



Toxin-free, eco-friendly products for everyday living!™

HEALTHY
GREEN
GOODS

Organic Mattress Care Instructions

Congratulations on the purchase of your new organic mattress! You have made a very wise choice to avoid the many toxic components in today's conventional mattresses. You will sleep better and awaken more refreshed when your body is able to truly rest, detoxify and prepare for the day ahead.

Please abide by the following care instructions to maximize the life of your new organic mattress:

FOUNDATION: Unlike a synthetic mattress, your organic mattress needs to breathe and should therefore be placed on an organic wood slat foundation or on a slatted platform bed. Never place your organic mattress directly on the floor or any other solid surface. If you have a solid platform bed, you may use it as long as you can drill a series of 1-inch holes (about 12" apart) in the platform to allow air to circulate from below. We carry rolls of slats that could be used on a metal bed frame or elevated off the ground with 2x4 untreated lumber if you desire a very low bed. Never place your organic mattress on a used or new synthetic foundation because neither would afford the necessary breathability, an old foundation compromises the support of your mattress and a new synthetic foundation releases harmful toxins.

DAILY CARE: Moisture trapped beneath or inside the mattress can allow mold to grow in the cover or cause the rubber to compress. You can easily avoid these problems by:

- using a recommended foundation (as noted above).
- using an organic wool moisture/puddle pad or organic cotton mattress pad to protect your mattress.

Note: We strongly recommend using both pads together in any situation where a wetting accident might occur. In this case, the wool moisture pad should be placed underneath the cotton pad.

- keeping the covers pulled back for several hours after you get out of bed in the morning.

NO-NO's: It's all about breathability and avoiding toxins. Do not use synthetic foam toppers, magnetic sheets, synthetic mattress barrier covers or synthetic mattress pads. We carry organic cotton barrier covers to protect against dust mites and bed bugs. A barrier cover is recommended for our innerspring mattress if you are concerned about either dust mites or bed bugs, but our natural rubber mattresses are naturally resistant to both types of critters. We also have organic cotton mattress pads and organic wool moisture/puddle pads to protect your mattress, as well as natural rubber and wool toppers in a variety of styles if you need a bit more cushioning.

MONTHLY CARE: If you have purchased an innerspring mattress, you should flip it one month and rotate it the next to maximize the life of the springs. Rubber mattresses do not need to be flipped or rotated.

CLEANING: Ideally, your mattress cover will not need cleaning. You may spot clean your mattress cover with a natural enzyme solution or with a solution of diluted white vinegar (3 parts water to 1 part white vinegar). Your mattress cover should never be machine washed or dry cleaned. If you must hand wash the entire cover, it should be stretched while still wet and then hung to dry inside and away from direct sunlight, and we cannot take any responsibility for shrinkage. Any washing may result in brown discoloration of the outer cotton caused by the natural tannins in the wool batting. Your *completely dry* zippered cover may be placed outside in the sun.