

shecology

Natural Cleaning in a Nutshell

- Simple
- Safe
- Effective
- Lab Tested



Contains: Organic Soap Nuts + Muslin Sack + Recipe & Tips

LAUNDRY DETERGENT + ALL-PURPOSE CLEANER



Soap Nuts in a Nutshell

Soap nuts rule. Versatile and fun. Dignified and restrained. We're here to tell the universe about Shecology Golden Soap Nuts and their super natural cleaning powers. Not nuts at all, these curious little pods are sun-dried, de-seeded fruit from ancient Indian Soapberry trees grown in the foothills / midhills of the Himalayas in India and Nepal.

Of all the varieties of soap nuts, *Sapindus Mukorossi* is the best for cleaning because it is loaded with the natural surfactant saponin. When dissolved in warm water, saponin transforms into a foam-like substance that removes dirt, grease, and odors in a powerful, safe, and non-toxic way. Use soap nuts and feel good about cleaning again!

- Stove / Degreaser
- Kitchen Counters
- Refrigerator
- Fruit & Veggie Wash
- Spot Cleaner
- Shower Doors + Tiles
- Toilet Bowl
- Floors
- Toys
- Laundry
- Outside Furniture & More



**GO CLEAN
SOMETHING**

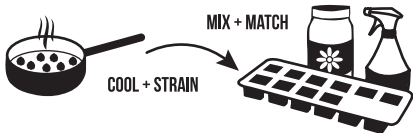
CAUTION: Serious shine may occur.

Shecology's recipe* is third-party tested and shown to inhibit the growth of **Black Mold, E.Coli, Staph Aureus, Salmonella, and Yeast.**

Make a versatile cleaning base and use as is or power it up with other plants / ingredients.



Easy Liquid Concentrate



Laundry = 1/8 cup
Mop Bucket = 1/2 cup
Toilet Bowl = 1/4 cup
Dishes = 1/2 cup

1. Place soap nuts (or equivalent pieces) in a pot with water. Use ratio 16 soap nuts: 2 c. water to make desired amount.* Scale up recipe: Approx. 8 oz. soap nuts: 1 gallon water.
2. Bring to a gentle boil. Do not rapid boil; it will foam up!
3. Cover and simmer 10 min., turn burner off, let sit until cool.
4. Stir, strain, and store in spray bottles, jars, or ice cube trays.

Preparation Tips:

• • • • • DIY LAUNDRY DETERGENT & HH CLEANER

- This recipe makes a strong concentrate. If desired, add water to dilute (up to 1/2 for spray.) Go further for additional cleaner with used soap nuts. Add water and simmer again!
- Add citrus peels, herbs, or essential oils to create a signature scent, add extra cleaning power, and / or to help preserve the liquid. Freeze peels until it's soap nut day!
- Strain concentrate with a fine mesh kitchen strainer or cheese cloth. There will be small particles to filter out.
- This simple cleaning base contains no preservatives. If not freezing or refrigerating, add 1 T. white vinegar per 2 cups liquid concentrate to make cleaner shelf stable.
- Use Crock Pot (high heat 1 hour then low 3 hours) or Instapot to make your concentrate. Visit website for tips.
- Have Fun. Experiment. Clean Dirty Things. Repeat.

Laundry Sack Method



Remove sack when rinse cycle is finished.
Reuse sack 5X–8X, until shells are soft /mushy.
Refill and repeat. Compost used shells.

COOL TIP:

Make Freezer Nut Cubes
by freezing the liquid
concentrate in ice cube trays.



For more fun facts and cool tips on using soap nuts to clean, visit our website and follow us on social media @shecology

WARNING: CHOKING HAZARD

KEEP OUT OF REACH OF CHILDREN

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Shecology® is a business committed to making the world a cleaner place by providing exceptional cleaning products that are effective, affordable, simple, and safe. We continually strive to have the lowest waste footprint and most favorable impact on Mother Earth, her fab friends, and other brilliant beasts who call this circle home.

