



DR PLANET

CASTILE SOAP CONCENTRATE

THE GOOD DOCTOR NOW MAKING HOUSE CALLS

FOR YOUR BODY

FOR YOUR HOME

FOR THE EARTH





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WHY DR PLANET?

All natural, whole ingredients. No derivatives, Pure essential oils, no fragrances. Higher quality ingredients, higher quality clean.

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Dr Planet replaces 15 other common household cleaning products, reducing packaging and carbon miles.

FOR YOUR BODY

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Dr Planet's premium olive oil nourishes your skin, body and hands

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Keep your kitchen clean and fresh without toxic products.

FOR YOUR HOME

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Premium grease cutting and antibacterial properties.

RECIPE FOR SUCCESS

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Some helpful castile soap recipes to up your cleaning game.

We all have the same thing in common, we want healthy bodies, we want safe homes, we want a thriving planet.

Dr Planet is just what the doctor ordered. Prescribe Dr Planet how you like, you know your medicine



WHAT ARE OUR INGREDIENTS

Dr Planet is made with whole ingredients you can recognize.

We use over 75% Victorian, Extra Virgin Olive Oil, a little coconut and castor oil to create some lather and offer stability for our essential oils.

We only use pure essential oils, with your choice between Peppermint and Lavender, Sweet Orange and Litsea, or unscented.





HOW TO START

We recommend just 3 pump bottles for your home to replace all your other cleaners and soaps.

BATHROOM

One bottle for the bathroom to use as a:

- Body Wash
- Hand Wash
- Shampoo
- Bathroom all Purpose Cleaner
- Toilet Cleaner

LAUNDRY

One bottle for the laundry to use as a:

- Laundry Liquid for Your Washing Machine
- Laundry Soaker
- Laundry Spot Cleaner

KITCHEN

One bottle for the kitchen to use as a:

- Dishwashing Liquid
- Dishwasher Liquid for your Machine
- Fruit and Veg Wash
- All-Purpose Spray

For the rest of the home, Dr planet can be used as a Floor Cleaner, Pet Shampoo and Car Wash. That is **15** products and bottles that Dr Planet can replace!

BODY

FACE AND BODY

Dr Planet is first and foremost a health-filled soap for your body. We're big fans of a body massage while showering to activate and soothe our skin, muscles and organs. With Dr Planet there is the added nourishment from our olive and pure essential oil base. The more you lather Dr Planet into your skin the more moisturised it becomes. The soap of choice used by many healthcare professionals who suffer dried-out skin from washing their hands throughout the day. With Dr Planet, hands heal and remain soft and subtle. Our bodies can continuously receive all these benefits as we clean throughout the day also.

SHAMPOO

Hair loves a Dr Planet wash as the good doctor's formula is both nourishing while gently washing away the scalp's natural oils. You will find Dr Planet makes a lovely lather in your hair, different to the excess foam from toxic and artificial foaming agents. We need to always be aware of what we expose our sensitive scalps, eyes, ears and noses to. As hair types and colouring treatments are diverse, Dr Planet may be a perfect fit or not. It's well worth exploring Dr Planet for your hair type.

BATH

20mls or 10 pumps from Dr Planet's 500ml pump bottle into a bath for a soothing and nourishing soak.



SHAVING

Lather Dr Planet into your hands before applying to your face or legs and enjoy a rich cream like lotion that will moisturise and invigorate skin with olive and essential oils. Dr Planet also provides an antibacterial preparation too.

FOOT SOAK

10 mls or 5 pumps from Dr Planet's 500ml pump bottles into a basin of warm water and Dr Planet provides a nourishing foot soak. Dr Planet's olive oil moisturizes, essential oils provide their therapeutic benefits, the soap provides antibacterial properties.

LAUNDRY

WASHING MACHINE

20mls or 10 pumps from Dr Planet's 500ml pump bottle into your washing machine is all you need for an excellent laundry wash. Harking back to the time when clothes smelt like fresh, clean soap instead of heavily scented chemicals and fragrances. A tablespoon of nontoxic washing soda is a lovely boost for whites, towels, and sheets. While not essential, it can add some added freshness to washing. When opening the washing machine you are also in for an aromatherapy treat as Dr Planet's pure essential oils greet you. Your body can relax into naturally cleaned fabrics and recover from the toxic load it may have previously been exposed to from artificial fragrances and toxic cleaning chemicals. High quality ingredients give a higher quality clean. Safe for our bodies and our waterways.

LAUNDRY SPOT CLEANER

A pump or a dash of Dr Planet onto a spot stain with a little scrub, with or without a little warm water lifts stains beautifully. You will see all sorts of stains lift before your eyes. Curry and tomato sauce, mud, blood and mysterious greasy stains, (all on common rotation in our home with active children), all melt away with Dr Planet's premium quality soap formula.

LAUNDRY SOAKER

10 mls or 5 pumps from Dr Planet's 500ml bottle can be safely added to a soaking bucket to give clothes a nice pre-soak. A simple, quality soap soak is a great option, particularly for your woollens.





KITCHEN

DISHWASHER

Use Dr Planet in your dishwasher. Pop 20mls/10 pumps from your handy Dr Planet 500ml pump bottle and a tablespoon of washing soda in the soap dispenser of your machine and sparkling dishes and glassware will be yours at the end of the cycle. No harsh chemicals or toxic residue, just beautiful dishes and an aromatherapy hit when you open the door and the grand feeling that our waterways have been taken care of too.

