



Castile Soap

Castile soap is named for a region in Spain, which is renowned for its olive oil. However, castile soap can be made from various plant oils: hemp, sunflower seed, jojoba, and coconut.

ADVANTAGES:

- biodegradable
- vegan
- scent free
- concentrated
- free of artificial foaming agents, harsh cleansers, & petrochemicals
- can do the job of over 10 personal care products and home cleaners

USES:

- hand & body wash (Dilute: 1:3) (1 part soap:3 parts water) Use a pump container.
- laundry soap (80 ml for large load) (one third of a cup)
- all- purpose spray cleaner 60 ml/litre (one quarter cup/quart)
- shampoo & conditioner (2-3 drops in a cup of water) (Don't shake)
- wash floors, walls, counters, cars, pets etc.

The secret is to DILUTE DILUTE DILUTE. In this way, we are also using fewer plastic containers.

If you have some green tips you would like to share with the congregation, please email: judithagordon@hotmail.com