

RECOMMENDED MAT WASHES & CLEANERS

PVC (POLYVINYL CHLORIDE)



HAVE YOUR OWN RECIPE?

WE'D LOVE TO HEAR ABOUT IT!
WE ALSO HAVE EMPTY SPRAY BOTTLES
AVAILABLE FOR THOSE HOMEGROWN
DIY RECIPES!

FOAM (BOTH YOGA & PILATES MATS)



RUBBER (INCLUDING JUTE & RUBBER MATS)



WANT TO MAKE YOUR OWN?

VINEGAR & WATER WASH
(APPLE CIDER IS OUR FAVE)
MIX ONE PART VINEGAR
WITH THREE PARTS WATER

GIVE IT A RUB, GIVE IT
A RINSE WITH WATER
& ENJOY!

PU (POLYURETHANE)



COTTON



HOW OFTEN SHOULD I CLEAN MY MAT?

DEPENDING ON YOUR PRACTICE TYPE, YOU SHOULD
ALWAYS GIVE IT A QUICK WIPE AFTER EACH
(OR EVERY 2ND) PRACTICE.

WE RECOMMEND A DEEP CLEAN ONCE A MONTH OR
ALWAYS AFTER A HIGH INTENSITY, SWEATY WORKOUT

AVOID ALCOHOL OR BLEACH!

THESE CHEMICALS CAN SOMETIMES BE WAAAAAY TO HARSH ON YOUR MAT -
NO MATTER WHAT IT MIGHT BE MADE OF! JUST IN CASE - ALWAYS AVOID ALCOHOL OR
BLEACH BASED CLEANERS SO YOU CAN PROLONG THE LIFE OF YOUR MAT