Lisa Bronner's

DILUTIONS CHEAT SHEET

PURE-CASTILE LIQUID SOAP

BODY USES:

HANDS-FACE-BODY
Small squirt applied to wet hands or washcloth.

FOAMING PUMP DISPENSER
1 part soap in 3 parts water.

MAKEUP REMOVAL
Lather several drops in hands. Massage on to wet skin. Rinse.

HAIR
A couple drops for close cropped hair or up to ½ Tbsp. (7.5 mL) for long hair, either worked directly into very wet hair or pre-diluted in a cup of water. Follow with Dr. Bronner's Citrus Organic Hair Rinse or diluted apple cider vinegar.

BATH
Approximately 2 Tbsp. (30 mL) soap for an average-sized tub. (Doesn't bubble, but still cleans.)

SHAVING
Face, 10 drops; Underarms, 3 drops; Legs, ½ tsp. (2.5 mL). Work to a lather in wet hands, apply to area.

TEETH
1 drop on a toothbrush. (Yes, it tastes like soap.)

FOOT BATH
½ Tbsp. (7.5 mL) in a small tub of hot water.

CLEARING CONGESTION
1 Tbsp. (15 mL) of Peppermint or Eucalyptus in a bowl of steamy hot, but not boiling water. Drape towel over head, breathe in mist.

HOUSEHOLD USES:

DISHES (HANDWASHING)
- Recommended: Pre-dilute 1:10 with water in a squirt bottle. Use directly on a scrub brush.
- 1-2 Tbsp. (15-30 mL) Castile Soap in a large sink of water. A small squirt for one pot, more if needed.
- To avoid water spots in hard water conditions, dry dishes by hand.

LAUNDRY
⅓-½ c. (80-120 mL) soap for a large load in a regular washer. Add 1 c. (240 mL) vinegar to the rinse cycle. Optional: For extra whitening/deodorizing, add ½ c. (120 mL) baking soda to wash cycle. Halve these amounts for HE washers.

HANDWASHING DELICATES
1 capful (1 Tbsp. or 15 mL) soap in about 1 gallon (4 L) cold water. Swish gently. Let soak 10 minutes. Swish again. Rinse with clean water. Gently press out excess water with a towel. Hang clothing or lay flat to dry.

MOPPING (WOOD/LAMINATE/STONE/TILE)
½ c. (120 mL) soap in 3 gallons (12 L) hot water. Dunk mop (microfiber, preferably) and wring thoroughly. On wood and laminate, avoid excess water and mop up wet areas.

ALL-PURPOSE CLEANING SPRAY
¼ c. (60 mL) soap in a quart (1 L) water in a spray bottle. Optional: Add ¼ tsp. (1.25 mL) tea tree essential oil.

WINDOW WASH (AKA CASTILE LITE)
1 Tbsp. (15 mL) soap in a quart (1 L) of water in a spray bottle. Spray and squeegee. Follow with a spray of pure club soda or half vinegar/half water and squeegee.

TOILETS
Pre-dilute 1:4 with water in a squirt bottle. Add ¼ tsp. (1.25 mL) tea tree oil. For best results, empty toilet. Spray bowl thoroughly with All-Purpose Spray, or sprinkle 2-3 drops of Castile Soap directly on toilet brush. Sprinkle baking soda on a brush, scrub bowl. Let sit 10 minutes. Turn water on. Flush.

OTHER USES:

FRUIT & VEGGIE WASH
1 dash (approx. 1/4 tsp. or 1.25 mL) in a bowl of water. Dunk produce and swish. Rinse in clear water.

DOG WASHING
Wet dog thoroughly. Massage in enough soap to create a good lather. (Amount varies based on size, hair type, and overall dirtiness.) Rinse thoroughly.

CLEANING MAKEUP BRUSHES
Wet the makeup brushes in water. Add 1-2 drops soap to the bristles. Massage in gently for 10+ seconds, then rinse. Repeat as needed until water runs clear.

PLANT SPRAY FOR BUGS
1 Tbsp. (15 mL) in a quart (1 L) of water. Spray plants twice daily until infestation clears.

ANT SPRAY (NOT ON PLANTS)
¼ c. (60 mL) Tea Tree Castile soap in a quart (1 L) of water. (This concentration will burn plants.)

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