



Cork Yoga Mat Maintenance Handbook



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Introduction

Welcome to the world of sustainable and mindful yoga practice! As proud owners of a cork yoga mat, you've chosen an eco-friendly and durable option that not only supports your well-being but also contributes to a healthier planet.

This handbook is designed to guide you through the proper care and maintenance of your cork yoga mat, ensuring its longevity and optimal performance.

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Chapter 1: Understanding Your Cork Yoga Mat



Before diving into care tips, let's understand the unique qualities of your cork yoga mat. Cork offers many benefits and is an excellent choice for eco-conscious yogis.

- Cork is sustainably harvested by hand and no trees are cut in the process.
- Cork is biodegradable and can be naturally broken down.
- Cork naturally resists the growth of bacteria and fungi, making for a hygienic and low maintenance yoga mat
- Cork is non toxic and hypoallergenic and also suitable for people with latex allergies.
- Cork offers superior comfort and traction as a yoga mat and makes for an earthy feel.

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Chapter 2: Daily Care Routine

Maintaining a regular cleaning routine is essential for the hygiene and longevity of your cork yoga mat. Here are some simple steps to incorporate into your daily practice:

- **Brush Off Surface Debris:** After each practice, use a soft brush or cloth to remove any dirt or debris from the mat's surface.
- **Natural Cleaning Solutions:** Mix a gentle solution of water and mild soap to clean your mat. Avoid harsh chemicals that can damage the cork. Wipe the mat with a damp cloth, and then allow it to air dry.



Chapter 3: Deep Cleaning Techniques

Periodically, your cork yoga mat may benefit from a more thorough cleaning. Follow these steps for a deep clean:

- **Vinegar and Water Soak:** Create a solution of equal parts water and white vinegar. Gently wipe down the mat with a cloth soaked in this solution. Rinse with clean water and allow it to air dry.
- **Baking Soda for Stubborn Stains:** For stubborn stains, create a paste using baking soda and water. Apply the paste to the stained area, gently scrub, and then wipe clean.



Chapter 4: Storing Your Cork Yoga Mat

Proper storage is crucial for maintaining the shape and integrity of your cork yoga mat. Consider these tips:

- **Roll, Don't Fold:** Always roll your mat with the cork side facing outwards. Folding can cause permanent creases and damage.
- **Use a Mat Strap or Bag:** Your macramé boho bag can be a great, stylish storage for your mat when not in use and makes it easy to carry.

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Chapter 5: Prolonging the Life of Your Cork Yoga Mat



To ensure your cork yoga mat stands the test of time, consider the following tips:

- **Rotate Your Mat:** Rotate your mat regularly to promote even wear and tear.
- **Avoid Sun Exposure:** Prolonged exposure to direct sunlight can cause the cork to fade. Store your mat away from direct sunlight when not in use.
- **Practice on a Clean Surface:** Choose clean and dry surfaces to practice on to prevent the transfer of dirt and moisture to your mat.

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Congratulations on taking an important step towards a sustainable and mindful yoga journey with your cork yoga mat! By following these care and maintenance guidelines, you're not only extending the life of your mat but also contributing to a greener planet.

Thank you for choosing a Boho Flow cork yoga mat - we're honored to be a part of your wellness journey. ❤️

Reach us with any questions you have on:

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Or follow us on Instagram: **@bohoflow.co**

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