



## ABOUT CASTILE SOAP

Our castile soap is all natural, made from 100% plant oils and 82% organic ingredients. It is not a chemical detergent soap, but a true soap, which means it is biodegradable and non-toxic. It is a popular a multi-use soap for those who seek to eliminate harsh chemicals and detergents found on conventional soaps. Due to the lack of chemicals and detergents used, the lather from castile makes soft, small bubbles.

### Our castile soap comes in 7 different varieties:

Pure Silence (Unscented)

Lee'd the Way (Peppermint)

Denise's Spice & Everything Nice (Oatmeal & Clove)

Ella's Retreat (Lavender)

Clean Gene (Spearmint, Sage & Lemongrass)

Eddie's Zen (Lemongrass, Patchouli & Sage)

Darlene's Duo (Citrus & Lavender)

## BATH & BODY

**Body Wash.** Liquid Castile Soap is chemical free w/a thin consistency that provides a light lather as opposed to a heavier lather produced by chemical foaming agents used in traditional bath washes. 2:1 ratio of castile to water. Pump one or two times into hands and lather, then apply to body directly or onto natural sea sponge.

\*Applying Peppermint variety may cause a temporary "tingly" feeling to sensitive areas.

### Or create your own nourishing & moisturizing body wash:

1/4 cup coconut oil or almond oil

1/4 cup raw honey

1/2 cup liquid Castile soap

- Add honey to melted/liquid oil and whisk together
- Add Castile soap slowly, stirring gently to avoid creating suds
- Transfer to glass or plastic bottle.
- Shake before each use and Enjoy!

**Toothpaste.** Place a couple small drops on your already wet toothbrush and brush your teeth as usual. Do not swallow.

**Hand soap refill.** Use 1/4 cup castile soap with 3/4 cup water into a hand soap bottle.

**Shower scrub.** Mix 2-3 tablespoons of castile soap with 1/4 cup baking soda for a non-toxic shower scrub.

**Shampoo.** Castile soap can be used as an all-in-one in the shower, both for your hair and your body. Mix soap and water ratio of 1:3 and enjoy.

**Baby Wash:** Pump a small amount onto hand or baby wash cloth rub to foam – wash and rinse as normal.

\*Unscented is popular scent for baby wash.

**Bubble Bath:** Mix 1/2c. castile soap, 1 tbsp glycerin mix. Pour desired amount over running water in bathtub. Will produce small bubbles. You can also add 1 egg white to the mixture for longer holding bubbles.

## MULTI-PURPOSE CLEANER

**Multi-purpose cleaning spray.** Mix with warm water in a spray bottle. Place water in the bottle first, then castile. Can be used on counters in the bathroom and kitchen, sinks, stovetops and toilets.

**Handwashing dishes.** Combine a tablespoon in water for cleaning dirty dishes. Enjoy not having chemicals on your hands or dishes.

**Veggie wash.** Add 1 tablespoon castile soap to 2 cups of water, and store the mixture in a squirt bottle to use to clean vegetables.

**Floor cleaner.** Mix 1/4 cup castile soap in a bucket with warm water.

**Carpet Cleaner.** Mix 1/4 cup castile into 1 cup water. Place the solution in the blender until it forms a stiff foam. Apply as you would any other carpet cleaning product.

**Ant repellent.** A few sprays of your castile soap household cleaner will kill ants quickly in your kitchen and spraying on the backs of your countertops and letting them dry will deter them from coming back. **Do not spray on plants.**

**Laundry detergent.** You can use to make your laundry detergent from castile soap. It will be gentler on your clothes and your budget.

1 cup of liquid Castile soap

3/4 cup of baking soda

2 1/4 cups of warm water

1/4 cup of finely grated sea salt.

Dissolve the baking soda and salt into 2 cups of warm water. Combine ingredients and pour into a gallon container, adding the liquid castile soap. Fill to the top with water. You can use about 1/4 of a cup per load making this recipe worth about 64 loads.

**Tub Scrub.** Make a tile or toilet "soft scrub" out of baking soda and castile soap. Fill a spray bottle with a dilution of 1:3 castile to water. Sprinkling the area, you wish to clean with a liberal dusting of baking soda, then spray the castile solution over the top. Scour with a sponge or scrub brush. Also works great on stovetops.

## PETS

**Pet shampoo.** Make a mixture with one-part castile soap and three parts water.