

# 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 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,  $\frac{1}{2}$  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

 $\frac{1}{2}$  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

 $\frac{1}{3}$ - $\frac{1}{2}$  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  $\frac{1}{2}$  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)

 $1\!/_2$  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

 $^{1\!\!/_4}$  c. (60 mL) soap in a quart of water in a spray bottle. Optional: For extra antimicrobial punch, add  $^{1\!\!/_4}$  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

Pre-dilute 1:4 with water in a squirt bottle. Add <sup>1</sup>/<sub>4</sub> 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.  $^{1\!\!/}_{\!\!\!\!4}$  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 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)

 $1\!\!\!\!/_4$  c. (60 mL) Tea Tree Castile soap in a quart (1 L) of water. (This concentration will burn plants.)



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