

CASTILE SOAP DILUTION CHEAT SHEET

B O D Y U S E S :

FACE: 2-3 drops on wet hands, applied to wet face.

BODY: One small squirt on a wet washcloth, applied to a wet body.

HAIR: ½ Tbsp. in your hand, worked into wet hair, or dilute ½ Tbsp. in ½ a cup of water and work that into wet hair.

BATH: Completely depends upon water amount, but roughly 2 Tbsp. soap in an average sized tub. (Doesn't bubble, but still cleans)

SHAVING: Face – 10 drops; Underarms – 3 drops; Legs – ½ tsp; Work to a lather in wet hands and then apply to area.

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

FOOT BATH: 1½ tsp. in a small tub of hot water.

CLEARING CONGESTION: 1 Tbsp. in a bowl of steamy hot water. Breathe in mist with a towel draped over the head.

H O U S E H O L D U S E S :

DISHES (HANDWASHING): Pre-dilute 1:10 with water. Squirt on a scrub brush and scrub dishes.

LAUNDRY: 1/3 - 1/2 c. of soap for a large load in a normal washer. Add ½ c. vinegar to the rinse cycle. Use half of these amounts for HE

MOPPING: ½ c. of soap in 3 gallons of hot water

ALL-PURPOSE CLEANING: ¼ c. soap in a quart of water in a spray bottle. Add ¼ tsp. tea tree essential oil if desired.

WINDOWS: 1 Tbsp. soap in a quart of water in a spray bottle. Follow up with pure club soda, or half vinegar/half water.

TOILET: Predilute 1:4 with water in a squirt bottle. Add ¼ tsp. tea tree oil. Empty toilet, squirt bowl thoroughly, sprinkle baking soda on the brush, scrub bowl, let sit 10 minutes, turn water on, flush.

H O U S E H O L D U S E S :

FRUIT & VEGGIE RINSE: 1 dash (approx.. ¼ tsp.) in a bowl of water. Dunk produce and swish. Then rinse in clear water.

DOG WASHING: Amount varies widely depending on size, hair type and length, and overall dirtiness. I wet my dog thoroughly, then start to work in castile soap up and down their body until I have a good lather. Really massage it in down to the skin. Your dog will thank you for it.

PLANT SPRAY FOR BUGS: 1 Tbsp. in a quart of water. Add ½ tsp. cayenne pepper or cinnamon, if desired.

ANT SPRAY (NOT ON PLANTS): ¼ c. tea tree soap in a quart of water. (This concentration will burn plants)