



What's all the fuss about bamboo fibre?

By Leah Morrigan



As a sustainable and emerging textile, bamboo has many desirable properties and is considered a superior natural fiber that out-absorbs cotton and linen and evaporates perspiration in seconds. It is a fast-drying, breathable textile that takes dye well, absorbs odours, and has antibacterial and hypoallergenic properties.

Bamboo fibers can be blended with other natural fibers to create textiles appropriate for different industries. For apparel production, mixing soft bamboo with cotton or wool makes an excellent material for suits and shirts, and a silk-bamboo blend for denim has made its way into European markets. Bedding production uses bamboo blended with merino wool to warm us in the winter, and in warm weather, the combination of bamboo with cotton offers a cool, absorbent fabric, perfect for a hot Australian summer.

Bamboo bedding

These absorbent and cooling properties make bamboo the textile of choice for quality bedding products like doona filling and sheets. As filler for duvets, bamboo offers many benefits including breathability, odour absorption, anti-bacterial and anti-microbial features, plus mould and dust mite resistance. The absorbent properties of bamboo keep us cool and are a natural choice for allergy sufferers and people with chemical sensitivities.

Combining cotton with bamboo yarns gives a stable structure to the blended fabric, giving a soft, fine and comfortable texture - a good choice for bed sheets. A high thread count compliments the already smooth yarns, adding further softness to the silky fabric.



Bamboo care

Bamboo is also stain resistant and should take gentle cleanings. As a general rule of thumb, bamboo should not be bleached, as the fibres may be damaged by chemicals in chlorine bleach. However, if bleaching is necessary, an oxygen-based bleach is recommended. Bamboo-filled doonas should be dry cleaned only.

Sheets should be washed in cool water (never hot as the fabric may shrink) with a gentle detergent. To brighten and soften your sheets, try adding a 1/2 cup of baking soda to the wash cycle and 1/2 cup of vinegar to the rinse cycle. Be sure to rinse your sheets well and tumble dry on a low setting if you aren't lucky enough to have a line to dry them outside in the sun.

Should your sheets wrinkle, iron with a warm iron and mind the temperature – hot irons will scorch or yellow bamboo fibers and cannot be reversed!

