



# Lisa Bronner's

# GREEN GUIDE

## GREEN-IT-YOURSELF (GIY) FAVORITES

### HOME CARE

#### All-Purpose Cleaning Spray

Mix 2 Tbsp. Dr. Bronner's Pure-Castile Magic Soap® OR 1½ tsp. Sal Suds Cleaner into 16 oz. water in a spray bottle. Spray and wipe down with a damp cloth.

#### Laundry

3-4 Tbsp. Magic Soap OR 1½ Tbsp. Sal Suds in HE washer. Optional: For extra 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 Magic Soap with water OR add ½ c. Sal Suds into 1 quart of water. Squirt on a scrub brush.

#### Mopping

1 gallon bucket: 2 ½ Tbsp. Magic Soap OR 1 tsp. Sal Suds in 1 gallon water.  
Squirt bottle: 2 tsp. Magic Soap OR ½ tsp. Sal Suds in 1 qt. water.

#### Glass & Windows

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

#### Pet Washing

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

### PERSONAL CARE

#### Hands-Face-Body

Lather Magic Bar Soap™ or a small squirt of Magic Soap into wet hands or washcloth.

#### Foaming Pump Dispenser

1 part Magic Soap in 3 parts water.

#### Shaving

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

#### Makeup Removal

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

#### Wipe-Off Body Wash Spray

Combine 1½ tsp. Magic Soap and 1 c. water. Lightly spray onto skin and wipe off with clean, damp cloth. Use when bath or shower is not an option.

Get my Usage Cheat Sheets with these dilutions & more!  
[LisaBronner.com/CheatSheets](http://LisaBronner.com/CheatSheets)



For body and home.  
Thick cleansing lather.

Concentrated hard-surface  
all-purpose cleaner.

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

#### About Lisa Bronner

Lisa Bronner, granddaughter of Emanuel Bronner who founded Dr. Bronner's Magic Soaps, is a green living expert and the founder and editor-in-chief of *Going Green with Lisa Bronner*. Lisa's passion is helping people make the transition to a healthier home and lifestyle by becoming savvy consumers.

#### 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 and addresses diverse topics related to green living, from personal care and G.I.Y. (Green-It-Yourself) home cleaning tips to transparency in product labeling.



#### SOAP & SOUL BOOK!

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



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