.

Normally soiled washing: Clothes worn for a whole day that might have a few visible stains.

Heavily soiled washing: Clothes worn for at least one day (such as socks) that you've had close to your skin (like underwear), or textiles used in contexts where they get particularly soiled (such as bath towels).

Very heavily soiled washing: Textiles with heavy stains of mud, grass, food or wine, for example. Or tea towels and bed sheets that have been used for a while, and gym/sports clothes.



When is your washing machine full?

How much can you cram into a washing machine? Well, more than you might think. The efficiency of washers today is measured with a full drum, and the clothes do get clean. An average wash weighs around 3 kg, and most machines can handle 6–8 kg. Running a half empty machine is a waste of energy. Fill the washer according to the program's recommendations: there's a maximum weight specified in the user manual.

Tip!

A washing machine with a weight sensor helps you put in the right amount of clothes. It's also a good idea to mix bigger and smaller garments for better circulation in the drum.



Rough guide to weights of common items

Jeans	600 g
T-shirt	200 g
Shirt	200 g
Briefs/Panties	50–100 g
Bra	100 g
Pair of socks	100 g
Small towel	200 g
Quilt cover	700 g



Choosing the right detergent

There are plenty of brands of laundry detergent on the market. Which one you choose is generally a matter of taste. If you're sensitive to perfumes or have sensitive skin and want to make absolutely sure all the detergent is rinsed out, set the washer to do an extra rinse.

Powder or liquid?

It doesn't matter, so long as you use a detergent with bleach for whites, one without bleach for colors, and one without enzymes for wool and silk.

Caring for our environment

Today, many laundry detergents have eco-labelling. It's not necessary to use bleach for every load of whites, as bleach causes wear to fabrics and damage to the environment. Every other wash is quite sufficient. Other things you can do are always wash full loads, and don't wash at unnecessarily high temperatures.

How much detergent?

Using the right amount of detergent is more important than you might think. Too much will not make your laundry cleaner. On the contrary, detergent will remain in the fabric, which can irritate the skin and cause allergies. Too little detergent and your clothes might not get clean. First and foremost, read the recommended dose on the pack. It tells you how much to use, and where to put the powder/liquid (directly in the drum or in the machine's detergent dispenser). Adjust up or down based on what you are washing, how heavily soiled the clothes are, and your local water hardness.



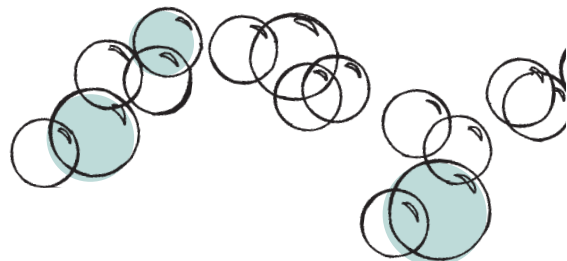
Water hardness

The hardness of water is a measure of the amount of calcium and magnesium ions it contains. The fewer ions, the softer the water. Soft water doesn't require as much detergent. Water hardness varies depending on where you live. Check with your local water company to find out the water hardness in your area.

Soft water: 0–6° dH

Moderately hard water: 7–13° dH

Hard water: 14–20° dH



Do I need to use fabric softener?

The purpose of fabric softener is to make your washing softer and reduce static electricity. So it's a good idea to use it for synthetics. It's also useful if you live in an area with hard water.

*How to get softer clothes
Forget about fabric softener: make your towels
and cotton jumpers softer by putting them in the
tumble dryer for a few minutes straight out of the
washer. Then you can either continue drying them
in the dryer or hang them up to line dry.*



Hand wash without getting your hands wet

Some garments are marked with the Hand Wash symbol. It means they should be washed and dried gently at low temperatures. This used to mean washing the garment by hand, wringing it out gently and drying it flat. Today though, many washing machines are so advanced that they have hand wash programs that are actually kinder to your clothes than if you washed them by hand. Washing, rinsing, and spinning are all done very gently with the right amount of water and at the right temperature. Allowing you to do something else with your time!

To dry clean or not to dry clean – that's the question

A few words of advice here: First of all, choose an environmentally conscious drycleaner. Only use dry cleaning when the garment is really dirty. Half of all garments left for dry cleaning only actually need airing and ironing, using an Iron Aid dryer, for example.

