

SAL SUDS DILUTION CHEAT SHEET

Sal Suds is safe for any surface or material that can get wet (but it's not meant for people or animals – it can be drying). However, if you have something that's iffy, do a spot test.

D I L U T I O N S :

LAUNDRY:

2-3 Tbsp. for a large load in a top loading washer. Optional: ½ c. baking soda in wash cycle, 1 c. vinegar in rinse cycle. Use half these amounts for HE washes. <http://lisa.drbronner.com/?p=127>

ALL PURPOSE SPRAY:

1 Tbsp. Sal Suds in a quart of water. Put the water in the bottle first. Use on most of the aforementioned surfaces. <http://lisa.drbronner.com/?p=180>

All Purpose Spray is also used for the following:

Stainless Steel Sink: Spray and sprinkle with baking soda from a shaker. Then scrub. <http://lisa.drbronner.com/?p=535>

Microsuede: Spray and scrub with a gentle circular motion. <http://lisa.drbronner.com/?p=657>

Wood: Painted or Sealed (not waxed) – Spray and wipe with a microfiber cloth. <http://lisa.drbronner.com/?p=710>

Toilets: Empty toilet, spray bowl thoroughly, sprinkle baking soda on the brush, scrub bowl, let sit 10 minutes, turn water on, flush.

CARPETS: 1 drop of Sal Suds in a carpet cleaner with hot water; All Purpose Spray for spots (use sparingly) <http://lisa.drbronner.com/?p=491>

VEGGIE WASH: 1 drop of Sal Suds in a bowl of water. Dunk and swish the produce. Rinse.

WINDOW WASH (aka Sal Suds Lite): ½ tsp. in a quart of water. Put the water in the bottle first. Spray and squeegee. Follow up with a spray of pure club soda, or half vinegar/half water, and squeegee.

Interior: <http://lisa.drbronner.com/?p=623>

Exterior: <http://lisa.drbronner.com/?p=608>

DISH WASHING BY HAND:

Pre-diluted: (my preference) ½ c. Sal Suds in a quart of water in a squirt bottle. Fill with water nearly to the top before adding Sal Suds.

Undiluted: ½ tsp. Sal Suds in a large sink of water. 1 drop Sal Suds for one pot.

With All Purpose Spray: <http://lisa.drbronner.com/?p=169>

MOPPING: ½ Tbsp. Sal Suds in approximately 3 gallons of hot water. 20 drops tea tree oil optional. Put the water in the bucket first. Dunk mop (microfiber, preferably) and wring thoroughly. <http://lisa.drbronner.com/?p=299>

CARS: ½ Tbsp. in a 3 gallon bucket of water. Put the water in the bucket first. Wet car down with hose. Wash with large sponge, or soft microfiber cloth. Rinse with hose before Suds dry.

If you have SLS concerns check out this post from the past:

“There is no Cancer Risk from SLS (Sodium Lauryl Sulfate” <http://lisa.drbronner.com/?p=197>