

1. SHAVING

Dilute one part liquid castile soap to two parts of water and massage into skin as a shaving lubricant.

2. SHAMPOO

Wet hair thoroughly and massage a small amount of liquid castile soap into your hands until a lather forms. Wash hair and rinse well.

3. DENTAL CLEANING

Measure out 1 ounce castile soap. Stir in 40 drops of peppermint essential oil or essential oil of your choice, and natural sweetener to taste. Pour into suitable container. One drop on a wet toothbrush will do the job.

4. BODY WASH

Wet skin and massage a small amount onto a cloth, loofah or sponge then wash and exfoliate at the same time. You can also just apply directly to the skin – you only need a tiny amount!

5. HOT TOWEL MASSAGE

For facial packs, scalp and soothing body rub, add a dash of liquid castile soap on a bath towel in sink of hot water. Wring the towel out and place it over the face & scalp. Massage with your fingertips. Repeat on each area of the body until the arms, legs & entire body have been massaged (using light strokes towards the heart.) Rinse the towel in

plain hot water and massage again. Breathe deeply!

6. BATHING

Add a squirt to a bathtub of water at the beginning for bubbles, or after the bath has been drawn for a relaxing soak without bubbles.

7. DEODORANT

Add 1-2ml to a spray bottle of water (125ml) along with a teaspoon of Himalayan crystal salt for best results.

8. BREATH FRESHENER

One or two drops in a spray bottle (50-125ml) help to keep the breath fresh and prevent unhealthy bacteria from thriving in the gums and between the teeth.

9. MOUTH WASH

Add 1 drop to a shot glass of water, swish and rinse. Peppermint oil or tea tree oil (only a few drops will do) is amazing!

10. BABY WASH

Add a drop or two to a wet washcloth, or a couple of drops to the bathwater. Ultra Mild is ideal as it is completely natural and fragrance-free.

11. AFTER-SHAVE

One or two drops in a spray bottle (50-125ml) help to invigorate the skin and prevent shaving rash. Choose Ultra Mild for sensitive skins.

12. HAND SOAP

Dilute anywhere from 1 part castile soap to 4 parts water through to 1:1. You can also use the full strength soap with a foaming dispenser. Any scent is ideal for this application.

13. DISH LIQUID

Mix in part castile soap with one part water. Add 1 tbs of lemon juice to cut grease.

14. LAUNDRY WASH

For the laundry, dissolve $\frac{1}{4}$ c baking soda, $\frac{1}{4}$ c washing soda (on laundry aisle) into 1 gallon of hot water. Slowly stir in 3 ounces castile soap. Use $\frac{1}{4}$ to $\frac{1}{2}$ cup per load. Scent with essential oils.

15. PET WASH

Wet the coat of your pet thoroughly first then apply the liquid castile soap by massaging a small amount in your hands first until a lather is formed, then washing the hair/fur and rinsing clean afterwards. Can also be added to the wash water for ease of use (one squirt is plenty). Add tea tree oil to help deter fleas and ticks, or

16. FRUIT & VEGETABLE RINSE

Fill the sink with water and add a squirt of liquid castile soap to remove most chemicals residues from fruit and vegetables.

17. PEST SPRAY

Use 1 teaspoon per litre of water in a spray bottle for garden pests.

18. HOUSEHOLD CLEANER

Dilute from one part soap into 32 parts water for light cleaning, to 20:1 or full strength for heavy-duty grease-dissolving jobs. If you want scent, add it as you like.

19. Foaming Soap

Add 1 ounce to a foaming soap dispenser then fill with water. This really stretches your soap and allows you to get the MOST from one bottle.

20. Foaming Hand Sanitizer

Add a squirt or two (that's plenty) to a foaming soap dispenser and then fill with 91% isopropyl or 190 proof grain alcohol. The alcohol can be drying as in most hand sanitizers, so we suggest adding 1 tbs of glycerin (found near the castor oil in many stores.

21. Carpet Cleaner

Finally, you can make an effective carpet cleaner by mixing $\frac{1}{4}$ cup castile into 1 cup water. Place the solution in the blender and let it fly until it forms a stiff foam. Apply as you would any other carpet cleaning product.