Keep your bras white

Most white synthetic lingerie is dyed white. When you wash it with bleach, the white color is bleached out, and you're left with a gray-looking rag! To avoid this happening, wash your nice white lingerie in detergent for colors that doesn't contain bleach.

Wash bags – inexpensive insurance!

Do you have a good washing machine? And pretty lingerie you treasure? Then get yourself a wash bag or two. A wash bag is a little nylon net bag with a zipper to put your underwire bras, silk boxers, lacy panties, nylon pantyhose or that slinky nightdress in. It's also a good idea to put clothing with hook and loop fasteners like Velcro® in wash bags so the fasteners don't catch on other garments. The bag protects the garment as it tumbles in the washer, and also protects the drum should an underwire or other potentially damaging item come adrift during the wash.





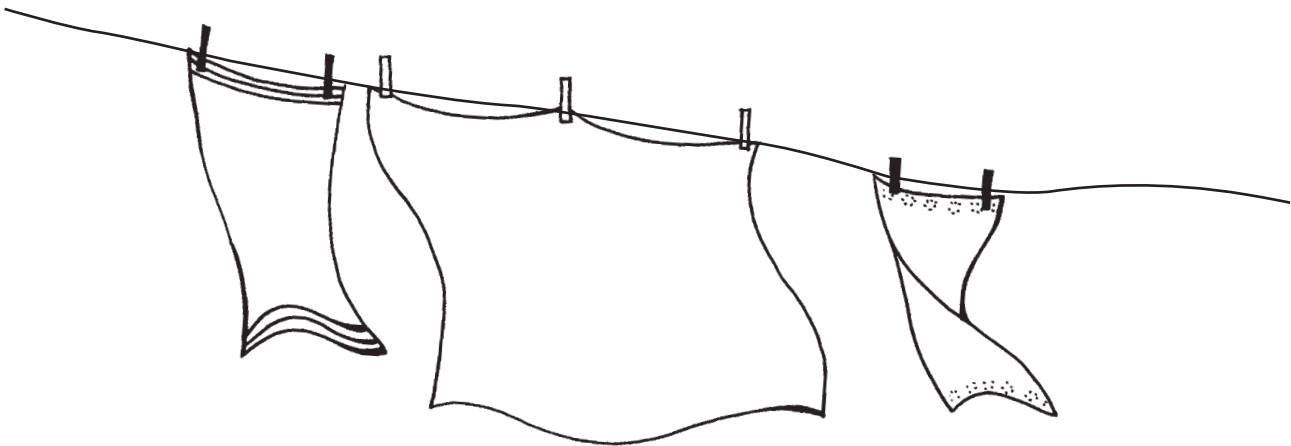
Keep your bling

Glittering sequins, shiny beads and other decorations are not uncommon on garments today. If you don't want to be fishing these out of the pin trap after every wash, you should wash these garments with extra care. Use a wash bag to start with, and make sure you select a gentle wash program. Give the garment room to move in the drum – don't fill it more than half full.

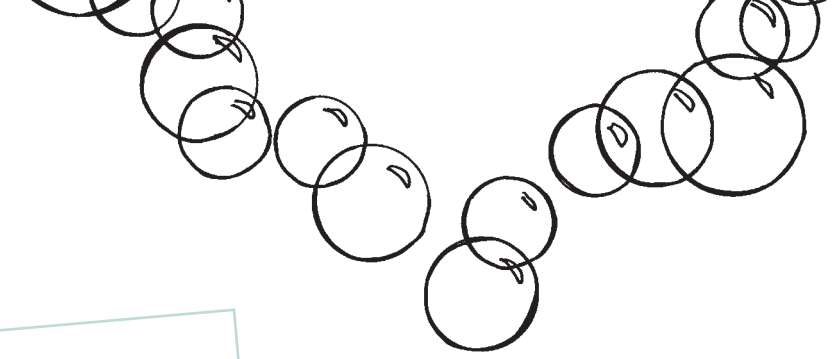


Wash green

It's easier than you think to wash clothes in an environmentally friendly way. You just need to keep a few simple things in mind. Here are some tips.



