

FAMILY SOAPMAKERS SINCE 1858

## Dr. Bronner's 18+ awesome soap usages

### Household uses:

**Dishes (hand washing):** Pre-dilute 1:10 with water. Squirt on a scrub brush and scrub dishes.

**Laundry (or hand wash):** 1/3 - 1/2 c. of soap for a large load in a normal washer. Add ½ c. vinegar to the rinse cycle. Use half of these amounts for HE.

**Mopping:** ½ c. of soap in 3 gallons of hot water.

**All-purpose cleaning:** ¼ c. soap in a quart of water in a spray bottle. Add ¼ tsp. tea tree essential oil if desired.

**Windows:** 1 Tbsp. soap in a quart of water in a spray bottle. Follow up with pure club soda, or half vinegar/half water.

**Toilet:** Pre-dilute 1:4 with water in a squirt bottle. Add ¼ tsp. tea tree oil. Empty toilet, squirt bowl thoroughly, sprinkle baking soda on the brush, scrub bowl, let sit 10 minutes, turn water on, flush.

Tbsp = Tablespoon    C = Cup    Tsp = Teaspoon

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### Body uses:

**Face:** 2-3 drops on wet hands, applied to wet face.

**Body:** One small squirt on a wet washcloth, applied to a wet body.

**Hair:** ½ Tbsp. in your hand, worked into wet hair, or dilute ½ Tbsp. in ½ a cup of water and work that into wet hair.

**Bath:** Completely depends upon water amount, but roughly 2 Tbsp. soap in an average sized tub. (Doesn't bubble, but still cleans)

**Shaving:** Face – 10 drops. Underarms – 3 drops. Legs – ½ tsp. Work to a lather in wet hands and then apply to area.

**Teeth:** 1 drop on a toothbrush. (Yes, it tastes like soap.)

**Foot bath:** 1½ tsp. in a small tub of hot water.

**Clearing congestion:** 1 Tbsp. in a bowl of steamy hot water. Breathe in mist with a towel draped over the head.

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### Other uses:

**Fruit & veggie rinse:** 1 dash (approx. ¼ tsp.) in a bowl of water. Dunk produce and swish. Then rinse in clear water.

**Pet washing:** Amount varies widely depending on size, hair type and length, and overall dirtiness. Wet your pet thoroughly, then start to work in castile soap up and down their body until you have a good lather. Really massage it in down to the skin. Your pet will thank you for it.

**Plant spray againts bugs:** 1 Tbsp. in a quart of water. Add ½ tsp. cayenne pepper or cinnamon, if desired.

**Ant spray (not on plants):** ¼ c. tea tree soap in a quart of water. (This concentration will burn plants)



**Poi  
Doctor**