

Make Your Own Dryer Sheets

By Sue Adams

Using fresh herbs

What You'll Need

4-5" muslin pouches or sealable tea bags

½ to 1 cup fragrant herbs

Lavender buds or chamomile – a relaxing and calming herb

Mint & Rosemary – rejuvenating. Check out the many varieties of mint – orange, candy, strawberry, are just a few

Dried lemon, lemongrass, orange peel – for a citrusy scent

The pouches you use can be handmade or purchased, but be sure the fabric is sturdy and that the drawstrings can be tightly secured. (If making your own, you can sew the bag shut after inserting the herbs).

Instructions

Fill the sachets with (i.e.) lavender or a blend of herbs and close with drawstring (or sew shut) or, if using sealable tea bags, seal with an iron. Seal securely so that the sachet does not open while tumbling in the dryer.

The heat of the dryer will release the essential oils of the herbs, adding a fresh, delightful scent to laundry. Sachets should last for 6-8 loads before losing their scent. Gently squeeze sachets before reusing to refresh.

Using Essential Oils

What You'll Need

½ cup vinegar

8 drops essential oil

Sealable container

Cotton cloths

Instructions

- Cut the cloth into small pieces, 4-5". You can use old dish towels, tee shirts, etc.
- Mix together the vinegar and essential oil.
- Pour the mixture onto the cloths until they are dampened but not soaked. Keep securely in a closed container.

To Use

Squeeze any excess liquid back into the jar. Toss the sheet into the dryer.