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# Your Guide to Washing Like A Pro

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# How to Wash your Delicates the Right Way

Nobody likes doing the laundry – which is why some people have the habit of tossing the family's entire load of dirty clothes into the washing machine during each cycle without an afterthought. Yet, no matter how much time you want to save, undergarments, knits and silks should always be treated with special care or risk the possibility of getting damaged.







# 1 Wash Your Most Delicate Items by Hand

***A good hand-washing technique requires the following basic steps:***

filling a large basin with lukewarm water, adding a mild detergent, and gently submerging your garments. Avoid scrubbing your clothes too hard and be sure to change the water every few loads, especially if a previous load contained heavily soiled articles.



# 3 Use a Laundry Wash Bag

Place your delicates in a laundry wash bag to prevent them from possibly getting tangled up with other clothing in the washing machine. Be sure to select a gentle cycle as well for total peace of mind.



# 2 Read the Laundry Label

If you spent a lot of money on a new knit sweater, chances are you would want to take the best care of it – and it is not hard at all to do so. Examine the labels on your clothes to check if they require washing by hand, dry-cleaning or other specific treatments to give them the best possible care.



# 4 Wash Similar Items Together

Contrary to popular belief, washing your delicates in the washing machine is fine so long as you do it properly. Aim to wash only garments of the same material together and do not overload the machine so that they have room to be properly cleaned.





## 5 Use a Gentle Detergent

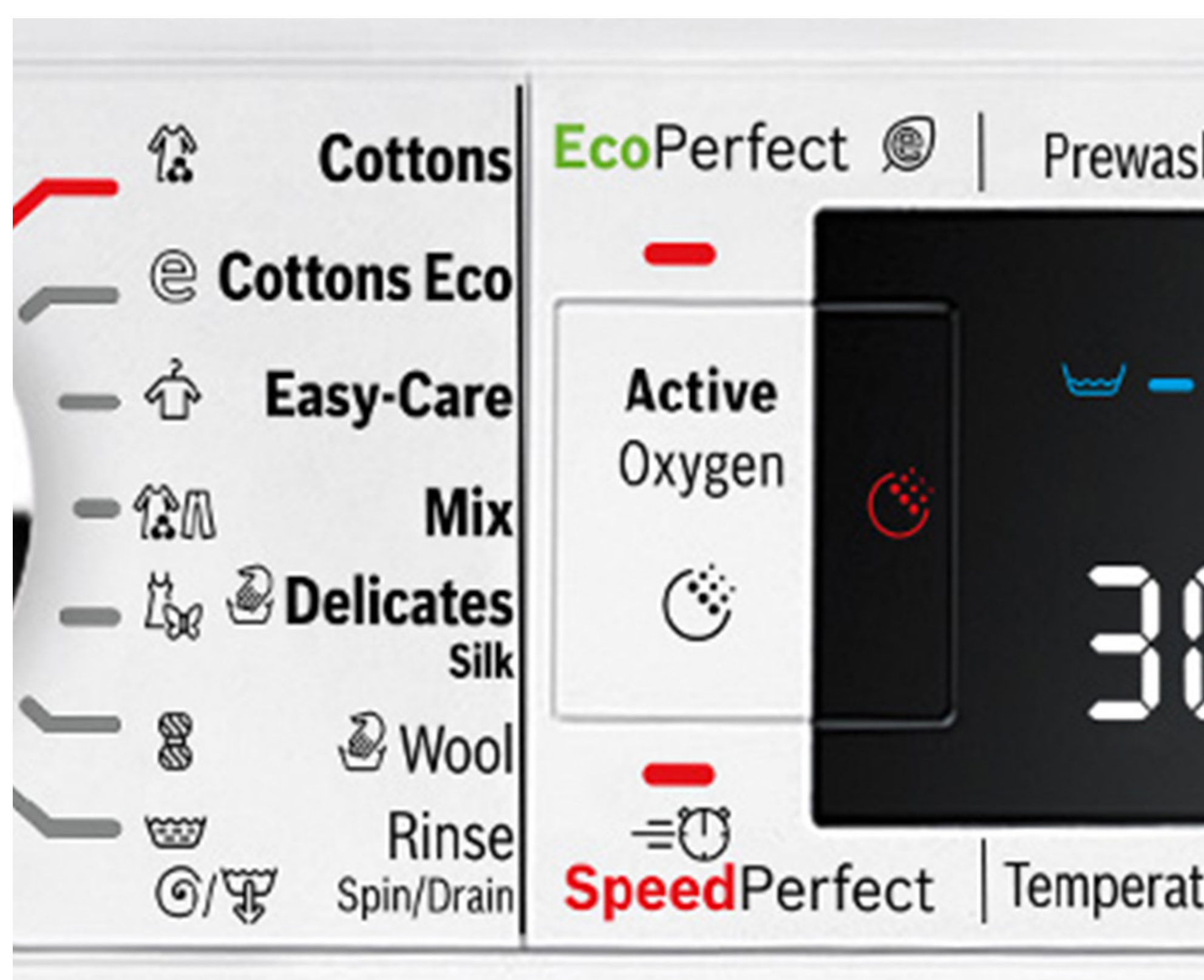
Ordinary detergents are usually made to tackle tough soiling, but they are much too harsh on delicate clothing.