Wash green



Invest in an energy efficient machine
All washers and dryers are rated on a scale from A to G according to how much energy they consume. A+ is the most energy efficient.

The right program
Select the right program for your load so that your washer doesn't need to work unnecessarily hard.

Eco-friendly detergent
Many laundry detergents on the market today are eco-labelled in some way. Find out what the symbols and labeling mean and choose the detergent that is best for you, your clothes and our environment.

Less is more
Using too much laundry detergent for your load not only increases your environmental impact but also wastes money.

Fill the machine
Washing full loads means fewer loads. And reduces your impact on the environment.

Hand wash in your machine
Believe it or not, a modern washing machine 'hand washes' more gently than you do. And is more economical.

Air your clothes often
Ask yourself if you really need to wash that garment. Wouldn't it be enough to just air it, or freshen it up using an Iron Aid program?

Do I need to use fabric softener?
Fabric softener helps make your washing softer and reduces static electricity. So it's a good idea to use it for synthetics. It's also useful if you live in an area with hard water. Otherwise, try to avoid using it.

This is a 7 kg load of washing, a perfect load for a normal-sized washing machine.



Make stains vanish

Spilt red wine on a white shirt? Sat on something sticky? Ketchup on your jumper? Leaky pen in your pocket? Stains are never fun, but mostly you can make them vanish quite easily. However, you have to be quick! The fresher a stain is, the less grip it has on the fabric. If you don't have access to the latest, effective stain removers, try the following tips.

Make stains vanish

Blood

Rinse with cold water immediately. Then wash as recommended on the care label.

Ink, ballpoint pen, and colored pencil

Try using a stain/spot remover first. If that doesn't work, try methylated spirits*. Rinse away the ink/color that is dissolved. Repeat until all color/ink is gone.

Berries and other fruit

Wash at 95 °C if the fabric will stand it. If the stain is still there, on white garments you can try oxalic acid solution* which might bleach out the color stain.

Chocolate

Carefully scrape off any remaining chocolate and then wash as recommended on the care label. You can also freeze the garment and then brush off the chocolate before washing.

Coffee

Rinse immediately with cold water and then wash as recommended on the care label.

Ketchup, tomato and grass

Wash as recommended on the care label. If the stain is still there, wash again immediately with a laundry detergent containing bleach. You can also pre-treat the stain with a stain-removing soap.

Resin

Dissolve the stain with a rag soaked in turpentine*. Then wash as recommended on the care label.

Lipstick

Pre-treat the stain with dishwashing liquid and then wash as recommended on the care label. Rub with soap if the stain does not come out in the wash.

Oil

Dissolve the stain with a grease solvent, such as dishwashing liquid. Rub with soap and then wash as recommended on the care label.

Rust

Dissolve the stain with tartaric or citric acid. Then wash as recommended on the care label.

Red wine

Cover the stain with table salt to absorb the wine. Pre-wash by hand with dishwashing liquid, then wash in the washer as recommended on the care label, preferably with a detergent containing bleach. Or try removing red wine stains with a small amount of white wine.

Butter and margarine

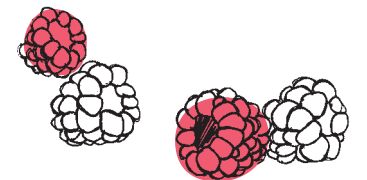
Pre-treat the stain with a grease solvent like dishwashing liquid. Rinse, then wash as recommended on the care label.

Candle wax

Pick off as much of the wax as possible. Place double layers of paper towel underneath and on top of the stain. Iron with a warm, dry iron. Then remove the stain with a grease solvent, like dishwashing liquid.

Perspiration and deodorant

Rub with soap and then wash as recommended on the care label.



*If you are going to try strong solvents like methylated spirits, test first on a part of the garment that is not normally seen. Never wash or dry a garment in a machine if it is soaked in solvent. The solvent needs to evaporate first – otherwise there is a risk of fire!



*Chewing gum
Put the garment in your freezer, or just
freeze the spot with an ice pack. Then
scrape off the gum and wash as recom-
mended on the care label.*



Dry, fresh and fluffy

Different fabrics require different treatment when they are dried, just like when they are washed. Machine-washing generally ends with spin-drying – the length and speed depending on the wash program. This removes a lot of the water fast without using a lot of energy, so all you need to do is hang the garment up, tumble dry it or dry it flat.

