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HOW TO MAKE YOUR OWN FABRIC SOFTENER AND DISHWASHER RINSE-AID USING CITRIC ACID

I know that lot of people prefer not to use the softener, but it would be imperative to utilise it in the washing-machine, in fact, **washed clothes are very alkaline**, especially if you use laundry powder, and their pH is totally different from our skin pH.

As a fabric softener, **citric acid excels because it neutralises the alkalinity of laundry detergent, acting as a pH adjuster** and bringing the laundry alkaline pH closer to our natural skin pH. In fact, citric acid is an excellent toxic-free alternative to commercial softener and dishwasher rinse-aid. It also works effectively as limescale remover, so using it in your laundry routine will prolong your washing-machine life!

This recipe is easy and super quick to make: you only need to add the powder to the water (better if distilled) and shake the bottle...et voilà!

Job done!!

BASIC INGREDIENTS

- 200 grams of Citric Acid
- 800 ml Water

(I prefer working in grams because it is more accurate than tbsp/oz)

HOW TO PREPARE

Pour the water into a 1 litre cleaned bottle. Then add the citric acid. Shake the bottle until the powder dissolves completely.



HOW TO USE

Use the citric acid solution in the washing-machine as a regular fabric softener, pouring it into the fabric-conditioner compartment of the drawer. Similarly for the dishwasher: pour the solution into the rinse-aid compartment.



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