***Invest in laundry soap specialised in treating fragile materials – they are mild enough to preserve fabrics but tough enough to remove perspiration and light stains.***

## 6 Dry Your Clothes Naturally

Instead of relying on a dryer to dry your clothes, gently wring your delicates before allowing them to dry on a clothesline.

***Be sure to keep them away from direct sunlight in case of mild bleaching over time.***



## 7 Use Special Settings

Bosch washing machines have an inbuilt Delicate/Silk Programme suitable for silks, delicate viscose and synthetic items, as well as a Wool Programme tailored to provide the ultimate care for wool garments.

***These programmes help your clothes maintain the best possible condition with little fuss.***





# Popular Laundry Myths Debunked

**Contrary to popular belief, did you know that certain wool, silk and delicate fabrics can be washed in a washing machine?**

Here are some popular laundry myths that you might have heard of, for which we'll be setting the record straight.



# Myth #1



# The More Detergent You Use, the Cleaner Your Clothes Will Be

It seems reasonable to assume that if you want your clothes to be cleaner, you should use more soap but it doesn't work that way. Using more detergent than needed creates excessive suds, which means more water has to be used to rinse clothes to remove residual detergent.

Always refer to your detergent label for dosage recommendations. Or use automatic dosing technology like the Bosch iDOS system, which determines and dispenses the precise amount of liquid detergent for every wash.

# Your Washing Machine Doesn't Need To Be Washed

While it might seem strange that you need to wash your washing machine, it's a good habit to give it a clean from time to time.

Run a Drum Clean programme or any other wash program which operates at 90°C with an empty load.

This eliminates odour-causing bacteria and gives the drum surface a good clean. Add a descaler to remove limescale deposits caused by hard water.



# Myth #2

# Myth #3



## High Dryer Heat is the Reason Your Clothes Shrink

There are a variety of factors why certain fabrics are more prone to shrinkage than others. Hence, it is important to check your clothing label to see if it's suitable for machine drying. Also, always use the right drying programme as different fabrics have different heat thresholds.



## Cold Washes are Better for the Environment

While a cold wash might consume less energy, it may not clean heavily soiled clothes perfectly.

Heated water provides a more hygienic clean by killing bacteria. Bosch's wash programmes can reach temperatures of up to 60°C, for the best wash results.

## Myth #4



## Myth #5



## Wool and Silk Cannot be Machine Washed

Hand washing your clothes is a time-consuming process, especially for fabrics such as wool or silk.

Contrary to popular belief, certain wool or silk garments can be machine washed - just check the clothing label for washing instructions.

Washing machines these days have a “Wool” and “Delicates/Silk” program, specially designed to wash these fabrics. If you want to be on the safe side, put items which need special care into a mesh bag for extra protection.

If you follow these tips, you will save time and money, while ensuring a long life for your laundry machine and clothes.



# Getting to Know Your Washer Dryer Settings

If you're someone who hasn't mastered all the different settings of your washer dryer machine, you're not alone. Most of us tend to glance through the manual when we first get our spanking new machine and experiment a little with the settings, then end up picking a couple of settings to stick with forevermore.