Tumble dryers

Most garments can be dried in a tumble dryer, since you can choose from a range of programs and times. It's a fast and easy way to dry your laundry. Many people believe (wrongly) that garments get more worn by tumble drying, because so much lint gathers in the filter. The truth is that your clothes suffer more wear while they are being worn by you! The reason for all the lint in the filter is that the dryer is very effective at filtering out the small fibers that have come loose from your garments before they went into the dryer. If you dry your clothes any other way, these loose fibers remain on the garment and just drop off somewhere else in the house.

Shrinkage

Another myth is that tumble dryers shrink your clothes. Some fabrics shrink in the first few washes. In which case it doesn't matter if you hang them up outside or inside, or tumble dry them. What happens in the dryer is that all this shrinkage takes place at once. If you choose a dryer with automatic moisture sensing, it's hard to go wrong. Just make sure you use the dryer's programs correctly, and your clothes will stay fresh and neat for longer. Drying at a lower temperature for longer is generally better than a higher temperature for a shorter time. And – as always – read the care label!

Less pilling

Don't dry synthetic fabrics with other fabrics if possible, as they tend to attract lint, resulting in ugly pilling.

Tip!

Use the condensation water from your dryer in your iron and you'll avoid lime scale and deposits in your iron. But don't forget to filter the water through a coffee filter paper first!

Tips for drying



Silk

Drip dry, or press out the water with a towel and then hang up to dry.



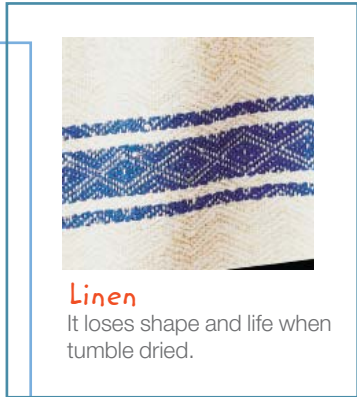
Wool

A short, gentle spin, then lay flat to dry.



Jeans

You can tumble dry most jeans, but do read the care label first. There are also tumble dryers with special programs for jeans.



Linen

It loses shape and life when tumble dried.

Electrolux's innovative washing machine Calima has a pull-out drying board for woollen sweaters. It also handles your most delicate silk and cashmere – or provides emergency drying of clothes unexpectedly needed.

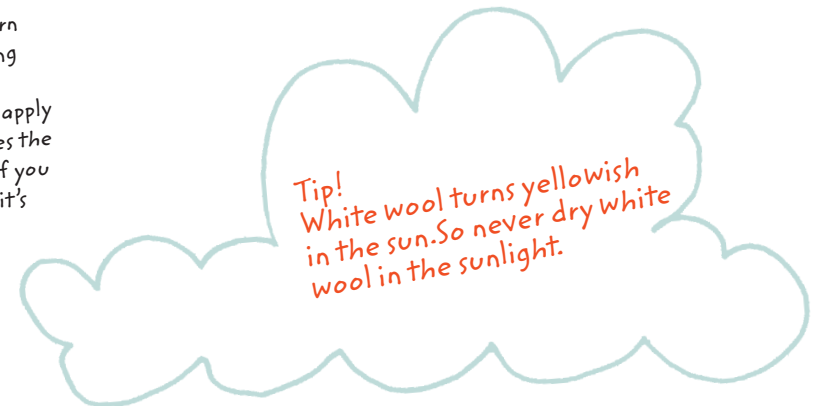
Air more

Does that shirt stink of smoke? Is the smell of last night's dinner still clinging to your favorite sweater? Washing clothes wears out the fabric. Sometimes it's enough to air the garment rather than washing it.

