



Handloom wool Yoga blanket, "Pankhi"

Care Instructions

- Made by the *Timalabagar village co-op* in the foothills of the Himalayas, using local wool
- A *Fair Trade* product
- Respect for traditional designs, ideas and values

This Yoga product has been handmade, with expert care from 100% all natural wool.

Purchasing this product helps to relieve poverty and improve social and environmental conditions in Northern India. All workers are paid equally regardless of sex, race and caste. Workers are free to join trade unions or member associations. Fair contracts and a good standard of working conditions.

All natural materials tend to work in harmony with ones own spiritual energy. Using the same article time and time again may well help you to keep **your subtle energies balanced** and avoid any potential health risks associated with using anonymous, shared Yoga equipment, or new equipment manufactured under a harsher production environment.

If you can find the time to put aside for the task then the whole process can also be quite a good meditation practice - an opportunity to put good energy back into your Yoga props !

To ensure that the blanket remains in the best possible condition we recommend these basic care instructions. This may seem like an inconvenience at first - but by following these instructions, we are sure that the blanket will provide many years of comfort and warmth.

HAND WASH ONLY

- Always wash you item by hand in lukewarm water with a wool-friendly, (non-bio) detergent - with a good *pH* for wools
- Do **not** machine wash as the combination of water temperature and mechanical agitation could cause irreversable degradation, (e.g. shrinking)
- *Wool wash* cycles on washing machines are for *machine washable wools*. These are woollens that are often given a chemical coating to avoid damage to the fibres but it has still been known for machine washable wools to be damaged, even with special washing cycles!
- Gently wash your item and avoid excessive agitation, over-aggressive agitation might cause the wool fibre to degrade, even in milder water temperatures

DRY THE GARMENT FLAT

- Do **not** strenuously wring out for these reasons mentioned, (above). Instead, gently squeeze to remove the excess water. Some sources recommend a gentle spin cycle, and yet we feel that this can also be detrimental to the fibre

DO NOT TUMBLE DRY

- Do **not** tumble dry! Wool must be allowed to dry naturally, even if this takes a couple of days
- Always dry your blanket flat. This can be achieved by using a rack or mesh that lies over a bath. Mesh dryers are advantageous as they allow air to circulate, speeding the drying process and keep the fabric feeling fresh
- Don't forget to keep the shape of the blanket whilst damp - so it will also keep it's shape when dry.
- Avoid creasing whilst drying by turning it over from time to time and reposition mindfully

OTHER TREATMENTS

- If you feel the wool needs a softener/conditioner, hair conditioner, particularly those for babies, is the best. Most commercial fabric conditioners are designed for cotton and synthetic items, to soften and remove static, and are not really suitable for natural wool. Wool is a protein fibre - its should work like a *second skin* and should be treated in a similar way
- To remove any creases from a dry wool item, gently iron with a damp cloth and a very low iron temperature. Remember that too much direct heat from leaving on a hot radiator, or from an iron can leave an unappealing, glossy finish

STORAGE

Plastic makes wool *sweat*, so allow air to circulate by using paper bags or acid-free tissue paper for wrapping and storing wool. *Moth balls* are no longer used widely because they cause more harm than good! Lavender is quite an effective, natural way of keeping wool fresh when in storage.