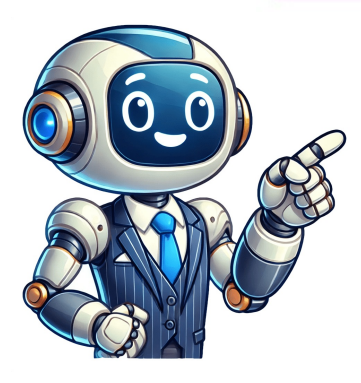


Continue



Laura ashley pillows washing instructions

Add your detergent. Start the wash cycle. Adjust the settings on your washer so that it runs with hot water and goes through a 2nd rinse cycle. Then, let it work its magic! Put your pillows in the dryer. For synthetic pillows, switch your dryer to low heat. Dry your pillows. Take two tennis balls and put them in separate clean, white socks. Throw these in the dryer with your pillows to fluff them and help decrease their drying time. Then start your dryer! Check your pillows. When your dryer has finished its cycle, remove the pillows and feel them, checking for dampness. Smell the pillows to check for moisture in the center. Otherwise, your pillows are clean and ready! Method 2. Remove the cover. If your pillow has a pillowcase or sham, take it off prior to washing. Most memory foam pillows also have a zip-on protective cover that should be removed as well. These items can be washed separately and in a washing machine. Fill a tub with water. Washing machines prove too rough for sensitive memory foam, so pillows of this material must be hand washed. Fill a tub or your sink with warm water. You only need enough water to cover the pillow. For each pillow, add a tablespoon of liquid clothes detergent to the water. Swirl it around with your hands a bit to bubble it up and get it evenly mixed. Wash your pillow. Place your pillow in the water, and move it around the bit to help the detergent to work its way in. Massage and squeeze the pillow with your hands to help get dirt out and to freshen it past the outer layer. Rinse the pillow. Run the pillow under fresh water. It is important to get as much of the soap out as you can, checking for suds in the runout. Rinsing the pillow may take several minutes longer than washing it. Dry the pillow. High heat levels can ruin the memory foam and cause it to crumble, so do not put your memory foam pillow in the dryer. Sick of coming home and feeling overwhelmed by all you need to accomplish? Let's change that! If you have feather or synthetic pillows, you can wash them. You will want to use the most gentle detergent you have, avoiding harsh detergents. Set your washer on a gentle, warm water cycle as well as its largest capacity. Wash at least two pillows to balance the machine and no more than three pillows at a time to guarantee a thorough cleaning. This is to make sure that all the detergent is removed from the pillow. I like to run my spin cycle twice as well to remove any excess water and help the pillows dry a little more quickly. Once your pillows are washed and the excess water has been wrung out, you can toss them in your dryer. If your pillow is foam, you will want to line dry or hang your pillow to dry as a trip through the dryer would cause the material to melt. For other synthetic materials, dry on a low to medium heat cycle and avoid any high heat. If you would like to fluff up your pillows again, put a couple tennis balls in some socks and toss them in to agitate and return the fibers to their natural state. Stop the dryer every 30 minutes or so to rotate the pillows around to make sure that they dry thoroughly and evenly. With a little extra attention, your favorite pillows can feel like brand new again. Your email address will not be published. Save my name, email, and website in this browser for the next time I comment. I never really thought to line dry them. I may have to wash them and then line dry them. But maybe I was doing it wrong. Becky, what type of pillows do you buy? I have a hard time getting just the right pillow and would like to be able to wash it without it getting all deformed. Amber, I have the exact same issue. Very frustrating. Because obviously they are awesome. I wash mine in the bathtub. I put an extra curtain rod over the center of my tub for an indoor line. Before you wash your pillows put five or six stitches through the pillow to stabilize the inside of the pillow. It would be like tying a quilt. Then wash and dry. Check the bedding after one dryer cycle. Pull the bedding out and shake it a little, then put it back into the dryer. The bedding must be thoroughly dried, and this could take at least two cycles. But not all types of pillows — down, fiberfill, and solid foam — should be treated in the same way. While most styles are machine washable, some are dry-clean only, have front-loading washing machine restrictions or advise only spot-treating. The content and care tag on the pillow is the best place to start, but if you can't find step-by-step instructions or need further guidance, follow this guide by Carolyn Forte, Director of the Good Housekeeping Institute Cleaning Lab, how to wash pillows, no matter the size, shape, or fill. You're in luck: Most down and fiberfill pillows are machine-friendly, which means you can just toss them in the washing machine for a refresh. Be sure to wash two pillows at a time to keep the washer balanced, ensuring an all-around clean. While any washing machine will do, front- or top-loading machines without an agitator a. If an agitator-style top loader is your only option, place the pillows in the tub vertically to lessen the chance of them getting damaged by the agitator. It goes without saying that you should always read your pillow's care label and follow the directions