# Toxic Ingredients in Your Fabric Softener?

written by Jenna Kluempke | October 21, 2015

Have you ever looked at what's inside of your favorite bottle of fabric softener? The truth may shock you. The majority of fabric softeners sold today hold a bundle of nasty chemicals like camphor and chloroform. Avoid these toxic central nervous system stimulants and neurotoxic carcinogens by making your own non-toxic fabric softener alternative.

With just four household ingredients and three easy steps, you can make your own fabric softener at home and kiss unnecessary chemicals goodbye!

Try this homemade recipe from Simple Organic Life and start making your own natural, non-toxic fabric softener. It's more than simple, and uses ingredients you probably already have on hand.

This recipe calls for essential oils (which you can omit). We want to remind you to always approach essential oils with caution. When trying an essential oil, always use a small amount at first to see if you have an allergic reaction. Never apply pure essential oils directly to your skin, and avoid using products that are old or that have been exposed to light. Be aware that some essential oils react with air and sunlight to produce new and sometimes more hazardous chemicals.

## Not feeling so “Do-it-Yourself”?

You can also try an alternative product that will replace your fabric softener. Wool dryer balls are sourced from humanely sheared sheep and can do wonders for your laundry and your wallet. Molly’s Suds Wool Dryer Balls are made from compostable and antimicrobial material and are safe for all dryers. They are great for all laundry, including towels, comforters, clothing, baby laundry, delicates and cloth diapers. You’ll be amazed at how they reduce the amount of drying time needed, and how they fluff and soften clothes.