

Lisa Bronner's

# DILUTIONS CHEAT SHEET

PURE-CASTILE LIQUID SOAP



## BODY USES

**Hands-face-body:** Small squirt applied to wet hands or wash-cloth.

**Foaming pump dispenser:** 1 part soap in 3 parts water.

**Makeup removal:** Lather several drops in hands. Massage on to wet 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 a dilution of half apple cider vinegar and half water.

**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.

**Cooling foot bath:** ½ Tbsp. (7.5 mL) in a small tub of hot water.

**Relieving congestion:** 1 Tbsp. (15 mL) of Peppermint or Eucalyptus in a bowl of steamy hot, but not boiling water. Drape towel over head and breathe in mist.

**Wipe-Off Castile Body Wash Spray:** Combine 1 ½ tsp. (7.5 mL) and 1 c. (240 mL) of Castile Soap and 1 c. (240 mL) room temperature water. Lightly spray onto skin and wipe off with clean, damp cloth. Use when bath or shower is not an option.

## HOUSEHOLD USES

**Dishes (handwashing) recommended:** Pre-dilute 1:10 with water in a squirt bottle. Use directly on a scrub brush. 1–2 Tbsp. (15–30 mL) Castile Soap in a large sink of water. A small squirt for one pot, more if needed. To avoid water spots in hard water conditions, dry dishes by hand.

**Laundry:** 2–4 Tbsp. (30–60 mL) for HE washers. Add ½ c. (120 mL) vinegar to the rinse cycle. Optional: For extra whitening/deodorizing, add ¼ c. (60 mL) baking soda to wash cycle. Double these amounts for standard washers.

**Handwashing delicates:** 1 capful (1 Tbsp. or 15 mL) soap 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.

**Mopping (wood, laminate, vinyl, stone & tile flooring):** 2 ½ Tbsp. (38 mL) in 1 gallon (4 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 (1 L) water in a spray bottle. Optional: 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; stainless steel; sinks & toilets; and more!

**Window wash (aka Castile Lite):** 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.

**Toilets:** Pre-dilute 1:4 with water in a squirt bottle. Add ¼ tsp. (1.25 mL) tea tree oil. For best results, empty toilet. Spray bowl thoroughly with All-Purpose Spray, or sprinkle 2-3 drops of Castile Soap directly on toilet brush. Sprinkle baking soda on a brush, scrub bowl. Let sit 10 minutes. Turn water on. Flush.

## OTHER USES

**Fruit & veggie wash:** 1 dash (approx. ¼ tsp. or 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):** ¼ c. (60 mL) Tea Tree Castile soap in a quart (1 L) of water. (This concentration will burn plants.)



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with Lisa Bronner