All the different buttons, symbols and timings might seem daunting, but it's worthwhile to know how to make the most out of your washer dryer to save you time, energy, money and also, wouldn't you want to take the best care of your clothes?







## Pre-Washing

Many machines come with a pre-washing function to help you clean heavily soiled items (just think of your child's football match falling on a rainy, muddy day) before you start the actual washing programme.

***You can also use this function to wash out stains, just be sure to first try removing the stain while it's fresh by dabbing it with a bit of soap water before popping it in the wash.***

## Washing Programmes

Here's where there is usually a whole plethora of options to choose from, but that's a good thing. It pretty much guarantees that you'll never have to wash any laundry by hand ever again.

***To keep things simple, here are 5 easy to remember categories:***

# 1



### Everyday Laundry

For cotton and other non-delicate materials like t-shirts, shorts, jeans and towels.

**Cottons:** Standard washing programme for textiles made of cotton or linen

**Easy-Care:** For textiles made of synthetic materials or blended fabrics

**Mixed Load:** For washing natural and synthetic textiles together in a single load

# 2



### Delicate Materials

Gentler washing cycles ensure that even the most delicate of materials end up clean and in the same shape and size as before.

**Delicate/Silk:** For delicate, washable fabrics like silk, satin, synthetic or blended fibres

**Wool:** A gentle wash programme for hand and machine-washable fabrics made of wool or wool blend

**Down:** For machine-washable fabrics that are filled with down

# 3



### To Be On the Safe Side

For the times you want your clothes extra clean with a prewash; to make sure all the suds are out with an extra rinse, or be certain that your clothes are spun as dry as possible.

**+Prewash:** Energy-intensive program for heavily soiled textiles made of cotton or linen

**Rinse:** An extra rinse with a spin

**Spin / Drain:** A single spinning programme with a selectable spin speed



4



## Urgent Laundry

For the days when you want to wear a specific outfit only to find it was left at the bottom of the laundry hamper.

**SuperQuick 15'**: A 15 minute wash and spin-dry cycle for less than 2kg of lightly soiled laundry.

**Wash&Dry 60'**: This option washes 2kg of lightly soiled laundry for 15 minutes, followed by 45 minutes of heated drying.

5



## Bonus Options

These programmes come in handy during flu season or when you want an added level of cleanliness.

**HygieneCare**: Pretreat dry laundry by hot air followed by a low temperature washing cycle to achieve the most hygienic wash results for non-delicate fabrics.

**Allergy+**: A prolonged wash program with a longer rinsing cycle, certified by the European Centre for Allergy Research Foundation (ECARF) to be allergy-friendly.

**Drum Clean**: To maintain the hygiene of the washer drum and remove residual lint.



## Drying Programmes

Rain or shine, you can now know for certain that your clothes will be dry on time.

Materials such as wool or silk may be on the no-no list, but it's good to check the labels and make a mental note of items that can't go in the dryer.

There are two different types of drying programmes - Gentle and Intensive - so pick the one that suits your needs. Regular cotton items or lighter clothing would be more appropriate for a Gentle Dry, while towels and sheets would be better suited for Intensive Dry.

***Now that you know all that your washer dryer can do, I bet you can't wait to try out a new setting with your next load of laundry!***



Which saves you more?

# Dishwashing vs washing by hand

Bosch compared water, electricity and time consumption between using a dishwasher and washing dishes by hand – and came up with some surprising figures!

## Dishwashing



Water used on average:  
**7 litres**



Energy used per load:  
**0.67 kWh**



Time spent loading and unloading the dishes:  
**15 minutes**

## Washing by hand



Water used on average:  
**40 litres**



Energy used per load:  
**2.60 kWh**



Time spent washing and drying the dishes:  
**60 minutes**

With 45 minutes saved per load with a dishwasher, this gives you

**210 hours**

of free time or

**23 vacation days**

per year!

You also save around

**9,200 litres**

of water per year which lets you have 5 more showers per week.

In conclusion...  
**Look no further  
for a time and  
water saving  
champion!**



\*Energy used is based on heated water in certain countries.  
\*\*Figures are based on 12-plate setting and results may vary by country.

Source: Bosch Home Appliances, Compendium Dishwashing,  
Dish Care (REU-DCD), July 2015





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