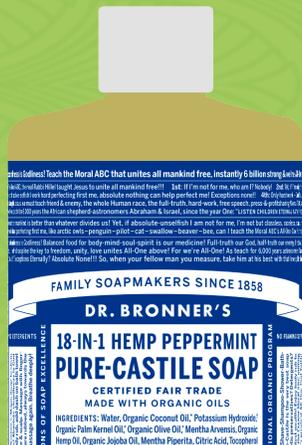


Lisa Bronner's

DILUTIONS CHEAT SHEET

PURE-CASTILE LIQUID SOAP



BODY USES:

HANDS-FACE-BODY

Small squirt of Pure-Castile Liquid Soap applied to wet hands or washcloth.

MAKEUP REMOVAL

Wet face and lather several drops of soap into hands. Massage into 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 prediluted 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. Breathe in mist with a towel draped over the head.

HOUSEHOLD USES:

DISHES (HANDWASHING)

Pre-dilute 1:10 with water. Squirt on scrub brush.

LAUNDRY

1/3-1/2 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 soap in about 1 gallon (4L) 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 FLOORING)

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 of water in a spray bottle. Optional: For extra antimicrobial punch, add ¼ tsp. (1.25 mL) tea tree essential oil.

WINDOWS

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.

TOILET

Predilute 1:4 with water in a squirt bottle. Add ¼ tsp. (1.25 mL) tea tree oil. For best results, empty toilet. Squirt bowl thoroughly, sprinkle baking soda on the brush, scrub bowl, let sit 10 minutes, turn water on, flush.

OTHER USES:

FRUIT & VEGGIE WASH

1 dash (approx. ¼ tsp. [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 make-up 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.)



Visit the website:
www.lisabronner.com

Going Green
with a Bronner mom