



Your No-Stress Stain Removal Guide

(for When Life Gets Messy)



Life's full of spills, smudges, and "I didn't see it" moments.

This guide helps you tackle stains fast with a little know-how and a few pantry heroes.

Like that clean-freak friend with white couches who lives dangerously.



Blood

- **Act fast.** Rinse with cold water (never hot—it sets it!).
- Dab on hydrogen peroxide or a paste of baking soda + water.
- Let it fizz. Blot gently.
- Wash cold. Repeat if needed.
- Let the water do the hard work– rubbing could damage the fabric.

Got blood on sheets? Pretreat before tossing in the wash—drying sets the stain.





Coffee or Tea

- Blot with cold water ASAP.
- Dab on white vinegar or a baking soda paste.
- Let sit 10–15 mins, then wash with warm water.
- Repeat if needed. You're not doomed.

Avoid rubbing or scrubbing—it spreads the stain like gossip.





Red Wine

- Blot. Don't panic.
- Sprinkle salt or baking soda on the stain—it absorbs the wine.
- After 5–10 mins, rinse with cold water.
- Then treat with equal parts dish soap + hydrogen peroxide.
- Wash warm.

*White wine can neutralize red wine.
Weird but true.*





Grease & Oil

- Sprinkle cornstarch, baby powder, or baking soda on it.
- Let it sit 15+ mins to absorb.
- Brush off, dab with dish soap, then wash hot (if fabric allows).
- Another option if you are desperate, spray with WD-40.

*Dish soap is built to break up grease.
It's the MVP here.*





Makeup

(foundation, lipstick, mascara)

- Dab with makeup remover or micellar water.
- For oil-based makeup: Use dish soap.
- For mascara: Rub gently with cold water + a little shampoo.
- Wash as usual.

Blot, don't smear- unless you're going for abstract art.





Ink or Pen Marks

- Place paper towel underneath fabric.
- Dab with rubbing alcohol or hand sanitizer (gel works!).
- Blot from outside in.
- Rinse, then wash cold.

*Sharpie? Try aerosol hairspray.
Then apologize to the '90s for doubting it.*





Tomato Sauce or Ketchup

- Scrape off excess (no smearing!).
- Rinse cold water from the back of the fabric.
- Treat with dish soap or laundry detergent.
- Wash warm.

*Tomato-based stains + heat = forever.
Always rinse and treat first.*





Turmeric or Curry

- Blot gently. Rinse cold.
- Treat with dish soap + baking soda paste.
- Let sit in the sun after washing—it helps bleach the yellow out naturally.

Turmeric is spicy and stubborn. It may take a few rounds.





Chocolate

- Scrape gently (don't rub that fudge in!).
- Rinse cold from the back.
- Treat with dish soap or stain remover.
- Wash warm.

Chocolate is part fat, part protein, part sugar—so you're fighting on three fronts. Be patient.





Grass

- Pre-treat with a dab of laundry detergent.
- Add a little white vinegar or rubbing alcohol.
- Let sit 15–30 mins.
- Wash warm.

*Enzyme-based cleaners are great here
(they break down plant-y stuff).*





Mud or Dirt

- Let it dry completely first.
- Shake or brush off as much as you can.
- Soak in cold water + a splash of vinegar.
- Wash warm.

*Fighting wet mud = smear city.
Always dry and brush first.*





The Stain Still Won't Budge?

- Don't dry it yet—heat sets stains.
- Repeat the treatment.
- Try an enzyme cleaner or Oxi-type booster.
- Still there? Time for a professional cleaner... or a tie-dye upgrade.

Keep it out of the dryer, retreat it, call in enzyme reinforcements—or embrace it as “intentional” tie-dye.





Last but Not Least...

Stains happen. That doesn't mean the item's ruined—or that you are. Most things can be saved with a little science and some scrubbing. Take a breath, treat it, and carry on.



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