HOW TO USE DR PLANET SOAP

DR PLANET AUSTRALIAN CASTILE SOAP IS A SAFE AND NON TOXIC MULTIPLE USE CLEANER THAT WORKS.

DILUTE DR. PLANET?

DILUTING ALLOWS YOU TO CREATE CUSTOM BODY AND CLEANING RECIPES THAT SUIT YOUR PREFERENCES, WHILE ALSO MAKING THE SOAP LAST LONGER. HERE'S HOW TO GET THE MOST OUT OF YOUR SOAP:

- 1 TABLESPOON = 15 ML, WHICH IS ALSO THE CAP SIZE OF OUR REFILL BOTTLES.
- DILUTION TIP: USE COOL BOILED, FILTERED, OR DISTILLED WATER FOR BEST RESULTS. TAP WATER CAN AFFECT THE FRESHNESS AND MAY CAUSE STALE ODOURS OVER TIME.
- SHELF LIFE: DR. PLANET CASTILE SOAP LASTS 12 TO 18 MONTHS WHEN STORED CORRECTLY.
- ESSENTIAL OILS: CHOOSE PURE, WELL-SOURCED OILS FOR YOUR RECIPES TO KEEP THEM NATURALLY SAFE AND EFFECTIVE.

HOME CLEANING

GENERAL ALL PURPOSE CLEANING AND PLANT SPRAY

DR PLANET MAKES A MOST WONDERFUL ALL PURPOSE SURFACE SPRAY THAT CAN BE USED IN ALL AREAS OF YOUR HOME. FOR HARD SURFACES SPRAY DIRECTLY. FOR MORE DELICATE SURFACES SPRAY INTO A CLOTH BEFORE CLEANING
USE THIS SPRAY IN YOUR KITCHEN, BATHROOM, FURNITURE DUSTING, PLANTS, CHILDREN'S TOYS, WALLS AND CAR INTERIOR.
1 TO 3 TBSP TO 500ML WATER. OPTIONAL: ADD ESSENTIAL OILS OF CHOICE, REFER TO OUR RECOMMENDATIONS.

CLEANING SCRUB PASTE

THIS PASTE IS A NATURAL AND AFFORDABLE ABRASIVE CLEANER THAT CAN EXFOLIATE YOUR BODY, SCRUB POTS AND PANS TO A SPARKLING SHINE, CLEAN YOUR OVEN, SCRUB STAINS FROM CLOTHES, TOILETS, BATHS, SHOWER, TILS, GROUT AND ALL HARD SURFACES.
ADD 1 TBSP DR P TO 1 CUP OF BICARB THEN ADD WATER TO GET THE CONSISTENCY YOU LIKE. THIS CAN BE MADE INTO A PASTE IN A JAR OR AS A THICK SOLUTION IN A SQUIRT BOTTLE. ADD ESSENTIAL OILS OF CHOICE AS PER OUR RECOMMENDATIONS.

ALL PURPOSE WET WIPES

THESE WIPES CAN BE USED ON YOUR BODY WITH AN OPTIONAL NOURISHING OIL OR AS IS FOR ALL SURFACES IN YOU HOME.

1 TBSP SOAP TO 500ML WATER.
IF USING FOR THE BODY IT IS OPTIONAL TO ADD 10 DROPS ESSENTIAL OILS OF CHOICE.
POUR HALF OF THE SOLUTION INTO A CONTAINER.
THE CONTAINER SHOULD HOLD PAPER TOWEL ROLL VERTICALLY.
PLACE PAPER TOWEL IN SOLUTION. REMOVE INNER CARDBOARD TUBE.
POUR REMAINING SOLUTION OVER TOWEL.
PLACE LID ON TOP AND WAIT FOR ALL LIQUID TO BE ABSORBED.

LAUNDRY

SOAK AND SPOT CLEAN.

TO SOAK ADD 1 TBSP TO 1 LITRE WATER.
TO SPOT CLEAN DAB DIRECTLY ONTO STAIN WITH A LITTLE WATER AND GIVE A LITTLE HAND SCRUB.
DO NOT SPOT CLEAN SILK OR SCRUB WOOL!

WASHING MACHINE

ADD 1 TBSP TO STANDARD FRONT LOADING MACHINE OR 2 TBSP TO TOP LOADER.
OPTIONAL: ADD ESSENTIAL OILS OF CHOICE AND ANY BOOSTING POWDER SUCH AS SODIUM PERCARBONATE OR WASHING SODA DIRECTLY INTO DRUM. DR PLANET PAIRS WELL WITH THESE IF YOU ARE WANTING A BOOST FOR AN EXTRA SOILED LOAD OF WASHING.

