

GENERAL CARE GUIDELINES FOR TEXTILE PRODUCTS

Understanding the proper methods for washing and caring for textiles is essential. Care routines differ based on factors like fabric type and any special treatments applied during manufacturing. Each garment features a care label that offers precise guidance on washing, drying, ironing, bleaching, and professional cleaning. To preserve your clothing's quality over multiple washes, always consult these labels before beginning any care procedure. Below, you'll find explanations of the most commonly used care symbols.

Textile Labeling Pictograms

Washing



No wash



Hand Wash



Machine wash at 40°C

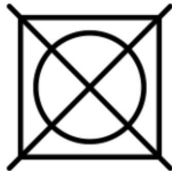


Machine wash at 40°C (mild)

The numbers shown inside the wash tub symbols indicate the recommended maximum washing temperature in degrees Celsius. If the wash tub has one or two lines underneath, it signals that the garment requires a gentle (one line) or very gentle (two lines) wash cycle, involving reduced agitation and slower spinning.

Dry

Tumble Dry



Do not tumble dry

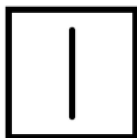


Lower drying Temperature

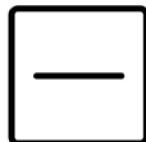


Normal drying Temperature

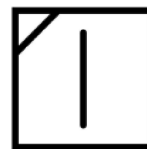
Natural Drying



Line dry



Flat dry



Line dry in the shade

Ironing



No Ironing



Ironing at 110°C



Ironing at 150°C



Ironing at 210°C

Bleaching



Any bleaching agent



Do not bleach

Personal Care



Professional dry cleaning



Do not dry clean



Professional wet cleaning

FIBER CARE RECOMMENDATIONS

Garment care guidelines are organized according to the type of raw material—natural fibers, synthetics, or blends. While these general tips are helpful, the care label on each item offers the most accurate advice to extend the garment's lifespan and reduce water and energy use. If there is any conflict between these recommendations and the care label, it is best to follow the instructions on the label.

Natural fibers

Natural fibers should be washed with extra caution, as they are prone to shrinking when exposed to high temperatures. Unlike synthetic materials, natural fibers are more environmentally friendly due to their ability to biodegrade. In contrast, washing synthetic fabrics can release microplastics into the water system.

Plant-based fibers

Cotton

Washing: Use a washing machine set to warm water (approximately 40°C).

Drying: Opt for air drying or use a tumble dryer on a low heat setting.

Ironing: If needed, iron at a high temperature—around 200°C.

Flax (Linen)

Washing: Wash in cold water (30°C) using a washing machine.

Drying: Either air dry or use a tumble dryer on a low heat setting.

Ironing: If ironing is necessary, use a high heat setting—up to 230°C.

Hemp

Washing: Use a gentle cycle with cold water (30°C) in the washing machine.

Drying: Dry on a low-heat setting using a tumble dryer.

Ironing: If ironing is needed, set the iron to approximately 200°C.

Ramie

Washing: Either hand wash or use a gentle machine cycle with cold water (30°C).

Drying: Allow to air dry naturally.

Ironing: If necessary, iron at a low temperature—around 110°C.

Animal-based fibers

Cashmere, Mohair, and Wool

Washing: Gently hand wash or use a machine's delicate cycle with cold water (30°C).

Drying: Lay flat or hang to air dry.

Ironing: If ironing is needed, use a moderate heat setting—around 148°C.

Note: Wool and cashmere items don't require frequent washing. With proper airing after each use, they can be worn multiple times before needing a wash.

Down

Washing: Use a front-loading washing machine on a gentle cycle with cold water (30°C).

Drying: Tumble dry using a low heat setting.

Ironing: Avoid ironing entirely.

Leather

Caring for leather items requires special attention, so it's best to follow the care label instructions and seek advice from a professional leather cleaner.

Silk

Washing: Use cold water (30°C) for either hand washing or a gentle machine cycle.

Drying: Opt for air drying or use a tumble dryer set to low heat.

Ironing: If needed, press with an iron set to approximately 200°C.

Man-Made fibers

Natural polymer-based fibers

Fibers made from natural polymers—such as acetate, lyocell, modal, and viscose - are primarily sourced from cellulose found in wood. However, their production can contribute to deforestation, posing a serious risk to wildlife ecosystems. To address this, certifications like the Forest Stewardship Council (FSC) and the Programme for the Endorsement of Forest Certification (PEFC) have been introduced to verify that the wood originates from responsibly managed forests. Additionally, producing these fibers often involves the use of various chemical processes to break down wood pulp.

