

Bathroom Essentials to Wash More Often



Here's What to Wash from Your Bathroom and Why. While experts recommend washing your bath towels every few days to keep them fresh & clean, here are three other bathroom essentials you should consider washing more regularly.

Bathmats

Whether they're in front of your sink or next to your tub or shower, the mats in your bathroom spend a lot of time on the floor in one of the most high-traffic germ areas of your home. For this reason, it is recommended that you clean them once a week. For best results, take bathmats outside and shake out any clinging dust or debris prior to loading them in the washing machine. Make sure to follow the manufacturer care instructions on the label and air-dry them if they have a rubber coating or backing.

Fabric or Plastic Shower Curtains

Since fabric shower curtains don't often come in direct contact with shower water, washing them every several months is usually enough to keep them looking clean. Before you place them in the washing machine, check the tag to make sure the material is washable. Then remove the

curtain off the rings or hooks, use a minimal amount of detergent and then hang it back on the rod or rings to air dry.

And while plastic shower curtains and liners may be more affordable and easier to replace when they get dirty or accumulate soap scum, the cost can add up over time. Instead of throwing them away, you can extend the life for months or years by washing them. Because liners come in direct contact with water and soaps, they should be cleaned more often. Once a month is recommended to stay ahead of any mold or mildew growth. Make sure to switch the washer settings to cold and add a bath towel or two to the machine to prevent the curtains from wrinkling. After washing, make sure to air dry - so that it doesn't melt in the dryer.

Scrubbing Poufs & Loofahs

Yes, you read that right! Whether natural or synthetic, bath and shower sponges, poufs, loofahs, or exfoliating scrubbers can provide the perfect environment for bacteria - and should be washed on the regular. Whether you decide on weekly or monthly, make sure to put these scrubbing devices in a mesh laundry bag with a load of other bath towels - then leave them to air dry.

While bathrooms are where we all go to get clean, they can also be home to lingering germs, molds/mildew, and bacteria - which is why experts recommend washing more than just your bath towels on the regular. Before washing bathmats, shower curtains or scrubbing tools, make sure to follow the instructions on the care tag.

To learn more about keeping your clothes fresh and new as long as possible and to see all of the latest time-and energy-saving appliances, visit us online at www.cscsw.com.