

Fabrics you should not wash often

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From linen to lyocell, there are plenty of fabrics you can wear for another day – and some that you should barely wash. Here are the **clothing materials you shouldn't wash too often.**



Whether heirloom or fast fashion, all clothes need care. Not only is it respectful of the labor and resources that went into each piece, but washing them carefully & sparingly can extend their life by many years.

But not all clothes are created equal. There's a reason we throw some items in the washing machine after every wear without sorting them, and it can cause many clothes to lose their shape or color. Have you ever noticed the smell of a polyester dress after a night out? Or marveled at that sweater your dad claims he hasn't washed since 1995? Fabric matters, and you want to choose fabrics that will last.

From ancient to innovative, here are five fabrics you shouldn't wash often.

Wool

Shrinking sweaters after washing is a nightmare for many people – but when treated properly, wool is one of the easiest materials to care for. It has some antibacterial properties: its fibers are coated with a waxy layer of lanolin (the same stuff that makes sheep waterproof), which wicks moisture away from the body and resists the growth of odor-causing bacteria, meaning you can wear them over and over again without washing them. And thanks to the superfine merino wool, which is increasingly used to make T-shirts, you can even wear wool all year round.

Just steam or air dry your wool when it needs a refresh – and be sure to treat any spills quickly, as wool is more susceptible to dry stains. And when you do decide it's time to wash, use a mild or specialist detergent, and rub it

gently. Wash in cool water and skip the dryer.

Denim

You may have resisted when people told you 'don't wash your jeans,' but the statement is true. With its roots in durable workwear for manual laborers, denim is designed to withstand heavy use—but not hot water. Washing it too much can lead to fading and shrinkage, as well as losing the fabric's natural tendency to hug your body over time.

It's best to spot wash to remove stains and air dry to refresh. While the clean freaks will wash it, you can do it too, but remember the rule of thumb is to clean denim after every 10 wears. And when washing jeans, turn them inside out to reduce friction damage and keep the temperature low, otherwise they will soon be unusable.



Linen

It's been around for at least 10,000 years, but linen still looks fresh every summer – and so will you, because linen is naturally breathable. It also wicks sweat away from the body, dries quickly, and has antibacterial silica, which helps prevent the stink you might associate with a hot-weather wardrobe.

Yes, linen tends to wrinkle. However, if you don't want it to fall apart quickly, it's better to steam or iron linen than to wash it too often, as wringing it out can cause wrinkles. Likewise, avoid bleach, which can damage the fabric, and skip fabric softeners, which can leave behind residue that can make linen stiffer. The best way to soften linen is to wear it repeatedly.

Hemp

Hemp makes a wonderfully comfortable fabric that, like linen, gets softer over time. It also regulates temperature thanks to its hollow fibre structure and is naturally antibacterial – all of which means you don't need to wash it too often. Plus, it's grown without pesticides, so you won't sweat.

This easy-to-clean fabric is not prone to shrinkage or deterioration and is usually machine washable. However, it is best to wash and dry on a cool setting, using a mild detergent that does not contain bleach or other harsh

chemicals that could damage your soft hemp fabric.

Lyocell

Mostly sold under the brand name Tencel, lyocell is a low-impact alternative to viscose, made from wood pulp. Among its many certifications, lyocell claims to 'effectively manage moisture,' with tiny channels between the cellulose fibers helping to wick away sweat and keep you dry—which is why you'll increasingly see it used in sportswear. No one is recommending going weeks without washing your gym clothes, but for everyday wear, you'll likely find it passes the 'stink' test more often than polyester or cotton.

Spot clean the stain (but avoid rubbing too hard as this can damage the fabric) and when it's time to wash, use a gentle cycle at 30 degrees Celsius or cooler and hang to dry.

Above are the fabrics that you should not wash too often to keep them fresh. Hope the article is useful to you.

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