
Castile soap dilution cheat sheet by Society

It's called liquid gold for a reason.

For the body

Facial Cleanser: 2-3 drops on wet hands, applied to wet face.

Body Wash: One small squirt on a wet washcloth (we recommend our Ayate Washcloth), applied to wet body.

Hair: 1/2 Tbsp. in your hand, applied to wet hair.

Shaving: Face – 10 drops, Underarms – 3 drops, Legs – 1/2 tsp. Work into a lather in wet hands and apply to wet body.

Teeth: 1 drop on toothbrush. (Yes, it will taste like soap.)

Clearing Congestion: 1 Tbsp. in a hot, steamy pot or bowl of water. Drape a towel over your head and breathe in steam. Add a few drops of essential oil if desired.

For the home

Dishes (Hand-Washing): Saturate sponge with soap. Add more as necessary. For the tough stuff, let dishes soak in hot water and castile soap before scrubbing.

Mopping: Add 6 Tbsp (3 oz) to a bucket of water.

Walls & Woodwork: Dilute 1/4 c. per 1 gallon of hot water.

Stovetop & Vent Hood: Add 1 Tbsp to 2 cups hot water. Add more as required to cut through accumulated grease.

Laundry: Use 1/3 c. per load. Add 1/2 c. vinegar to the rinse cycle. For HE, use half of these amounts. Note: Castile soap may be neutralized by detergent residues from previous washes – you may have to use a little extra the first time. Bleach compatible. For best results, mix into warm water before adding.

Hand-Washing: Use a few drops for hand-washing most silks and fine fabrics. Do not use with wool or suede as it may darken.

Stain Removal: Wet surface and apply a few drops. Work into the material and let sit for 1 minute. Blot stain with cloth and rinse. Repeat as required.

All-Purpose Cleaning: 1/4 c. in a quart of water. Add to spray bottle. Add a 1/4 tsp. of essential oil if desired.

Dog Washing: Apply to wet dog, work in castile soap until you have a good lather.

Vehicle Exterior: Test on an inconspicuous area first. Saturate sponge with soap.