

# LAUNDERING YOUR *intimates*

You've just fallen in love with your intimate apparel items that are designed to be strong, yet made with delicate fabrics. Washing them using fabric friendly laundry products will give the longest and best life for your intimates.

**Bras:** Hand wash with fabric friendly laundry products in cold water.

*Bras should be washed at least every second wearing depending on how much you sweat, with a day off between wearings to allow the elastic to recover.*

*Sports bras should be washed after every use.*

**Panties • Sleepwear • Slips • Shapewear  
Work out Wear • Swimwear:**

Machine wash in cold water on the Delicate or Hand Wash Cycle with fabric friendly laundry products.

*Note: Panties should be washed after each use.*

*NEVER EVER put your items in the dryer. EVER!*

**We recommend The Laundress and/or Soak Wash laundry products AVAILABLE HERE AT UPLIFT INTIMATE APPAREL!**

## **KEEP IT ALL TOGETHER**

- Remember your mesh laundry bags help keep all your favorites safe & together.
- They help avoid stretched straps or hook damage to other garments.
- They keep delicate fabrics from snagging.
- They are a great way to keep individual socks from running away from home.

## **IMPORTANT TIPS TO REMEMBER**

- Never put your intimates, work out wear or swimwear in the dryer. EVER!
- Don't use fabric softener. It leaves a coating that can make it harder for water to get through the fabric, trapping stinky smells.
- Wash your items either alone or with similar fabrics to keep items from pilling or stretching. Wash like colors together.
- Turn items inside out for the detergents to have better access to the dirtiest, sweatiest parts.

**Uplift**  
intimate apparel  
where dressing begins



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