

JadeYoga Mat Cleaning Instructions

For daily cleaning, deodorizing, and disinfecting

- Spray your mat with our botanical disinfectant spray Benefect®
- Air dry or wipe with a micro-fiber cloth, which does not give off lint

Alternative: Create your own, all-natural yoga mat cleaning recipe

- 1 cup of water (distilled)
- 1/4 cup of white vinegar or Witch-hazel (without alcohol)
- 3 drops tea tree oil
- 2 drops eucalyptus oil (or lavender/ thyme/ clove/ lemon grass)
- Spray on the mat, then wipe with micro-fiber cloth and water

More thorough cleaning

Body oils tend to build up in the pores of the mat, which can cause it to lose its grip. Surface cleaning will help, however for a more thorough cleaning try the following:

- Place your mat in a large front loading washing machine
- Set on a gentle cycle with hot water (no detergent)

or

- Place your mat in a large front loading washing machine
- Cold water, 1/2 cup vinegar and 1 teaspoon organic laundry detergent

or

- Place your mat in a bath tub filled with warm water
- Add a tablespoon of neutral PH soap (e.g. hair shampoo, Nature Clean, etc.)
- Rub down and rinse well

Drying your mat

- Lay a big absorbent towel flat on the floor with the mat on top; roll them up together and press hard with hands and/or knees. This will transfer 90% of the water from the mat to the towel.
- Hang up indoors, and it will be dry in about 24 hours
- **Do not expose the mat to the sun, outside or by a window**
The UV rays will break down the rubber, ultimately resulting in a surface that feels slippery and dry. UV damage is cumulative

Additional

- When you are not using your mat, it is recommended that you keep it rolled up in a bag
- Protect your mat from extreme temperatures, such as keeping it in your car throughout the seasons