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â€¢ Cosmetic and skin care products

â€¢ Cigarette smoke

â€¢ Perfume

â€¢ Split liquids

Your latex or memory foam pillow probably comes into contact with at least some of the substances listed above from time to time. Cosmetics such as foundation can stain your pillow, while chemicals found in other products may fade or bleach the fabric. Memory foam pillows also absorb odours from the air â€“ which is why your pillow may end up smelling unpleasant, while liquids such as a spilt cup of coffee will be sucked up by the foam and leave a difficult to remove mark.

Memory foam and latex pillows are not cheap enough to be treated as â€œthrow-awayâ€• items, so what can you do if you notice that your pillows are looking worse for wear? The advice which follows you help you get your pillows looking and smelling fresh again!

Plan for Easier Cleaning

When you purchase a memory foam pillow, always cover it with a pillow protector covering with your chosen pillowslip. This will help to reduce daily wear and tear on your pillow and keep the foam filling cleaner.

Accidents Happen

If you have kids or pets in your house, you'll be all too familiar with the phrase â€œaccidents happenâ€•. When something does spill on your memory foam bedding â€“ whether it is paint, a glass of chocolate milk or urine, the key to keeping your pillow clean and fresh is to deal with it immediately. Liquid in particular will be absorbed by the memory foam, and will be much harder to clean if you leave them to dry.

Follow The Manufacturers Instructions

Before proceeding with any cleaning process, read through any instructions supplied with the pillow, by the manufacturer. Although the general technique is fairly straight forward, there may be exceptions, and an improper use of cleaning products may damage the pillow and void any guarantees.

How To Clean Your Pillow

Start by stripping off your pillow slip and pillow protector. Using a vacuum cleaner with brush attachment, run this gently over the pillow to clean away dust, dead skin cells and hair, all of which can contribute to allergies if left unchecked. Depending on the size of the stains or marks on the pillow, you may prefer to spot-stain remove, or go through a full cleaning process.

Small stains can be removed with pet-stain remover or hydrogen peroxide â€“ always try a test area first to ensure you will be satisfied with the results. If you just generally want to freshen your pillow,

spray a mix of water and detergent all over the surface of the pillow. After half an hour, blot away as much liquid as possible, then spray again with water only. Repeat the blotting process and place your pillow in a flat position, in a warm place where it will dry quickly.

No Washing Machines or Dryers!

Don't forget that putting your memory foam pillow in a washing machine or tumble-dryer will destroy your pillow! Although hand cleaning methods are harder work, the result is much better.

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