

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) 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: 2 Tbsp. (30 mL) soap in 16 oz. (500 mL) water. Spray and wipe with a damp cloth. Optional: For an extra antimicrobial punch, add 10 drops 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): ½ Tbsp. (7.5 mL) soap in 16 oz. (500 mL) water. 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.)

*Avoid using Tea Tree to wash your pets, as tea tree oil can be toxic to them.



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Going Green
with Lisa Bronner.