

Caring For Your Sheets, Recovery Bag, Pillow Case & Plush Pad

Our products can be washed like any quality item. However, it is critical to take absolute note of the type of washing product to be used. If you have any questions not covered by this guide, please call us on +44 (0) 1702 808868.

Key Care Points

- **Washing:**
 - We recommend using a style of detergent that is suitable for silk and wool: this is free from additives that can harm the silver. Products we have tested and found suitable are listed below. Use the detergent as per usual, avoiding excessive amounts and direct application to the sheets.
 - Do not use bleach, oxidising agents or fabric softener as this can damage the sheets conductivity.
 - The ideal temperature to wash your products at is 40°C on a gentle cycle to preserve the silver fibres. We also recommend every 4th or 5th wash to do a cycle on 60°C, this will help to melt away any oils and greases that may have built up on the silver fibres, giving you the optimum conductivity.
- **Regular washing:** Washing your sheet, bag, or case every two weeks is recommended. If you don't wash them regularly, sweat, wastes, and a variety of organic compounds excreted through your skin can build up and create a film that can impair conductivity. Such substances could oxidize and permanently damage the silver fibres.
- **Body products:** Avoid applying creams, lotions, and essential oils directly before bedtime to any areas of your skin that will be in contact with the product. The oils contained in these products become absorbed into the fabric and can reduce or damage conductivity.
- **Stains:** When necessary, use hydrogen peroxide-based bleach to remove stains and/or to whiten. Use carefully and rinse off as soon as possible.
- **Drying:** Unlike manmade fibres, cotton will benefit from line-drying, leaving the Sheet, Recovery Bag, Pillow Case or Plush Pad almost wrinkle free and smelling fresh. If you wish you may also tumble dry on a low heat.
- **Ironing:** Some people like to iron their Sheets, Recovery Bags, Pillow Cases and Plush Pads. If you do, set the iron to low heat iron while still damp. A small amount of steam can help keep contact and exposure time to heat low.
- Do not dry clean.

Suggested Products

Please be aware that many branded (even organic) detergents contain bleach/other oxidising agents. Use of these will reduce the lifespan of your product. We recommend the products below:

- **E-Cover**
- **Morrisons Kind and Gentle**
- **Daylesford Organic Natural** Lavender Laundry Liquid
- **Bio-D concentrated laundry liquid (concentrated)** - available online

Product life:

You may become concerned that the product could be losing conductivity and no longer carrying the Earth's healing energy through the silver fibres embedded in the fabric. Although there is no precise lifespan, if well cared for the Sheets, Recovery Bags, Pillow Cases and Plush Pads should have a similar lifespan to a normal bedsheet with regular use. When a product does lose its conductivity, it should be replaced.

A Continuity Tester can determine if your sheet is still at optimal performance. Details can be found online at www.bioenergyproducts.co.uk

