



Lisa Bronner's

# GREEN GUIDE

GREEN-IT-YOURSELF (GIY) FAVORITES

## All-Purpose Cleaning Spray

Mix 2 Tbsp. Dr. Bronner's Castile Soap OR 1 ½ tsp. Sal Suds into 16 oz. water in a spray bottle. Spray and wipe down with a damp cloth.

## Laundry

3-4 Tbsp. Castile Soap OR 1 ½ Tbsp. Sal Suds in large HE washer. Optional: For extra whitening/brightening, add ¼ c. baking soda to wash cycle and/or ½ c. vinegar to the rinse cycle. Double all amounts for a standard machine.

## Dishes (handwashing)

In a squirt bottle, pre-dilute 1:10 Dr. Bronner's Castile Soap with water OR add ½ c. Sal Suds Cleaner into 1 quart of water. Squirt on a scrub brush.

## Mopping

Mix ½ c. Dr. Bronner's Castile Soap OR ½ Tbsp. Sal Suds in 3 gallons hot water.

## Windows

Fill a spray bottle with half vinegar, half water. Spray and squeegee.

## Pet Washing

Wet fur thoroughly, squirt on enough Dr. Bronner's Castile Soap to work into lather. Avoid eyes and ears. Rinse thoroughly. Bathe cats with Baby Unscented only. Wash pet bowls and equipment with Sal Suds or Castile Soap. (Avoid using Tea Tree to wash pets, as tea tree oil can be toxic to them.)

## Personal care with Dr. Bronner's Castile Soaps: one product from head to toe!

Hands-Face-Body: Lather Castile Bar Soap or a small squirt of Liquid Soap into wet hands or washcloth.

## Foaming Pump Dispenser

1 part Castile Liquid Soap in 3 parts water.

## Shaving

Lather Castile Bar Soap or 5-10 drops Castile Liquid Soap into wet hands. Use for face, underarms, or legs.

## Makeup Removal

Lather Castile Bar Soap or several drops of Liquid Soap into wet hands. Massage on to wet skin. Rinse.

## Wipe-Off Castile Body Wash Spray

Combine 1 ½ tsp. of Castile Soap and 1 c. room temperature water. Lightly spray onto skin and wipe off with clean, damp cloth. Use when bath or shower is not an option.

Sal Suds cleaner shows >60% biodegradation after 28 days per ISO 14593.

Print out my Dilutions Cheat Sheets with these recipes and more!  
Visit: [LisaBronner.com/CheatSheets](http://LisaBronner.com/CheatSheets)



For body and home, gentle on sensitive skin.

For tougher cleaning jobs and hard water conditions.

## About Lisa Bronner

Lisa Bronner, granddaughter of Emanuel Bronner who founded Dr. Bronner's Magic Soaps, is the founder and editor-in-chief of Going Green with Lisa Bronner, which encourages a lifestyle that is healthier, simpler, and more beautiful at its core.

## Going Green with Lisa Bronner

Founded in 2010, the Going Green with Lisa Bronner website and social media channels guide customers on the extensive versatility of Dr. Bronner's products; host lively forums for green living help; provide many household chemistry lessons; and encourage people towards a simpler and more life-filled life.



## SOAP & SOUL BOOK!

The essential companion guide to using Dr. Bronner's products for home & body care. Available in hardback & eBook.

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