

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

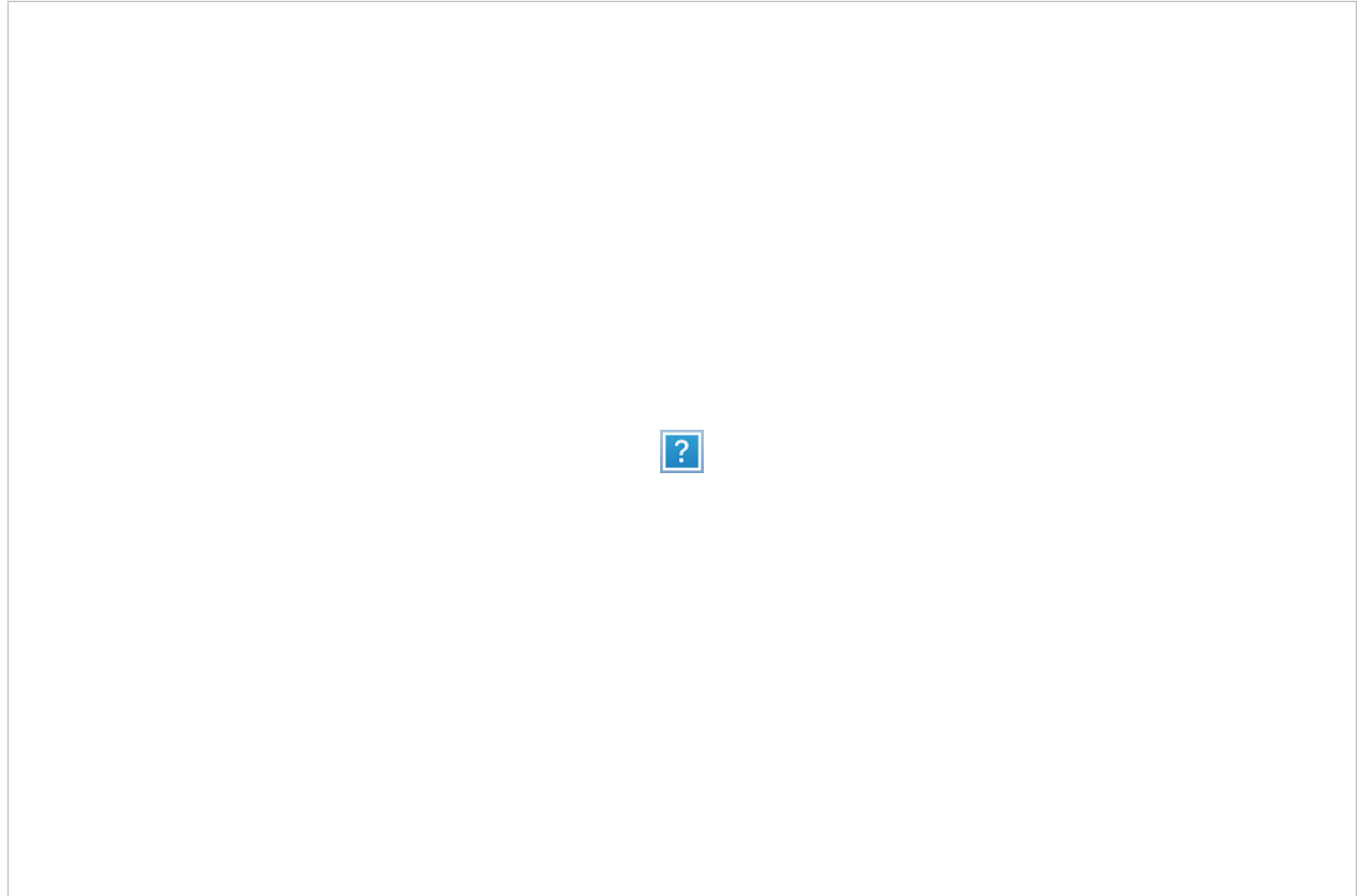
Holiday Picks of the Week



[Shop all holiday picks of the week](#)

[Learn More](#)

Recipes for Natural High Efficiency Laundry Detergent



Getting your clothes clean and white is important, but so is protecting your family. You need special high efficiency laundry detergents for front-loading machines, but store bought versions contain harmful chemicals. Our eco [homemade cleaning recipes](#) provide natural high efficiency laundry detergent options that are safe for you and the environment. Check out our other homemade green cleaning recipes for more eco cleaning inspiration.

Quick Facts: Health Hazards of Common High Efficiency Laundry Detergents

- **Sodium laureth sulfate:** This chemical is a likely carcinogen and irritates skin and eyes.
- **Sodium hypochlorite (bleach):** Dioxins and other health and environmental dangers make it important for you to avoid [chlorine bleach](#) in your green home.
- **1,4 dioxane:** Nervous system damage, and harm to your kidneys, liver, and blood all result with exposure to this chemical.
- **Acetone:** This chemical will irritate eyes and skin and could lead to kidney and liver damage.

DIY Green Cleaning Recipes for High Efficiency Laundry Detergent

1. **Borax, washing soda, baking soda, and castile soap high efficiency laundry detergent:** Grate 2 bars of castile soap and put in a large container. Add 1 cup baking soda, 1 cup washing soda crystals, and 1 cup borax. Mix with a large spoon or spatula. Break up any clumps with hands. Use ¼ cup per load.
2. **Vinegar, baking soda, castile soap, and washing soda high efficiency laundry detergent.** Pour ¼ cup liquid castile soap into a bowl. Add 1 1/2 cups each baking soda and washing soda crystals and blend. Measure 1 cup white vinegar and slowly add to other ingredients. It will bubble, and the mix will become high efficiency after stirring for several minutes. Use 1/3 cup per load.
3. **Castile soap, borax, and washing soda high efficiency laundry detergent:** Grate 1 bar of castile soap into a container. Add 1 cup washing soda crystals and 1 cup borax. Stir to blend, breaking up any clumps with hands. Use 1/4 cup per load.
4. **Baking soda, borax, and castile soap high efficiency laundry detergent.** Grate 2 bars of castile soap into a large container. Add 1 box (16 oz.) baking soda, and 2 cups borax. Mix to blend; break up any large clumps with your fingers. Use 1/4 cup per load.

Dig Deeper: Chemicals in Typical High Efficiency Laundry Detergents

- 1,4-dioxane: [Science Lab](#).
- Acetone: [Canadian Centre For Occupational Health and Safety](#).
- Sodium hypochlorite: [Delaware Health and Social Services](#).
- Sodium laureth sulfate: [Chemtrade International](#).

Image via [timlweismn](#)

Share:

Related Articles

Moth repellent recipes



Natural Moth Repellent Recipes



Green Recipes for Toilet Cleaner

Microfiber Cloth Macro



Choose Microfiber Cloths for Chemical-Free Cleaning

Comments

0 Comments

Sort by **Oldest** ▾



Add a comment...

Facebook Comments Plugin