Acetate

Washing: Pure acetate materials should be hand-washed, while blends containing acetate can be washed in a machine using cold water (30°C) on a gentle cycle.

Drying: Allow the fabric to air dry naturally.

Ironing: If ironing is needed, use a temperature setting near 130°C.

Lyocell

Washing: Use cold water (30°C) for hand washing or select a gentle cycle on the washing machine.

Drying: Let the garment air dry.

Ironing: If ironing is necessary, set the iron to approximately 148°C.

Modal

Washing: Wash in a machine using cold water at 30°C.

Drying: Use a tumble dryer set to a low heat.

Ironing: If needed, iron the fabric inside out at a temperature close to 190°C.

Viscose

Washing: Hand washing is recommended, but machine washing is acceptable using cold water (30°C) on a gentle cycle.

Drying: Gently press out excess water and allow the item to air dry. Avoid wringing to prevent fabric damage.

Ironing: If ironing is necessary, use a low heat setting around 110°C.

Synthetic polymer-based fibers

Washing synthetic fabrics can result in the release of microplastics—tiny particles smaller than 5mm—into aquatic environments, posing a significant threat to both wildlife and ecosystems. To help mitigate this, check whether your washing machine is equipped with a microfiber filter. If not, using a protective laundry bag for synthetic garments is a highly effective alternative. For example, the Guppyfriend washing bag helps minimize fiber loss during washing and captures microplastic particles, thereby reducing environmental pollution and helping to extend the life of your clothing.

Acrylic

Washing: Suitable for machine washing with cold or warm water, up to 40°C.

Drying: Dry using a tumble dryer set to low heat.

Ironing: If ironing is necessary, use a temperature of approximately 130°C.

Elastane

Washing: Machine wash using cold water at 30°C.

Drying: Either air dry or tumble dry on a low-heat setting.

Ironing: Avoid ironing pure elastane fabrics; however, blends containing elastane can be ironed at about 130°C.

Polyester

Washing: Wash in a machine using warm water at 40°C.

Drying: Allow to air dry or tumble dry on a low heat setting.

Ironing: If needed, iron at approximately 140°C.

Polyamide

Washing: Use a machine wash with cold water at 30°C.

Drying: Let the item air dry naturally.

Ironing: If necessary, iron at about 130°C.

Blended Fibers

Blended fabrics are made from two or more different types of fibers. Caring for these garments can be tricky since each fiber may require different care methods. That's why it's important to carefully follow the instructions on the care label.

When cleaning blended textiles, two main factors should be taken into account: the proportion of each fiber in the fabric and which fiber demands gentler treatment.

Generally, care guidelines should align with the fiber that makes up the largest percentage of the blend—for example, a fabric composed of 70% polyester and 30% acetate should be cared for as polyester. However, this rule doesn't apply to delicate blends that include fibers like silk or wool. In such cases, it's best to follow the care recommendations for the most sensitive fiber present.

General Tips for Sustainable Garment Care

To help minimize water use and chemical pollution during laundry, consider these suggestions:

- Wash clothes less frequently and wait until you have full loads before running the washing machine.
- Opt for front-loading washing machines when possible, as they tend to release fewer fibers compared to top-loading models.
- Use cold water (around 30°C) for washing whenever feasible—it conserves energy, lowers your carbon footprint, and helps reduce microplastic pollution.
- Whenever you can, air dry your clothes, and if you use a tumble dryer, select a low-heat setting.
- If your washing machine lacks a microfiber filter, use protective laundry bags like the Guppyfriend to help capture microfibers and protect your clothes.
- Select environmentally friendly detergents to limit water contamination.
- Always adhere to the care instructions on garment labels.

Detergents

Choosing the right detergent depends on the type of laundry, but certain factors can help minimize environmental harm. For instance, detergents certified with an Ecolabel must meet specific criteria, including:

- Prohibiting toxic chemicals and microplastics;
- Ensuring effective cleaning at low temperatures to save water and energy;
- Confirming that plant-based ingredients, such as those derived from palm oil, are sourced responsibly to avoid contributing to deforestation;
- Using recyclable packaging materials.

Well-known ecolabel certifications include the EPA's Safer Choice standards and the EU Ecolabel.