



Organic Liquid Castile Soap DILUTION RECOMMENDATIONS

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 4 oz. of water, work into wet hair.

BATH: Depends on water amount-roughly 2 Tbsp. soap in a tub. *(Doesn't bubble, but still cleans)*

SHAVING: Face – 10 drops; Underarms – 3 drops; Legs – ½ tsp; Work into lather in wet hands, then apply

TEETH: 1 drop on a toothbrush. *(Yes, it is soap, so 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 your head.

HOUSEHOLD USES:

DISHES (HANDWASHING): Pre-dilute 1:10 with water. Squirt on a scrub brush and scrub dishes.

LAUNDRY: 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 machine.

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.

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: Predilute 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.

FRUIT & VEGGIE RINSE: ¼ tsp. in a bowl of water. Dunk produce and swish. Rinse in clear water.

DOG WASHING: Amount varies widely depending on size, hair type and length, and overall dirtiness. Wet dog 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 dog will thank you for it.

PLANT SPRAY FOR BUGS: 1 Tbsp. in a quart of water.

ANT SPRAY (NOT ON PLANTS): 2 oz. Tea Tree soap in a quart of water in spray bottle. Spray areas where ants are entering. Do not spray on plants as this concentration will burn plants.

Organic Castile Liquid Soap Fragrances

Lavender, Tea Tree, Unscented, Orange, Lemon & Peppermint

Additional Organic Soaps

Bars of Soap, Foaming Hand Soaps, Body Washes, Shampoos

www.NittanyValleyOrganics.com