

Planetary Wellbeing

Cut Pollution & Toxicity

- [Cleaning & Laundry](#)
- [Green Carwash](#)
- [Low-Toxin Manufacturing](#)
- [Natural Garden & Lawn Care](#)
- [Organic & Sustainable Agriculture](#)
- [Pest Control](#)
- [Plant-Based Eating](#)
- [Zero Emissions](#)
- [Zero Toxin Parenting](#)

Ensure Animal Wellness

Guard Water Resources

Ocean Awareness

Protect Biodiversity

Reduce Resource Consumption

Save Energy & Climate

Latest Jewelry & Accessories



[Shop all latest jewelry & accessories](#)

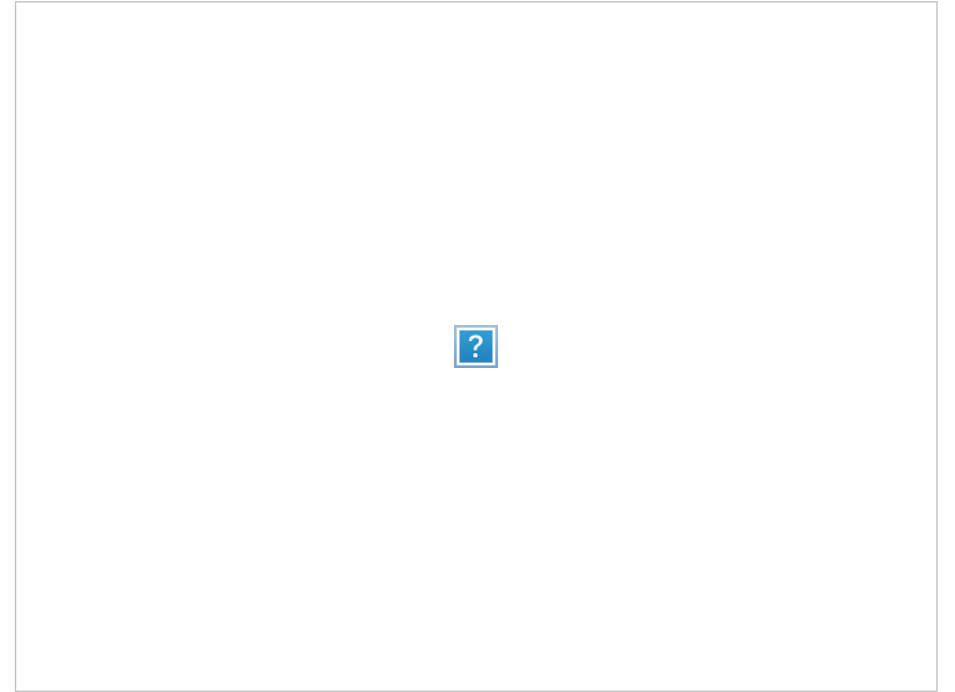


Recipes for All Natural Fabric Softener

Fabric softeners reduce static, and soften and scent laundry. However, store bought fabric softeners contain many not-so-healthy chemicals that you are drying into your clothes when you use them. Our recipes for natural fabric softener are safe for your family and the planet, just like all of our [homemade green cleaning recipes](#).

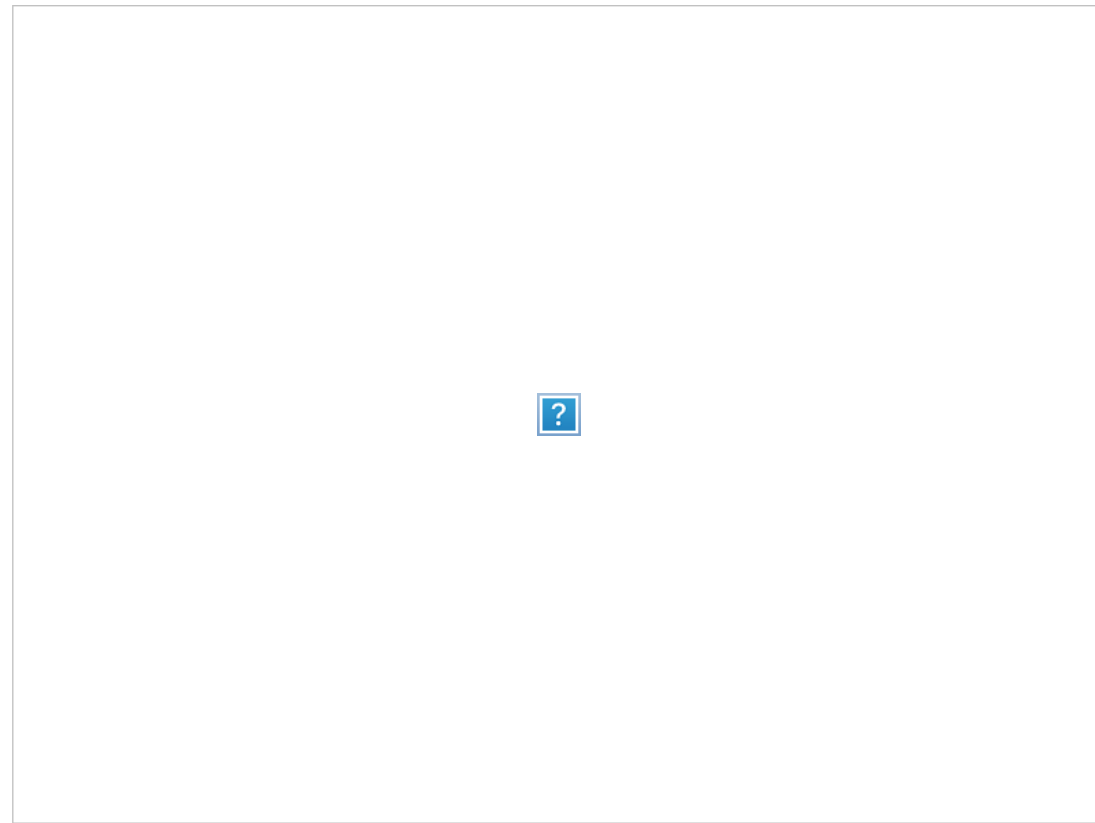
Quick Facts: Health Hazards of Common Fabric Softeners