Fresh air

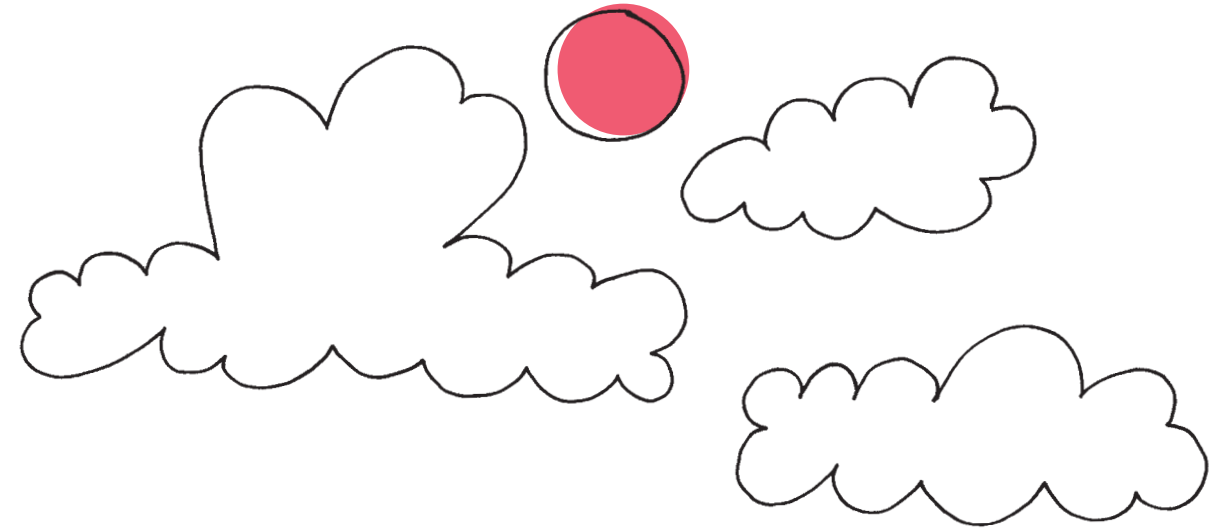
Drying sheets and clothes outdoors when the weather permits is clearly the most energy-efficient method to dry your laundry. And the smell of clothes dried in the fresh air is a bonus. So if you have the space, the opportunity, and no allergies – dry your laundry outdoors!

Apparently, you burn 258 calories washing your clothes. But does that still apply if your washer does the job? Certainly – if you go for a jog while it's running!



Tip! White wool turns yellowish in the sun. So never dry white wool in the sunlight.

Dry, fresh and fluffy



Steam your garment fresh

If you have an Iron Aid dryer, you can use it to air your garments. Test results show that it's more effective than fresh air!* This smart system also includes a Refresh program that uses steam to iron out creases and remove odors more effectively than airing outside, which can save you many trips to the dry cleaner.

*Tested and confirmed by Hohenstein Institutes.



Smooth and crease-free

The final stage in your laundry process is, of course, making your clothes, tablecloths or sheets smooth and crease-free. You can do this in various ways.

Ironing

The care label will generally tell you if a garment can be ironed or not and at what temperature. Your iron also has settings for different fabrics and temperatures. It's particularly important to follow these settings for silk, wool and synthetics. Otherwise you risk burning an unsightly hole in your garment! Some fabrics are best ironed slightly damp, such as linen napkins and tea towels, while others should be dry.

Steam drying

Steam dryers such as the Iron Aid use steam to smooth out creases in shirts, jumpers, jackets, tablecloths, and curtains. You can 'iron' up to five shirts, blouses or tops in these dryers in just 20 minutes. Some garments might need a quick run over with the iron afterwards, but 50% won't need any ironing at all! Steaming is also excellent for garments with sequins and beads, which are often difficult to iron.

Find ironing a bore?

If you don't have an Iron Aid tumble dryer and you don't have the time or will to iron, hang up your garments in your bathroom while you take a shower or bath. The warm steam will smooth out creases without you needing to lift a finger!

Start with the coolest

Begin your ironing with the garments that require the lowest temperature first. Because your iron heats up faster than it can cool down!



Love your laundry room

A laundry room can be no fun at all. Cramped, drab, and back-breaking. But it doesn't take much to make your laundry more user friendly and even a place you'll come to love.

Hang them high!

If you can influence where your washer and dryer are positioned, think about your back. Hang them or mount them at an easy working height instead of on the floor. For example, you can mount them on plinth drawers, in which you can store detergents, user manuals, etc. Just make sure that you follow the recommendations for mounting and anchoring the drawers so that your machines aren't at risk of falling. If you construct your own solution, make sure that the machines are well anchored so they can't fall and that the platform is stable and durable.