accordingly. If you clipped off the tag or can't find the instructions, use this step-by-step as your guide. Unfortunately, you can't put your latex or memory foam pillows straight in the washing machine. While foam pillows are resistant to dust mites, it's still important to clean them on a regular basis. As always, you should check the washing instructions on the pillow's tag, or follow Forte's cleaning method outlined here. No matter how diligent you are about cleaning your pillows, you'll need to buy new ones eventually. The foolproof way to know when to toss 'em: "If you fold the pillow in half, and it doesn't spring back into shape, plan for a shopping trip," Forte explains. Image not available for Colour: To view this video download Flash Player You're here because you're wondering "How long can I go without washing my pillow?" You're possibly even hoping that we'll give you information to settle the anxiety over whether your pillowcase does the work it needs to do or not. But even with a pillow protector hugging your head support, we have some truth for you that may be hard to sleep with: Your pillow is the perfect environment for bacteria and dust mites to flourish. It makes sense when you think about it — and trust us, we wish it was otherwise! But when you lay your head to rest every night, your pillow then goes on to collect sweat, drool, skincare products, hair, and more. So, how long ago was it that you washed your pillow again? Washing your pillows every two to three months is sufficient for keeping them clean. Tonya Harris, cleaning and environmental toxin expert and co-founder of Slightly Greener, notes that if you have pets sleeping in your bed or you struggle with allergies, you should aim to wash them at least seasonally. In between washes, you can keep your pillows as clean as possible by fluffing them daily. Fluffing your pillows each day helps get rid of dust and prevents it from accumulating. If you have time, it's not a bad idea to hang your pillows outside on a clothesline for a few hours (when the weather is sunny and free of humidity) to keep them dry and prevent mildew. Before you throw your pillow in the washing machine, be sure to read the tag carefully. How you wash your pillow will come down to what it's made of — certain materials need to be handled with a little extra love and care so they don't get ruined in the cleaning process. While most pillows will have laundering instructions on the tag, there are some general tips to keep in mind when washing them, and some pillows that cannot be machine-washed at all. Make sure your pillows are machine safe. If so, note any temperature or detergent restrictions, as some materials could be compromised in rougher rinse cycles. Harris suggests warm or hot water and a gentle liquid laundry detergent in order to keep your pillow in the best shape possible. Use hot water and a delicate cycle in the machine. Alex Varela, general manager of Dallas Maids, a cleaning service based in Texas, recommends zapping bacteria with the hottest water. "You can run a cycle on the hottest setting, adding Oxiclean and laundry detergent so that you can make sure the pillows will be sanitized," Harris adds that a gentle or delicate cycle will best preserve the integrity of the pillow. Use white vinegar and hydrogen peroxide for a deep clean. If you feel like your pillows need a deeper clean, Varela says that you can wash them with one cup of white vinegar and two cups of hydrogen peroxide, which will remove basically any trace of odor, bacteria, and grime. In order to help your pillows maintain their shape and get cleaned evenly, you should always wash a pillow with another large item. "Wash two pillows if possible," Harris says. "Or throw in some extra articles of clothing or towels to keep the machine balanced." You might want to use an extra spin cycle for your pillow. If the machine was not properly balanced, or you have an old or sensitive washer, you may find that your pillows emerge water-logged and dripping. In that case, put them back into the washing machine and run a drain-and-spin cycle, which will remove the excess water and leave pillows in better condition for drying. [Note: If you buy something using a link on our site, we may earn a commission.] Most feather or down pillows are fairly simple to wash and can be thrown in the washing machine using the above tips. Cycle and suds: Be extra careful to wash them on the gentle or delicate cycle and use low-sudsing detergent so that your wash won't agitate the fill. An extra rinse cycle will help get all of the moisture out of these pillows. Temperature: You might want to stick with warm or cool water with these pillows — hot and high temperatures may cause the pillow to begin to break down. Dryer: They can be thrown in the dryer, but avoid high heat, which can cause shrinkage. Keep in mind that feather or down pillows can take a while to fully dry, and any clumping could be a sign that they're not ready yet. A couple tennis balls added to the drum can help break up clumps in the filling. Wash polyester pillows with towels or other pillows so that they keep their shape. Cycle and suds: For most polyester pillows, you can machine wash them on a gentle or delicate cycle using cold water. Don't use too much detergent with these. In fact, you should also plan to run