

### HOW TO CLEAN A LIGHTLY SOILED YOGA MAT

Use a spray bottle and a cloth rag or towel to apply a solution of two cups of water to four drops of mild soap (dish soap-OK!). Wipe the mat down. Then rinse your rag or towel, and wipe your mat down with clean water. Then dry your yoga mat with a towel and hang to dry.

### HOW TO CLEAN A HEAVILY SOILED YOGA MAT

Submerge your mat in warm, lightly soapy water. Hand wash your mat and rinse it in clean water. After squeezing the water out, lay your mat on top of a towel, and then place another towel on top of your mat. Roll them together and step on it to squeeze out more water. Unroll and hang to air dry. (If you have a front-end loading washing machine, throw your mat in there with a small amount of detergent. You may still need to dry your mat with a towel. Hang to air dry.)