Preparations

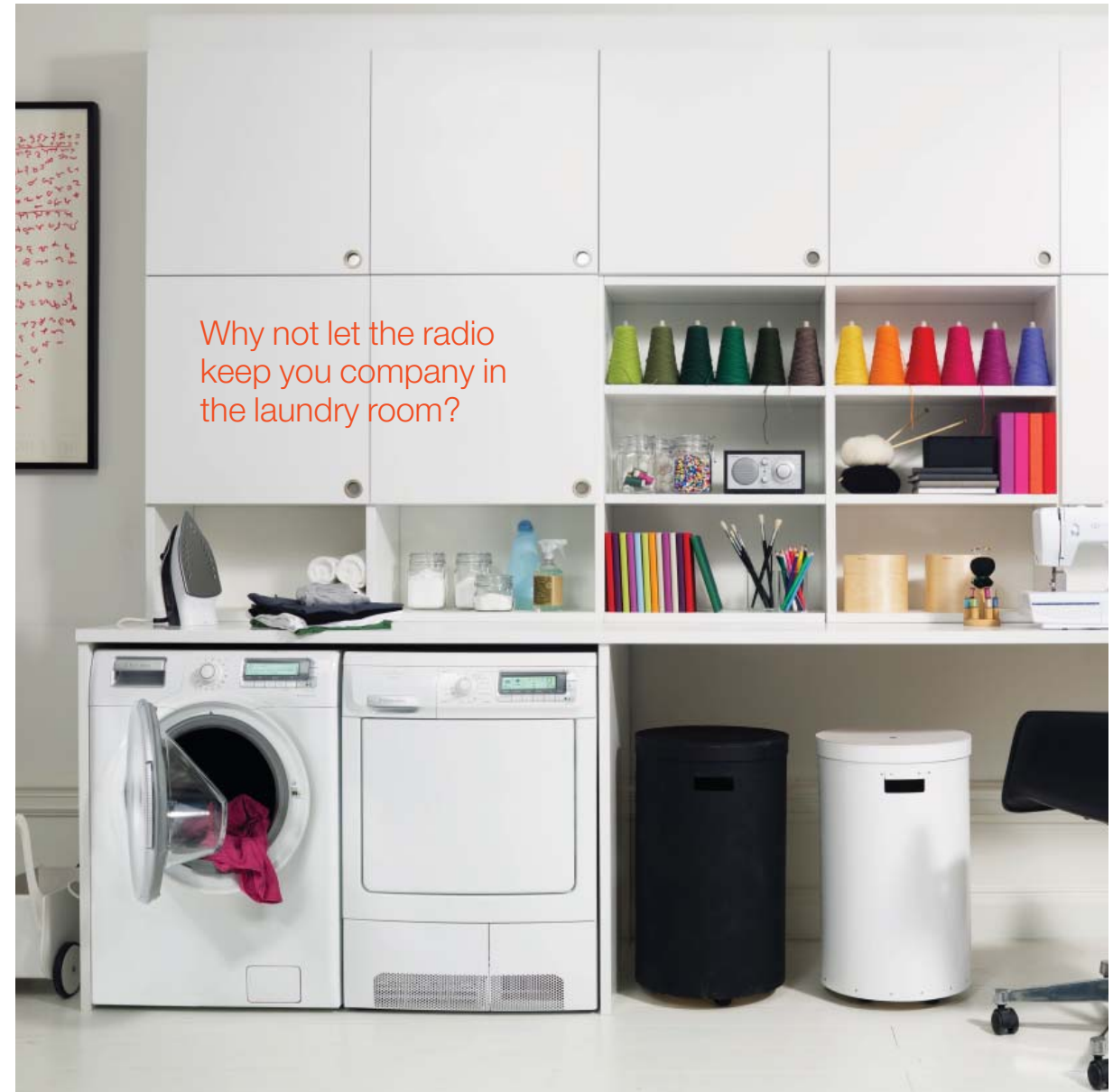
You can reduce the time spent on sorting if you use different laundry baskets. One for delicates, one for colors that can withstand 60°C, one for whites, etc.

Space for sorting

Make sure you have a space to sort your laundry. A sorting table means you won't have piles of dirty clothes on the sofa or kitchen table. It also doubles as a space to dry hand washed sweaters flat.