SURFACE SPRAY

Mix 20mls or 10 pumps from the Dr Planet 500ml pump bottle with distilled water into a spray bottle and you will have a surface spray that can be used anywhere in the home. Should you mix Dr Planet with tap water after 2 weeks you will find the essential oils degrade as Dr Planet is proudly preservative-free. Mixing with boiled water extends the surface spray solutions' life slightly. In our home, we have found our surface spray is usually all used up after a week as we use it continuously, even as a room refresher.

FRUIT AND VEGETABLE WASH

6ml or 3 pumps from the Dr Planet 500ml pump bottles into a sink of water makes an excellent fruit and veg wash. Dr Planet is a safe non toxic soap, with antibacterial properties. It is safe on your food while providing a fresh clean.

HAND WASHING DISHES

20 mls or 10 pumps from the Dr Planet 500ml pump bottle is a generous amount of Dr Planet to make an excellent grease dissolving dishwashing solution. The all-natural ingredients make lovely gentle bubbles like a pure soap does, not the excess artificial foam from foaming agents. Your hands will be soft and your senses soothed from Dr Planet's gentle and nourishing olive and essential oil formula.

HOME

PET WASH

Dr Planet is so beautifully safe that our pets can enjoy all Dr Planet's benefits. Unscented is perfect if you are concerned about skin conditions, or essential oils will be a great addition to your pet's bath. Safe and nourishing. 1 or 2 pumps or 5 to 10mls in a small bath. Alternatively, lather into your hands before applying. For smaller animals us sparingly.

ALL PURPOSE CLEANER

Get ready for this little bit of golden advice, should you be in a rush and notice the shower, sink or basin could do with a scrub down, a few squirts of Dr Planet onto a scourer while in the shower or washing your hands at the basin can give a quick and enjoyable bathroom clean. I leave myself and my bathroom both clean and fresh and on an aromatherapy high. Kitchen tiles and indeed any home surfaces can be cleaned with Dr Planet. Your sponge may be cleaned with Dr Planet afterwards too.

CAR WASH

20mls or 10 pumps from Dr Planet's 500ml pump bottle into a 5 litre bucket of water gives your car a sparkling clean. Dr Planet will not leave streaks and gives a great soapy wash without the toxic solution. Your hands, garden and waterways will thank you!



TOILET

The same soap that gives your hands an excellent anti bacterial wash can also leave your toilet fresh and safe without the toxic chemicals. A few pumps of Dr Planet into the toilet bowl and a good scrub with the toilet brush will leave it sparkling clean. Even a pump of Dr Planet on a piece of toilet paper to wipe down external surfaces can eliminate unwanted smells. A fresh antibacterial clean awaits with Dr Planet.

MOPPING

20 to 50mls or 10 to 25 pumps from the Dr Planet 500ml bottle into a bucket of hot water makes a great mopping solution ready to use. The grease cutting properties of our premium olive oil and essential oils will both clean and polish your floors. The best part of a freshly mopped floor is to see the sparkle and smell the freshness of a job well done. Which Dr Planet scent do feel like bathing your room in today?



USING YOUR OWN ESSENTIAL OIL WITH DR PLANET UNSCENTED

Our Unscented formula is great for those with sensitive skin. Unscented also offers the opportunity to add the essential oils of your choice. Add 1% essential oils to soap ratio. Some oils may thicken or thin Dr Planet. This will not affect Dr Planet's performance.

NON-TOXIC CASTILE SOAP CREAM CLEANER

INGREDIENTS

3/4 cup bi-carb soda

1/4 cup Dr Planet

1 tablespoon water

20 drops of an essential oil of your choice (if you are using unscented Dr Planet)

Mix all ingredients together to make a paste to the consistency of your liking. You may need to add a little more Dr Planet or water to get it right for you. Should you prefer a thicker paste, pop the cream cleanser into a jar, should you like a runnier paste, repurpose a squirt bottle.



CASTILE SOAP WINDOW CLEANER

½ cup white vinegar

2 teaspoons Dr Planet

2 cups pure or distilled warm
water

3-5 drops tea tree oil or
eucalyptus oil (if you are using
unscented Dr Planet)

Add all ingredients to spray
bottle and shake to blend, spray
on glass, and clean off with an
old newspaper!

SOAP SCUM REMOVER

2 teaspoons borax

1 teaspoon Dr Planet

¾ cup white vinegar

1 ½ cup hot water

10 drops tea tree oil (if you are
using unscented Dr Planet)

Combine all ingredients in a
spray bottle and shake to blend.
Spray on shower walls and let sit
for 5 minutes. Scrub any
stubborn scum with a sponge or
brush, rinse off and dry off.

ALL PURPOSE BATHROOM CLEANING SPRAY

INGREDIENTS

2 cups warm water, distilled for longer-term use or tap water for short-term use

1 tablespoon of baking soda

2 tablespoons of Dr Planet

30 drops tea tree essential oil (if you are using unscented Dr Planet)

20 drops sweet orange essential oil (if you are using unscented Dr Planet)

Pour the warm water into a spray bottle, followed by baking soda. Shake to combine all the ingredients. Use this spray to clean the bath, shower, tiles, toilet, sink, and even the floor! Spray the surface, allow the cleaner to sit for a minute, then wipe with a damp cloth. Rinse the cloth as needed.



NON-TOXIC OVEN CLEANER

INGREDIENTS

Dr Planet

Baking Soda

Salt

Distilled White Vinegar

Sponge or Scrub Brush

Scraper

Remove Oven Racks

Make a paste out of Dr Planet, baking soda, salt, and a little water if needed. Apply to the interior of the oven and let sit for several hours, preferably overnight. Dip a sponge or scrubbing brush into the warm water and wash the interior. Spray interior with some distilled white vinegar to rinse away any excess paste residue.