



DR. BRONNER'S DILUTION SHEET

1. Foot bath

Soak feet for about 15-20 minutes in 1 gallon of warm water with 1.5-2 capfuls of Dr. Bronner's Castile soap. Softening calluses, corns, skin repair, antimicrobial action, anti-inflammatory properties and more.

2. Body wash

The main use that almost everyone gives to Dr. Bronner's soap is as a shower gel. As it is a very concentrated product, you only need 4 or 5 drops of your favorite Dr. Bronner's soap with a little water. Enjoy a light but soft and velvety foam that does not damage the skin.

- Be careful not to use too much! As it is a concentrated product, more than necessary can dry out your skin and make it tight. Use the recommended amount.
- When bath or shower is not an option. Use as Wipe-Off Body Wash Spray. Combine 1.5 tsp Dr. Bronner's soap and 1 cup of water. Lightly spray onto skin and wipe off with clean, damp cloth.

3. Facial cleanser

You can use Dr. Bronner's liquid soap as a facial cleanser, to purify the skin of impurities and leave it ready for your usual beauty treatment. To do this you have to put 3 or 4 drops of Dr. Bronner's soap in the palm of your hand and a little water to create a scented foam. Wash your face as usual and rinse it very well.

4. Hand soap

To wash your hands, you only need 2 drops of Dr. Bronner's Castile soap, even if you wash them frequently.

5. Shampoo

To use it as a shampoo you have to apply between 3 and 6 drops, depending on the length of your hair. Lather as usual and rinse well. If you have very long hair, we recommend using a conditioner afterwards to help you detangle it well.

6. Children's hygiene

To bathe babies, you only need 4 drops of Dr. Bronner's soap in the bath water with hot water. To clean the baby, just 2 drops of liquid soap on the sponge are enough. Keep out of contact with eyes.

- Lavender Dr. Bronner's soap with essential oil, will also help relax the baby. You can also use the unscented version, if you want to avoid using essential oils.

7. Shaving

Use these magical Dr. Bronner's soaps for a natural shave. You only need 2 or 3 drops of soap mixed with a little water until you get foam. Shave as usual. The skin is hydrated and not dry.

8. Relaxing foam bath

Fill the bathtub with hot water and add two tablespoons of Dr. Bronner's soap. Also add 2 tablespoons of olive oil to the bath water so that your skin is hydrated.



9. Dog shampoo

To bathe your pets, you just have to immerse your pet in water and apply about 6 drops of Dr. Bronner's soap. Lather and rinse well. Keep out of eyes. The unscented version is ideal for pups.

10. Laundry detergent

To wash clothes by hand, either because they are very delicate, or because you are traveling, you only have to put 5 or 6 drops of Dr. Bronner's soap in the water. Soak the clothes, wash gently and then rinse with plenty of water.

11. Stain remover

If you have a stubborn stain on your clothes, just add 1 or 2 drops of your favorite Dr. Bronner's soap to a sponge and rub the stain with it. Or apply the drops directly to the stain and rub. Rinse with water until the stain is no longer visible or wash without rinsing in the washing machine.

12. Multi-Purpose Cleaning Spray

You can also add $\frac{1}{4}$ cup of Dr. Bronner's soap into a spray bottle filled with water to complete your home cleaning, whether to clean glass, tiles, floors. Try adding $\frac{1}{4}$ tsp of tea tree essential oil for extra cleaning and antibacterial power.

13. Mopping

Mix $\frac{1}{2}$ cup of Dr. Bronner's soap into 2 $\frac{1}{2}$ gallons of hot water to create a lightly soapy solution which does not leave behind any stickiness.

14. Washing fruits and vegetables

To clean fruits and vegetables, add 3 drops of Dr. Bronner's liquid soap, preferably the baby or unscented variety. Immerse the fruits and vegetables in the water and let it sit for a few minutes. Then rinse with plenty of water. You will have eliminated the germs that accumulate on the surface of fruits and vegetables.

15. Mouthwash

You can prepare a mouthwash solution with just 2 drops of Dr. Bronner's soap in half a glass of water. Rinse your mouth with it.

16. Toothpaste

Add a drop of Peppermint liquid Dr. Bronner's soap to your toothbrush previously wet with water. Rub your teeth as usual and rinse with plenty of water.

17. Washing dishes

Apply 1 or 2 drops of Dr. Bronner's soap on a scouring pad and wash as usual. The Citrus-Orange aroma is perfect for this task.

18. Make-Up brush cleaner

To clean cosmetic brushes, add 1 drop of Dr. Bronner's soap to the brush. Rub well and rinse with plenty of water. If you use your brushes daily, we recommend washing them like this once a week so that you always have them in optimal condition.

19. Spray the plants

To rid your plants of pests you just have to prepare this simple solution: 1 Tbsp of Dr. Bronner's soap with water and half a teaspoon of cayenne or cinnamon.