Homemade Hand Soap and Dish Soap

Gentle, natural and kind to sensitive skin. The ingredients may feel like a bigger investment at first, but they go a long way and are especially a great choice if you are looking for a gentler option for sensitive skin.

> **Safety tip:** Wear rubber or plastic gloves while mixing, especially when handling washing soda. Essential oils should always be diluted before direct skin contact.

Hand Soap

Basic recipe for dry hands

INGREDIENTS

- 1 cup castile soap
- 1–2 tbsp glycerin
- 1–2 tsp mild oil (jojoba, almond, olive or coconut)
- 1–1.25 cups distilled or cooled boiled water
- 5–10 drops essential oil (optional)

INSTRUCTIONS

1. Add glycerin and oil to a soap dispenser.
2. Pour in the castile soap.
3. Slowly add the water.
4. Mix gently.

🗓️ **Shelf life**
With distilled water ~1 month. With boiled water 2–3 weeks.

Extra Gentle Hand Soap

For severely chapped skin

INGREDIENTS

- 1 cup castile soap
- 2 tbsp vegetable glycerin
- 1 tbsp aloe vera gel
- 1 tsp jojoba oil
- 0.3–1 cup distilled or cooled boiled water

INSTRUCTIONS

1. Add glycerin, aloe vera gel and oil to a dispenser.
2. Pour in the castile soap.
3. Slowly add the water.
4. Mix gently.

🗓️ **Shelf life**
~2 weeks (aloe vera shortens shelf life).

Dish Soap

Gentle and skin-friendly dish soap

INGREDIENTS

- 2 tbsp washing soda
- 1 cup hot water
- 2 cups castile soap
- 2 tbsp vegetable glycerin
- 20–40 drops essential oil (optional, e.g. lemon, lavender, tea tree)

🗓️ **Shelf life**
2–4 weeks with distilled water.

INSTRUCTIONS

1. Mix washing soda into hot water until dissolved. Let cool and pour into a dish soap bottle.
2. Add castile soap and glycerin. Mix gently.
3. Add essential oil if desired. Mix by gently shaking the bottle.

GOOD TO KNOW

Dish soap is naturally thin in consistency. Gently shaking the bottle before use improves the texture. Always check the scent and appearance before use.

HANDY TIP: MAKE YOUR OWN WASHING SODA

If you do not have washing soda, you can make it from baking soda:

1. Spread a generous amount of baking soda on a baking tray lined with baking paper.
2. Bake at 400°F (200°C) for about one hour, stirring a couple of times.

Put in a jar, label it and store with your cleaning products. Always wear gloves when handling washing soda!