How To Get Clean Smelling Laundry Every Time

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Washing machines are such helpful inventions, but perhaps we expect too much of them from time to time. After all, don't many of us just toss our smelly, dirty clothes in them with a healthy pour of detergent, expecting them to come out perfectly clean and pleasant-smelling every time?

Unfortunately, washing machines aren't magical – if you want your clothes to continue in their pristine state, you might have to adjust your washing habits just slightly.

Ever had your favorite shirt or workout top come out of the dryer smelling slightly off, no matter how many times you wash it? Athletic clothes in particular come out with a sour scent frequently, since they collect a lot of your sweat over time. Even the antimicrobial, high-quality workout products are not immune from getting smelly after many uses.

The first thing you should do is make sure that your washing machine is clean. If you frequently leave wet clothes in it overnight, there is a chance that it has a musty, mildew smell. To clean it out, fill the chamber with hot water and 2 cups of white vinegar, and let the mixture sit for 30 minutes. Then, run the machine on the regular wash cycle to let the solution flow through all the pipes. Now, you're ready to treat your clothes.

Two options

There are two different paths you can take to solve your stinky clothes problem, depending on your preferences.

Option A: If you are someone that likes your clothes to smell flowery and fragrant, run your loads with your favorite detergent. For extra scent and softer feel, also use a scented fabric softener sheet when you throw them in the dryer. With a clean washing machine, this should be easy for all your moderately smelly clothes.

Option B: If you prefer your clothes to smell crisp and clean without any additional fragrances, then use the same solution you used to clean the washer. Water and white vinegar coupled with a scentless detergent should help you eliminate any foul odors which have accumulated.