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 about color fastness, do a spot test.

HOUSEHOLD USES

Laundry: 1–1 ½ Tbsp. (15–22 mL) for HE washers. Optional: For extra whitening/brightening, add ¼ c. (60 mL) baking soda to wash cycle and/or ½ c. (120 mL) vinegar to the rinse cycle. Double these amounts for standard washers.

Pre-treating laundry stains: Pre-measure 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 1:1 Sal Suds:water dilution.

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.

Cloth diapers: Use 1 Tbsp. (15 mL) Sal Suds for HE washers. Wash per manufacturer recommendation with cold or hot water. For extra whitening and odor-removal, add ½ cup (120 mL) baking soda in the wash cycle and/or ¼ cup (60 mL) in the fabric softener compartment. Double all amounts in standard washers.

All-Purpose Cleaning 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); children's toys; metal surfaces; microsuede; and more!

Ovens, sinks, tubs & showers: Spray with the All-Purpose Cleaning Spray and sprinkle with baking soda. Clean with a brush or cloth, then rinse with hot water.

Stainless steel: Spray with All-Purpose Spray and sprinkle with baking soda from a shaker. Wipe in direction of the grain, 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.

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).

Upholstery: Spray a wet (not dripping) cloth lightly with All-Purpose Spray. Gently rub cloth on the spot. Rinse area with a second wet cloth. Blot with a dry cloth to extract moisture. For large areas, use a carpet cleaner (above). Always spot test first.

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): ½–1 ½ tsp. (2.5 mL–7.5mL) 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, vinyl, stone & tile flooring): 1 tsp. (5 mL) Sal Suds in 1 gallon (4 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.

OUTDOOR USES

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.

Pressure washer: Add 1 drop Sal Suds mixed with water into the solution compartment. Because it's biodegradable, it won't harm landscaping.

Customers have also used Sal Suds to clean: Camping gear, musical instruments, airplanes, paint & makeup brushes, grills, lunch boxes & water bottles, kids clothing & bedding, beach balls, pet gear, doorknobs & light switches, cutting boards, refrigerators (inside & out!), and so much more!

Visit the website:
LisaBronner.com

Going Green
with Lisa Bronner