an extra rinse cycle to get rid of any lingering detergent. Dryer: Polyester pillows can also be thrown in the dryer. You might want to add clean tennis balls or wool dryer balls in with them in order to break up any clumping that might occur. Memory foam or latex pillows are higher maintenance and generally require hand washing or spot-cleaning only. Cycle and suds: None! Avoid the washing machine as this can break up foam or latex. Spot-clean: To clean them properly, vacuum them to get rid of dust and debris, then spot clean with a moist cloth and a little bit of mild or diluted laundry detergent. Dryer: Avoid! Foam or latex pillows also cannot go in the dryer, so lay them on a flat surface and air-dry them instead. When it comes to buckwheat pillows, you really only want to wash the cover, as the buckwheat fill shouldn't get wet. Buckwheat pillows are a process, but if you're looking for more control over your comfort levels, they're a great option. Since you can easily add or remove buckwheat hulls, they're very adjustable. They also tend to be more on the firm side rather than the soft side, so they're very supportive and can conform to your neck and head during use. 1. Open up the pillow and remove the buckwheat hulls. Place them in a shallow dish or sheet. 2. If you're trying to get rid of any smells, you can put the hulls in the sun. 3. Wash the pillow shell in cold water on a gentle cycle with a light detergent. The cover should be air-dried as well, and should be fully dry before used, as you don't want to sleep on damp buckwheat. Once it's fully dried, fill it back up with the buckwheat hulls, and it will be good as new. Whether you don't have access to a washing machine or you're unsure that your pillow can withstand one, hand washing is your second-best option. It takes a little more time, but it's just as effective. Harris says you should start by removing the pillowcase and vacuuming the pillow on both sides using an upholstery attachment so that you can remove excess dust and dirt. "For odors, sprinkle a layer of baking soda on one side, let it sit for a couple of hours, then vacuum it up. Repeat on the other side," she recommends. If you don't have an upholstery attachment or it's questionably dirty, Varela has another method. For pillows that can be washed (so pillows other than latex, foam, and buckwheat), "Soak the pillows in a big container, like a sink or bathtub, with warm water and two spoonfuls of detergent. Next, you'll need to 'knead' your pillows to remove all the dirt that's been getting on the inside. Finish by rinsing with plenty of warm water." Most pillows, aside from memory foam, latex, or buckwheat pillows, are safe to put in the dryer, but check the tag for specific instructions. If they are dryer-safe, Varela says, "Put them on a low-delicate cycle for a couple of hours. If possible, toss some tennis balls or dryer balls to help them dry faster." She adds that you might also need to run a few cycles — pillows take much longer to dry than regular clothing. You should also give them some time to air dry to ensure all the remaining moisture is gone. For pillows that are not dryer friendly, Varela recommends wrapping them in a dry towel and squeezing them to get rid of excess water. Do this a few times before letting them air-dry in direct sunlight, if possible. If you notice your pillow is stained but you don't think they need to be washed yet (or you simply don't have the time), spot cleaning is simple. "Combine a gentle dish soap or Castile soap with warm water and gently scrub the area that needs to be cleaned with a soft sponge," Harris advises. You can also regularly vacuum your pillows to keep dust at bay. Clean pillows are more hygienic, can help improve your sleep, and ultimately make you feel even more relaxed, so be sure to follow these tips every few months. Are you ready to know exactly what got through into the core of your pillow? A 2005 study done by the University of Manchester found, on average, more than a million fungal spores in household pillows. The research found that pillows, especially synthetic ones, can harbor dust mites, which can aggravate allergies and even make you sick over time. Not only is this relatively horrifying to sleep on, but it could potentially lead to sleep issues down the line. "Pillows can trap sweat, moisture, dirt, dust, allergens, and other particles, which can build up and affect sleep quality over time," explains Harris. Dust mites can irritate allergies, making it harder to breathe comfortably when lying down. Fortunately, washing your pillows can be easy, especially if you plan ahead. Use the long cycle time to do something meditative, like reading a book or a crafting project. And rest easy at night, knowing you're sleeping on a clean pillow. Cookie policy We use cookies and similar technologies to provide the best experience on our website. Refer to our Privacy Policy for more information. Everyone knows you should change your pillows every 2-3 years, but how do you keep them fresh and clean in the meantime? Pillows are essential for a good night's sleep, but they can accumulate sweat, oils, dead skin cells, and dust mites, leading to stains, odours, and even allergies. To help, we've put together this guide covering everything you need to know about how to wash pillows, ensuring they stay