HAND AND BODY WASH

USE A SMALL AMOUNT UNDILUTED AS THE WATER YOU WASH WITH DILUTES, HOWEVER IF YOU WOULD LIKE YOUR SOAP TO GO FURTHER MAXIMUM DILUTION 3 TO 8 TBSP SOAP TO 500ML WATER OR 1 PART SOAP TO 3 PARTS WATER INTO A PUMP OR FOAMING PUMP BOTTLE.
OPTIONAL: ADD 1 TO 3 TBSP OF NOURISHING OIL OF CHOICE SUCH AS MCT, CASTOR, JOJOBA AND 10 DROPS OF EO FOR YOUR SKIN TYPE

SHAMPOO, SHAVING CREAM AND DEODORANT:

USE DR PLANET UNDILUTED WITH OPTIONAL 1 TO 3 TBSP NOURISHING OIL OF CHOICE SUCH AS MCT, CASTOR, JOJOBA AND 10 DROPS EO FOR SKIN TYPE
USE HAIR CONDITIONER OF CHOICE OR MAKE A RINSE WITH 1 PART ACV TO 2 PARTS WATER AND EO FOR YOUR HAIR TYPE

WASHING DISHES BY HAND AND IN THE DISHWASHER

BY HAND

IF YOU ARE FILLING A SINK OF WATER YOU'LL WANT TO SQUIRT DR P IN UNDILUTED AS IT WILL BE DILUTED IN THE SINK.
IF YOU WASH DISHES UNDER RUNNING WATER THEN DILUTE 3 TBSP TO 500ML WATER.

DISHWASHER

ADD 1 TBSP TO SOAP DISPENSER COMPARTMENT OF DISHWASHER.
OPTIONAL: ADD WHITE VINEGAR TO RINSE COMPARTMENT.
BEST RESULTS ARE FOUND WHEN DISHWASHER INTERIORS AND FILTERS ARE WELL MAINTAINED. WHEN YOUR DISHWASHER STARTS TO NEED A CLEAN YOU CAN CLEAN THE FILTERS AND INTERIOR WITH A SCRUB OF DR PLANET AND RUN AN EMPTY CYCLE WITH A BOWL OF VINEGAR IN THE TOP SHELF AS A REFRESHER FOR YOUR MACHINE.

SIMPLE, EFFECTIVE AND DELIGHTFUL ESSENTIAL OILS WE RECOMMEND

10-20 DROPS OF:

- LAVENDER: CALMING, ANTIBACTERIAL.
- EUCALYPTUS: DEODORISES, PURIFIES.
- LEMON: CUTS GRIME, FRESH CITRUS SCENT.
- ON GUARD (DOTERRA): CLOVE, CINNAMON, CITRUS FOR A SPICY CLEAN.
- PEPPERMINT: FRESH, COOLING.

OTHER USES OF DR PLANET'S SOAPY FORMULA

- WASH YOU CAR AND USE A SHAMMY TO DRY OFF. HERE'S A LITTLE TIP FOR YOU: DO NOT WASH YOUR CAR IN THE HEAT OF THE DAY AS THE SUN EVAPORATES THE WATER QUICKLY AND YOU MAYBE LEFT WITH SOAPY STREAKS AFTERWARDS.
- WASH YOUR WINDOWS CLEAN WITH SOAPY WATER, USE A WINDOW SQUEEGEE TO WIPE OFF. (ALSO BEST DONE OUT OF THE DIRECT SUN OR HEAT TO AVOID STREAKS.)
- WASH YOUR PETS BY DILUTING INTO A BATH OR PUMP SOME SOAP DIRECTLY INTO THE PALM OF YOUR HAND AND LATHER INTO WET FUR AND RINSE THOROUGHLY.
- WASH DOWN YOUR DECK AND OUTDOOR FURNITURE.
- FRUIT AND VEG WASH DILUTE 1 TBSP TO 1 LITRE OF WATER IN YOUR SINK OR IN A BOWL.

TRAVEL

DR PLANET'S MULTIPLE USE IS ALSO EXCELLENT FOR TRAVEL. PACK LIGHT AND EFFICIENTLY AND USE DR PLANET AS A HAND AND BODY WASH AND FOR ANY LAUNDRY, KITCHEN OR EQUIPMENT CLEANING THAT MAY BE NEEDED.

DR PLANET