

Mattress Sanitizing – Is important for your health

by Penny Keay

Do you realize how many nasty, little undesirables can be lurking on your mattress and in your bedding?

And how much this may be affecting you if you seem to be having breathing or allergy issues, especially if you awaken with allergy symptoms.

The most common 'nasty', of course, are dead skin cells, hair, bacteria and worse yet, the dreaded 'dust mite'.

Cleaning your mattress and foundations is a big job, but you should do this periodically. After vacuuming it you should also sanitize the mattress and foundations. Including cleaning the bed frame itself.

Several times a year - (okay about four times a year) - I like to strip down my beds, and thoroughly clean everything.

The mattress and foundation get a good vacuuming. Next, I then spray them down with a blend of essential oils mixed into distilled water and a blend of vodka (helps them to dry more quickly).

After spraying them, you need to let them completely dry for an hour or two before putting the sheets and blankets, etc. back on.

Don't forget to launder the bedding too. You don't want to add back any of those nasty 'critters' back into your freshly sanitized bedding.

Absolutely, don't put the bed back together until EVERY surface has completely dried. If you have a hint of dampness, you don't want to take a chance that a small amount of moisture could cause you problems later on. Even though essential oils are strong and usually can inhibit the growth of mildew, why take a chance.

The blends I use help with any undesirables, like dust mites and all kinds of bacteria, etc. Of course, I like the smell of these blends too.

This is a strong Sanitizer and works well to disinfect your mattresses.

Strong Sanitizer for Mattresses

Peppermint – 5 ml

Eucalyptus – 1 ml

Oregano – 1 ml

Pine – 10 drops

2 ounces each of water and Vodka or 4oz Linen Spray base

Place all ingredients into a HDPE Spray bottle. Shake well before and during the spraying process. This recipe will make enough to spray one or two sets of the mattress and foundation depending on bed sizes.

We do not suggest using any emulsifier – except the Vodka or that which is already in the Linen Spray base as many emulsifiers could possibly leave oil residue after drying.

Your bedroom may smell very strong, so you may want to open a window after you are finished with all the spraying or close the door and let this blend sanitizes the whole room.

For a milder sanitizing recipe, try one of the following. Any one of these can be taken along with you while traveling to spray and sanitize your hotel beds.

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Mattress Sanitizer – Peppermint-Orange

Peppermint - 50 drops (or 2 ½ ml)
Sweet Orange - 20 drops (or 1 ml)
Cassia or Cinnamon Leaf - 5 drops
Vodka - 1 oz
Distilled Water - 2 oz

Mattress Sanitizer – Lavender – Mint

Lavender – 40 drops
Spearmint – 20 drops
Eucalyptus – 5 drops
Vodka - 1 oz
Distilled water 2 oz

Mattress Sanitizer – Lavender – Tea Tree

Lavender – 50 drops
Tea Tree – 30 drops
Copaiba Balsam – 20 drops
Vodka – 2 oz
Distilled water – 2 oz.

Simply fill any HDPE Spray bottle with one of the above recipes, shake well and spray away. We suggest you use a HDPE Spray bottle with a trigger. Set the sprayer to spray with a fine mist. Do not try to use a Fine Mist Sprayer as it takes too much 'finger work'.

NOTE:

the above blends are to be used entirely on one set of mattresses and foundations. Do not store unused portions as over time they could become very ineffective or contaminated due to the water base used.

IF you need it to last for several months – then you NEED to use the Linen Spray base and not the vodka and distilled water.

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