fresh, clean, and comfortable for years to come. We'll cover: Why washing your pillows is important When was the last time you washed your pillows? If you can't remember, it's probably time to give them a thorough clean. Washing your pillows regularly is crucial for several reasons. First and foremost, it is a matter of hygiene. We use our pillows a lot, which means they can harbour bacteria, dust mites, and allergens. This can affect your health, especially if you suffer from allergies or asthma. Additionally, over time, sweat and oils can make your pillows look and even smell unpleasant. Regular washing helps keep them fresh. It's recommended you wash your pillows every 3-6 months. Pillowcases, on the other hand, come into direct contact with your skin and hair every night and so require regular washing for a clean and healthy sleeping environment. For optimal hygiene, wash your pillowcases once a week. General guidelines for washing pillows Before getting into the specifics of washing different types of pillows, there are some general guidelines that apply to all. Always check the care label on your pillows for specific washing information. Some pillows can't be washed so do make sure you follow the instructions. Use a mild detergent, as a gentle, low-suds soap is best to avoid residue build-up. Ensure all detergent is rinsed out to prevent any irritation by running an extra rinse cycle if necessary. Finally, make sure pillows are completely dry before using them again to avoid mould and mildew from developing. How to wash different types of pillows Feather Pillows Most feather pillows can be machine-washed, but they require gentle handling. To wash feather pillows, use a gentle cycle with warm water. Add a small amount of mild detergent and run an extra rinse cycle to ensure all soap is removed. Dry the pillows on low heat with tennis balls or dryer balls to help fluff the feathers. Memory Foam Pillows Memory foam pillows are more delicate and require hand washing. To wash memory foam pillows, fill a basin with lukewarm water and a small amount of mild detergent. Submerge the pillow and gently squeeze to clean it. Rinse thoroughly with clean water, press out excess water with a towel, and air dry completely. Memory foam pillows should not be machine-washed. If the pillow has a removable, washable cover, then wash this regularly too. Wool Pillows Hand washing is the safest method for cleaning wool pillows to avoid the risk of shrinking. Wool fibres can be damaged by excess moisture, so avoid using too much water when spot cleaning or washing. Once the pillow is completely dry, fluff it by hand to restore its loft and shape. Regularly air out your wool pillow to keep it fresh. Latex Pillows Latex pillows are known for their durability, support, and hypoallergenic properties. However, washing them requires special care to maintain their quality and longevity. Hand washing is best, and avoid using hot water and scrubbing, twisting, or wringing these pillows to avoid degrading the latex. Synthetic Pillows Synthetic pillows are the easiest to clean and can generally be machine-washed. To wash synthetic pillows, use a gentle cycle with warm water and add a mild detergent. Tumble dry on low heat with dryer balls to ensure they stay fluffy. Special cleaning tips Removing yellow stains Yellow stains on pillows are common and usually caused by sweat and body oils. To remove yellow stains from pillows, make a paste with baking soda and water. Apply the paste to the stained area and let it sit for 30 minutes before washing the pillow (or pillow cover) as usual. If you tend to sleep hot, you might benefit from a cooling pillow. These can help regulate your temperature at night and reduce sweating, keeping stains to a minimum. Choosing the right pillows If you like to wash your pillows often or if you simply want to know that your pillows will survive in the wash, look for machine-washable pillows. These are easy to clean while providing all the support, breathability, and comfort you'd expect from your favourite pillow. If you wash your pillows regularly because you like the fresh scent, you may be interested in scented pillows. Similarly, if you wash your pillows frequently due to allergies or asthma, you may need an anti-allergy pillow or a hypoallergenic pillow to keep symptoms at bay. Pillow maintenance tips To keep your pillows in top condition, fluff them daily to maintain their shape and comfort. You can do this by simply picking them up and patting them into shape. This can also help remove dust and hairs from your pillow. Regularly air out your pillows by hanging them on a washing line, as fresh air can help remove mild odours and moisture. Consider using pillow protectors to help keep pillows clean and reduce the need for frequent washing. These go on between your pillow and pillowcase as an additional protective barrier, and they can be washed separately. Maintaining clean and fresh pillows is essential for a healthy and comfortable sleep environment. By following these guidelines and tips, you can ensure that your pillows remain hygienic and supportive, contributing to a better night's sleep. Remember to browse all pillows to find your perfect match. Do you snore, or do you suffer from back or neck pain? You can also browse by sleep issue to find the perfect pillow for you.