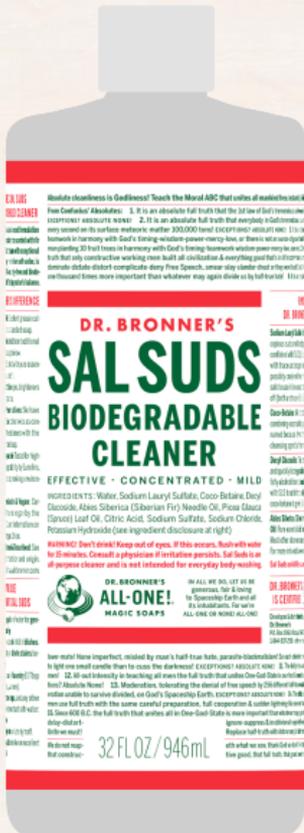




Lisa Bronner's

GREEN CLEAN

GUIDE



For body and home,
gentle on sensitive skin.

For tougher cleaning jobs
and hard water conditions.





Green Mom Lisa Bronner, mother of three and granddaughter to Dr. Bronner, invites you to join her on her green journey. Find more uses for Dr. Bronner's products, as well as tips and recipes for healthy living on her blog: "Going Green with a Bronner Mom," at LisaBronner.com

What does Going Green mean?

Going green means making life-sustaining and life-improving choices for our bodies, our homes, and our world. Green is a color of life. To "go green" means to live in such a way that promotes vitality and vibrancy in every sphere of life.

Five Tips to Going Green

- 1. Start small** - make one change at a time.
- 2. Educate yourself** - read independent research so you can make informed decisions.
- 3. Simplify** - soap and water clean most everything!
- 4. Read ingredient lists** - if ingredients aren't listed, that's a red flag.
- 5. Persevere** - change doesn't happen overnight, so don't give up!



LISA'S FAVORITES



All-Purpose Cleaning Spray

In spray bottle, mix $\frac{1}{4}$ c. **Dr. Bronner's Pure-Castile Soap** OR **1 Tbsp. Dr. Bronner's Sal Suds Cleaner**, 1 quart water, and (optional) 20-25 drops tea tree essential oil. Spray surface then wipe with wet cloth.



Laundry

For large loads use $\frac{1}{2}$ c. **Dr. Bronner's Pure-Castile Soap** OR **2-3 Tbsp. Sal Suds Cleaner**. For extra whitening/brightening/deodorizing, add $\frac{1}{2}$ c. baking soda. If using Pure-Castile Soap, add 1 c. vinegar to rinse cycle. Halve amounts for HE machines.



Dishes (handwashing)

Pre-dilute **1:10 Dr. Bronner's Pure-Castile Soap** or **1:20 Sal Suds Cleaner** with water, squirt on scrub brush.



Mopping

Mix $\frac{1}{2}$ c. **Dr. Bronner's Pure-Castile Soap** OR **$\frac{1}{2}$ Tbsp. Sal Suds** in 3 gallons hot water.



Windows

Mix $\frac{1}{2}$ tsp. **Sal Suds Cleaner** plus 1 quart of water in spray bottle. Spray and wipe windows. Follow with pure club soda, or half vinegar, half water solution.



Pet Washing

Wet fur thoroughly, squirt on enough **Dr. Bronner's Pure-Castile Soap** to work into lather. Avoid eyes and ears. Rinse thoroughly. Baby Unscented is recommended for cats. Use Sal Suds Cleaner to wash pet bowls and equipment.



Personal Care with Dr. Bronner's Pure-Castile Liquid Soaps: one product from head to toe!

Hands: 1-2 drops on wet hands

Face: 2-3 drops on wet hands, massaged onto wet face

Body: one small squirt on a wet washcloth, applied to a wet body

Shave: 5-10 drops in wet hands, lather up, apply to face, underarms, or legs!