

Expert Laundry Tips for Washing Sweat Stained Towels



The summer season is known for its extreme heat and humidity. The humidity causes excessive sweating, and one of the quickest ways to wipe off sweat is to use face and body towels. Wiping sweat with towels causes the appearance of ugly sweat stains. Stains of sweat tend to set in, leading to the appearance of permanent marks. Over time, the constant accumulation of sweat makes the towels a breeding ground for bacteria. Bacterial growth makes the towels smelly and even causes. If you regularly engage in intense workout sessions or if you visit spas or fitness studios almost every day then you probably have sweat-stained towels in your gym bag. Washing sweat stained towels at home can be difficult, especially if you have a busy schedule.

However, it is important to [wash sweat stained towels](#) immediately to prevent permanent discoloration and damage of the towels. As such, cleaning and sanitising sweat-stained and foul-smelling towels are best left to professionals. You may consider reaching out to a professional laundry service centre for washing and cleaning your collection of sweat-stained towels. However, if you would rather wash your bathroom linen at home then read on to find out about the expert tips and techniques that would make your laundry work easier.

Expert Ways For Washing Sweat Stained Towels:

#1 - Assess The Nature Of The Stain:



Sweat stains tend to be stubborn because of the presence of urea, protein, and salt in sweat. The fabric of towels absorbed the sweat leading to musty odour, bacterial growth, and dampness. When the stain sets in the fibre begins to degrade and lose its softness and absorption power. It is therefore recommended to use sanitising fluid along with detergent soap for cleaning sweat-stained towels.

#2 - Try To Address The Stain Immediately:

Wash the sweat-stained towels immediately after use with cold water and soap to prevent the stains from setting in permanently. If you notice any foul odour, then soak the towels in a solution of apple cider vinegar before washing the towels in cold water. Apple cider vinegar helps in neutralising unpleasant odours, and leaves the [towels smelling fresh and clean](#).

Also Read: [A Guide to Cleaning Towels of Microfiber Fabric](#)

#3 - Get Rid Of The Foul Odour:

If the towels smell too bad, then you may use a paste of baking soda and water for eliminating the odour along with the stain. Mix a few tablespoons of baking soda with cold water to prepare a paste. Smear the paste on the stained region of the towels and let the paste sit for at least half an hour for the stains to disappear. [Wash the towels with cold water](#) to make sure that there are no residues of baking soda or detergent.

#4 - Wash The Towels Thoroughly:



If the sweat-stained towels have been lying around in your laundry basket for too long, then you may need to wash the towels in hot water. Hot water helps in eliminating germs and [getting rid of sweat and odour](#). However, if your towel is composed of delicate fabric then it is recommended to use lukewarm water for the wash.

You may use a [heavy-duty detergent powder for cleaning sweat-stained towels](#). Heavy-duty detergent powder contains surfactants and strong enzymes that are highly effective in the removal of tough stains of sweat. Use a small amount of detergent powder, and make sure not to overload your washing machine with towels to allow appropriate agitation of the towels during the washing cycle. During the wash, you may add booster ingredients like white vinegar solution, [baking soda](#), oxygen bleach and hydrogen peroxide to enhance the aesthetic appearance of your towels while eliminating stains.

Also Read: [Quick And Easy Ways to Whiten Soiled Towels](#)

#5 - Dry The Towels Properly After The Wash:

Never allow your towels to stay damp for a prolonged period after the wash. You may use high heat for drying wet towels as high heat helps in killing germs and preventing mold. Aerating your wet towels in the sun is recommended for the towels to stay fresh and clean until the next use. [Tumble dry](#) or air it the towels immediately after the Washington and avoid over drying, as that tends to damage the fibre of towels. Over drying may also make

the towels become rough and abrasive. You may use [wool dryer balls](#) for reducing the drying duration and enhancing the fluffiness of towels.

#6 - Proper Storage Of Towels Is Of The Utmost Importance:

Make sure that the towels are completely dry before storing the towels. Store the towels in a cool, dry and well-ventilated area to prevent growth of bacteria and mildew.

Conclusion:

Wash your towels regularly to prevent sweat from setting in. Be sure to use separate towels for your face and body in order to maintain the health and hygiene of your skin. Maintenance of hygiene and cleanliness of towels is a tough job and it is therefore recommended to reach out to a laundry service centre for help. One of the best laundry service platforms of today is Hello Laundry. [Hello Laundry](#) offers excellent towel cleaning services at affordable rates. [Reach out to Hello Laundry today](#) for all your laundry needs.

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