

CARING FOR YOUR TEXTILES

Traditional Methods

Wet Cleaning Special Textiles

Several **plant-based** ancient traditional detergents are proven to be mild, gentle and **good cleaners**.

When it comes to washing a textile, some plants can really help because they contain saponin, a natural surfactant. These work like chemical detergents, except they are pure and natural. Saponins do not pollute, and are an environmentally friendly solution. Many of the saponin plants also are antimicrobial and antibacterial (preventing mould and fungus), insecticidal (prevent insects) and even produce a good smell.

Try one of these 3 recipes:

1



prepare plants to make concentrate - choose one plant for your recipe

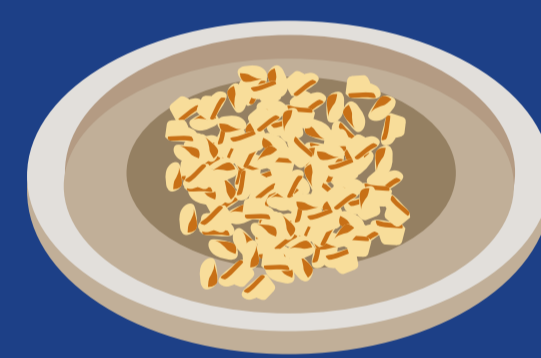
- boil lerak, simmer until soft and remove pits
- roast bo ket pods and boil with water until foam appears then simmer until soft
- boil fenugreek seeds and simmer until soft



lerak
Sapindus rarak

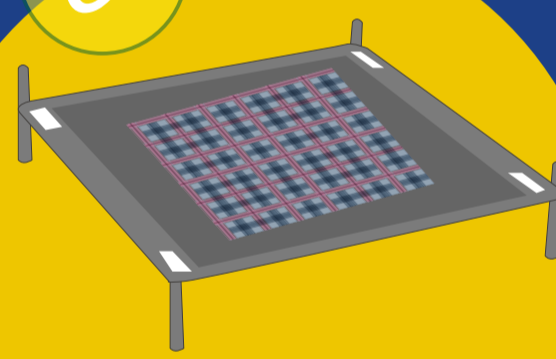


bồ kết
Gleditsia australis



fenugreek
Frigonella foenum-graecum

6



lay out flat to dry in well-ventilated area

2



squish and strain out each plant material

How To

3



dilute concentrate with water to make detergent

4



soak textile for 10-15 minutes

5



wash with care:

- gently rinse with clean water
- no wringing of the textile as this could damage a precious textile