Storage

A wardrobe or cabinet with pull-out wire baskets can do wonders for your laundry. Finally somewhere to put the ironing pile, store clothes that need repairing or hemming, and store detergents and stain removers.



Why not let the radio keep you company in the laundry room?

*Your ironing space
Giving your ironing board a
permanent place in your laundry
room can make it easier to do
the ironing.*

Lighting

Putting a little thought and effort into your laundry room lighting can really pay off. It doesn't have to be fluorescent tubes. After all, you're going to be spending quite a bit of time there. Sorting is also easier when you can see the colors properly. What colors can be washed together? And which sock goes with which?



Care for your washing machine

Just like most of us, your washing machine needs a bit of care and attention occasionally to keep in top form. Here are some tips on how to keep it clean and running efficiently.

Wash your washer

Even a washing machine needs a good wash occasionally. It's a good idea to run it empty at 90°C a couple of times a year. Simply add the normal amount of whites detergent and switch it on.

Clean the filter

You should clean the filter a couple of times per year. Check the manual to see where it's located and remove everything it has collected. Then wash the filter itself and put it back. New machines have a pin trap instead that captures hard objects like coins which have fallen out of pockets. Empty this regularly.

Clean the detergent and fabric softener drawers

Any residues of water, detergent or fabric softener left in these drawers can cause bacteria to accumulate. Remove the detergent drawer and clean it with hot water. Take particular care with the fabric softener drawer. Also clean the space in which the detergent drawer sits, particularly above it where the water sprays in. To avoid odors, always leave the detergent drawer slightly open so that fresh air can circulate inside it.

Good advice before you buy

With the number of washing machines and tumble dryers on the market today, it can be difficult to make a choice. Here's a few things to think about when buying your washer and dryer.



Size

How much space do you have? Washers and dryers are available in many different heights and widths so it isn't hard to find one that will fit in your home. Decide where you want to place it, measure the space, and choose one that fits this space. If you have a limited space, a combined washer-dryer is a smart choice.

Energy consumption

Choosing a washer with a good energy rating saves you money and helps the environment too.

Allergies

Does anyone in your family suffer from allergies? Then select a washing machine that includes extra rinses. And if you tumble dry your laundry, you remove most pollens, dust, and other allergens.

Capacity

How many people are there in your household? For a normal family, choose a washing machine with a 6–8 kg capacity. If you live in an apartment or by yourself or if there are only two of you, then choose a smaller washer.

Spin speed

How do you plan to dry your clothes? Do you have access to a tumble dryer, or will you be hanging your clothes on a line outdoors? With a washer that spins at high speed, your clothes will dry faster. It takes much less energy to spin out than to dry out the same amount of water.

Water consumption

Washing machines with Direct Spray, which sprays the wash, don't waste water unnecessarily. The machine senses how much you've placed in the drum and adjusts the amount of water it uses and its energy consumption according to the load.

Moisture sensor

Tumble dryers are controlled by either a timer or an electronic moisture sensor that shuts off the machine when your load is as dry as you want it to be. This is a smart feature that saves energy, since the dryer stops running once the clothes are dry.

*Child safety tip!
Kids and washers don't mix well. That's why many machines have child safety devices. Is this something you need?*

Read the care label!

To keep your garments looking great for longer, it's important to follow the recommendations on the garment's care label. Here is a list of the most important care label symbols used.

Common Care Label Symbols

	Do Not Wash		Line Dry
	Hand Wash		Dry Flat
	Machine Wash Synthetics/Permanent Press		Drip Dry
	Machine Wash, Delicates/Gentle Cycle		Do Not Tumble Dry
	Normal Wash 30–95°C		Tumble Dry
	Do Not Iron		Tumble Dry, Low Heat
	Iron, Low Setting (Max 110°C or 230°F for acrylic, nylon)		Tumble Dry, Medium
	Iron, Medium Setting (Max 150°C or 300°F for polyester blends, wool)		Dry Clean (letters indicate which solvents can be used)
	Iron, High Setting (Max 200°C or 390°F for cotton, linen, viscose)		Do Not Bleach (with chlorine)
			Bleach When Needed (with chlorine)
			Do Not Dry Clean

Your notes
