



Lisa Bronner's

# DILUTIONS CHEAT SHEET

SAL SUDS BIODEGRADABLE CLEANER

Dr. Bronner's Sal Suds Biodegradable Cleaner is safe for any surface or material that can get wet (but can be drying for people or animals). If you're unsure, do a spot test.

## DISHES (HANDWASHING)

- $\frac{1}{2}$  -  $1\frac{1}{2}$  tsp. (2.5-7.5 mL) Sal Suds in a large sink of water. 1 drop Sal Suds for one pot, more if needed.
- So I don't use too much, I keep a bottle of diluted Sal Suds by my sink:  $\frac{1}{2}$  c. (120 mL) of Sal Suds in a quart (1 L) water. A small squirt in a pot or a larger squirt for a sink.

## LAUNDRY

2-3 Tbsp. (30-45 mL) Sal Suds for a large load in a regular washer. Optional: For extra whitening/brightening, add  $\frac{1}{2}$  cup (120 mL) baking soda to wash cycle and/or 1 c. (240 mL) vinegar to the rinse cycle. Halve these amounts for HE washers.

## PRE-TREATING LAUNDRY STAINS

Pre-measure Sal Suds for load. Apply some or all directly to stain(s). Add remaining Sal Suds to washer. For broad stain, spray with a solution of half Sal Suds/half water.

## HANDWASHING DELICATES

$\frac{1}{2}$  capful ( $\frac{1}{2}$  Tbsp. or 7.5 mL) Sal Suds in about 1 gallon (4 L) cold water. Swish gently. Let soak 10 minutes. Swish again. Rinse with clean water. Gently press out excess water with a towel. Hang clothing or lay flat to dry.

## MOPPING (WOOD/LAMINATE/STONE/TILE)

$\frac{1}{2}$  Tbsp. (7.5 mL) Sal Suds in 3 gallons (12 L) hot water. 20 drops tea tree oil (optional). Dunk mop and wring thoroughly.

## ALL-PURPOSE CLEANING SPRAY

1 Tbsp. (15 mL) Sal Suds in a quart (1 L) of water. Hint: Put water in first. Spray and wipe down with a damp cloth. Optional: Add  $\frac{1}{4}$  tsp. (1.25 mL) tea tree essential oil. Use on any surface that is safe in contact with water:

- Stone countertops & tile; wood (painted or sealed, not waxed); plastic toys and such; metal surfaces; microsuede; and more!

## WINDOW WASH (AKA SAL SUDS LITE)

$\frac{1}{2}$  tsp. (2.5 mL) Sal Suds in a quart (1 L) of water. Spray and squeegee. Follow with a spray of pure club soda or half vinegar/half water and squeegee.

## STAINLESS STEEL SINK

Spray sink with All-Purpose Spray and sprinkle with baking soda from a shaker. Scrub then rinse.

## TOILETS

For best results, empty toilet. Spray bowl thoroughly with All-Purpose Spray, or sprinkle 2-3 drops of Sal Suds directly on toilet brush. Sprinkle baking soda on a brush, scrub bowl. Let sit 10 minutes. Turn water on. Flush.

## FRUIT & VEGGIE WASH

1 drop of Sal Suds in a bowl of water. Dunk produce and swish. Rinse in clear water.

## PRESSURE WASHER/CARPET CLEANER

In cleaning solution chamber, fill with water and add 1 drop of Sal Suds. Add 1 c. (240 mL) vinegar to rinse water (optional). Use All-Purpose Spray on carpet spots (use sparingly).

## CARS

$\frac{1}{2}$  Tbsp. (7.5 mL) Sal Suds in 3 gallons (12 L) of water for exterior. Use All-Purpose Spray on interior surfaces and leather seats. Wipe with damp cloth.

## PATIO FURNITURE

$\frac{1}{2}$  Tbsp. (7.5 mL) Sal Suds in a bucket of warm water. Wash with sponge, microfiber cloth or a stiff brush. Wipe with damp cloth.



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GoingGreen  
with Lisa Bronner