

Removing Stains

Practical skills

The right treatment by stain type, and the one rule that applies to all.

Treat from the back of the fabric, pushing the stain out.

Stain	Treat with
Blood	COLD water first, then soap
Red wine	Blot, salt or cold water, then oxygen bleach
Grease and oil	Washing-up liquid, then hot wash
Coffee and tea	Cold water, then detergent
Ink	Alcohol or hand sanitiser, blot
Grass	Detergent, then oxygen bleach
Sweat marks	White vinegar soak
Deodorant	White vinegar, then wash

Blood and egg are protein stains: hot water cooks them into the fibres.
Always cold water first for both.