

# How to refresh clothes after each wash

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It's safe to say we'd all like to save time on laundry. According to the Bureau of Labor Statistics, women spend an average of 14.4 minutes a day doing laundry, which equates to nearly eight hours a month. That's essentially a full workday a month. So it's worth making every effort to cut down on the time you spend doing it.

**One way to do that? Don't wash your clothes every time you wear them.**

While some clothes need to be washed after every wear, like workout clothes, others can last longer between washes, and may even last longer if washed less often. Here's how to keep your clothes smelling fresh between washes so you can save time on laundry.

## **Dry in a well-ventilated place**

A little air circulation can do wonders for your clothes. If you leave your newly worn clothes piled on the floor, or folded neatly, they can trap odors and moisture, making them smell bad. Instead, hang your clothes on hangers or racks that have air circulation, allowing the odors and moisture to escape, keeping your clothes smelling fresher for longer.

## **Is steam**

Steam is an effective way to clean clothes and can refresh them between washes. Steamers not only remove wrinkles from clothes, but the high temperatures can also sterilize and deodorize clothes . Just be careful to use a steam iron properly to avoid accidentally injuring or damaging your clothes.



## **Fabric freshener**

Everyone knows the benefits of a quick spray of perfume to freshen up before leaving the house. The same method can be applied to clothes between washes. To keep clothes smelling fresh, clean and easily deodorize, you can spray on clothes a commercially available fabric freshener or mix your own.

To make your own fabric freshener, simply fill a spray bottle with a 50/50 mixture of water and distilled white vinegar, along with a few drops of your essential oil of choice. This mixture is safe for most fabrics, but be sure to test it in an inconspicuous area of your garment first to check for fading.

Also, hang clothes to dry after spraying before storing them in drawers or closets.



## **Fluff clothes in the dryer**

As mentioned earlier, air can make your clothes smell a lot fresher. However, clothes need a fair amount of time to fully air out when hung indoors or outdoors. So, if you want to speed things up, the 'air fluff' or 'no heat' setting on your dryer can get the job done in as little as 15 minutes, depending on your dryer. This gently dries clothes without heat, essentially rinsing them out, reducing wrinkles, odors, and leaving them lightly damp.

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