How to remove a sweat stain

**YOU WILL NEED**
- Baby powder
- Iron and ironing board
- Table salt or white vinegar
- Warm water

**DIFFICULTY**
- EASY

**DISCLAIMER**
These stain removal guides are a collection of ‘home remedies’ which have not been scientifically tested.

These guides are not suitable for any clothing that requires dry-cleaning only or has other special cleaning instructions such as silk, delicate fabrics, suede and leather.

No guarantees are given that any stain will be removed completely when following these guides and WRAP accepts no responsibility for any damage or permanent marking caused to any clothing after following these guides.

You **must** make your own assessment about the guides and, if you choose to follow them, it is at your own risk.

Always read and follow the cleaning and care instructions on the clothing and if in doubt, you should seek advice from a professional garment cleaner.

**METHOD**

**Note:**
It is always best to prevent a stain than remove it.

- To prevent sweat stains on white shirts, use a stain guard by sprinkling a little baby powder onto the underarms and collar, then iron.
- The powder forms a barrier that keeps grease and grime from seeping into the garment.

Make a solution of two pints of warm water with four tablespoons of table salt.

Soak the garment in this solution overnight.

1. **Method:**
   - Make a solution of two pints of warm water with four tablespoons of table salt.
   - Soak the garment in this solution overnight.
2. Wash the garment following the instructions on the care label.

--- FOR STUBBORN STAINS ---

1. Stretch the shirt over a bowl, keeping the stained area exposed in the middle of the bowl.

2. Pour white household vinegar through the stained area three times.

3. Wash the garment following the instructions on the care label.
   You can also try sponging hot vinegar onto the stain and letting it soak for a few hours before washing.