- **Benzyl acetate:** This chemical is a known pancreatic cancer-causer, and can irritate eyes and lungs. It's also toxic when absorbed through the skin.
- **A-Terpineol:** Humans nervous systems are sensitive to this chemical, and it is a irritant to respiratory systems, too and can lead to pneumonia or fatal edema if aspirated.
- **Chloroform:** This is on the Hazardous Waste list for the EPA, is a carcinogen and a neurotoxin. When inhaled, it can lead to dizziness, vomiting, headache, drowsiness, or irritation of the lungs. It also damages liver, kidneys, skin, and heart.



DIY Green Cleaning Recipes for Fabric Softener

1. **Vinegar liquid fabric softener:** Add 1/4 cup white vinegar on the final rinse, or put in the fabric softener dispenser. Add 20 drops of essential oil if desired.
2. **Vinegar, baking soda, and essential oil fabric softener:** Pour 1 cup white vinegar into a container; add 2 tablespoons baking soda, and 20 drops of your favorite essential oil. Shake before each use. Use 1/4 cup per load of laundry.
3. **Baking soda fabric softener:** Add 1/2 cup baking soda to your water before adding clothes.
4. **Essential oil and vinegar fabric softener sheets:** Combine 1 cup of white vinegar with 20 drops of essential oil. Soak small pieces of cotton cloth in the mix, and pull out to use. Wring excess and toss in the dryer with your clothes.
5. **Citrus and baking soda fabric softener sheets.** Use fresh or bottled lemon or lime juice and pour in a container. Add 2 tablespoons baking soda, and stir until baking soda is dissolved. Soak small cloth strips in the mix, and pull out when ready to use. Wring sheet and place in dryer with clothes.



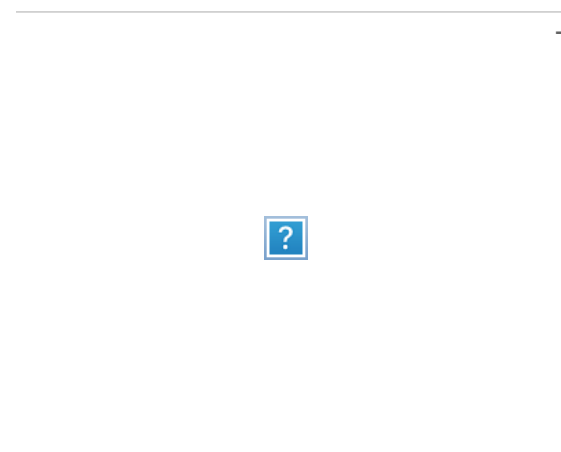
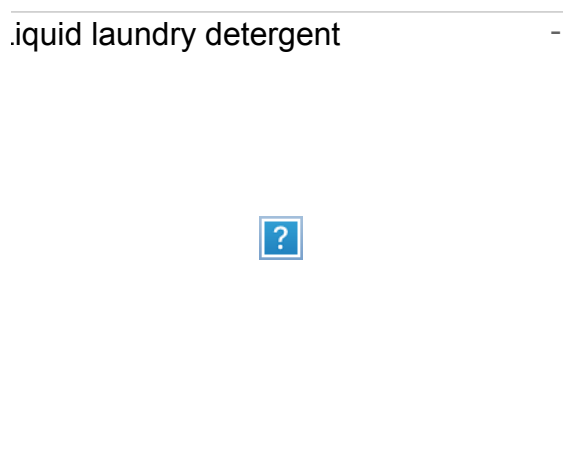
Dig Deeper: Chemicals in Typical Fabric Softeners

- Chloroform and other fabric softener chemicals: [Natural Life Magazine](#).

Images By [gnarlsmonkey](#) and [adriennf](#).

Share:

Related Articles



Comments

0 Comments

Sort by **Oldest** ▾



Add a comment...

 Facebook Comments Plugin

