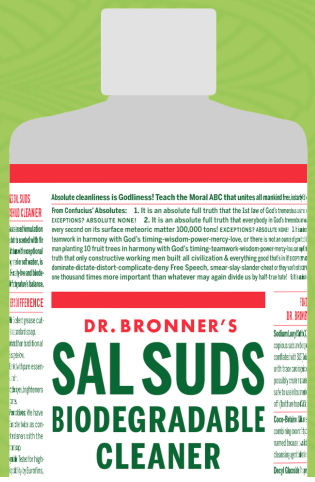

Lisa Bronner's

DILUTIONS CHEAT SHEET

SAL SUDS BIODEGRADABLE CLEANER

Dr. Bronner's Sal Suds Biodegradable Cleaner is safe for any surface or material that can get wet (but can be drying for people or animals). If you're unsure, do a spot test.

LAUNDRY

2-3 Tbsp. (30-45 mL) Sal Suds for a large load in a regular washer. Optional: For extra whitening/brightening, add ½ cup (120 mL) baking soda to wash cycle and/or 1 c. (240 mL) vinegar to the rinse cycle. Halve these amounts for HE washers.

PRE-TREATING LAUNDRY STAINS

Premeasure Sal Suds for load. Apply some or all directly to stain(s). Let sit 30 minutes or more. Add remaining Sal Suds to washer. For lighter stains, spray with All-Purpose Spray (below).

HANDWASHING DELICATES

½ capful Sal Suds 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.

ALL-PURPOSE SPRAY

1 Tbsp. (15 mL) Sal Suds in a quart (1 L) of water. Hint: Put water in first. Spray and wipe down with a damp cloth. Optional: For extra antimicrobial punch, add ¼ tsp. (1.25 mL) tea tree essential oil. Use on any surface that is safe in contact with water:

- Stone countertops & tile; wood (painted or sealed, not waxed); plastic toys and such; metal surfaces; microsuede; and more!

STAINLESS STEEL SINK

Spray sink with All-Purpose Spray and sprinkle with baking soda from a shaker. Scrub then rinse.

TOILETS

For best results, empty toilet. Spray bowl thoroughly with All-Purpose Spray, sprinkle baking soda on the brush, scrub bowl, let sit 10 minutes, turn water on, flush.

PRESSURE WASHER/CARPET CLEANER

In cleaning solution chamber, fill with water and add 1 drop of Sal Suds. Add 1 c. (240 mL) vinegar to rinse water (optional). Use All-Purpose Spray on carpet spots (use sparingly).

WINDOW WASH (AKA SAL SUDS LITE)

½ tsp. (2.5 mL) Sal Suds in a quart (1 L) of water. Spray and squeegee. Follow with a spray of pure club soda or half vinegar/half water and squeegee.

FRUIT & VEGGIE WASH

1 drop of Sal Suds in a bowl of water. Dunk produce and swish. Rinse in clear water.

DISHES (HANDWASHING):

- ½ – 1½ tsp. (2.5 mL) Sal Suds in a large sink of water. 1 drop Sal Suds for one pot, more if needed.
- So I don't use too much, I keep a bottle of diluted Sal Suds by my sink: ½ c. (120 mL) of Sal Suds in 1 qt. (1 L) water. A small squirt in a pot or a larger squirt for a sink.

MOPPING (WOOD, LAMINATE & STONE FLOORING)

½ Tbsp. (7.5 mL) Sal Suds in approximately 3 gallons (12 L) of hot water. 20 drops tea tree oil (optional). Dunk mop (microfiber, preferably) and wring thoroughly. On wood and laminate, avoid excess water and mop up wet areas.

CARS

½ Tbsp. (7.5 mL) Sal Suds in 3 gallons (12 L) of water for exterior. Use All-Purpose Spray on interior surfaces and leather seats. Wipe with damp cloth.

PATIO FURNITURE

½ Tbsp. (7.5 mL) Sal Suds in a bucket of warm water. Wash with sponge, microfiber cloth or a stiff brush. Wipe with damp cloth.

Visit the website:
www.lisabronner.com

GoingGreen
with a Bronner mom