



# SOAP NUTS

Instruction booklet

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*Save money.  
Save the earth.  
Save our future.*

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## WHAT ARE SOAP NUTS?

Soap nuts or soap berries, are raw fruits. Its scientific name is Sapindus Mukorossi, but it is more commonly known as "soap nuts" because you can use its flesh and turn it into washing detergent! Use soap nuts to wash clothes, clean the floor, bath yourself or wash your hair. It's a **great replacement for all the chemical detergents** in your home.

Using soap nut liquid is not only good for you but also for our environment.

Soap nut liquid is truly a natural and environmentally-friendly detergent from our Mother Earth.

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## WHY USE SOAP NUTS?

Because it's **good for our environment!** Chemical detergents are harmful and pollutive. But with soap nut liquid, you do our Earth a big favor. Because soap nut liquid is made from 100% natural fruits.

Also, by using soap nuts, you **protect yourself and your family from all the harmful chemicals.** Truly! Soap nut liquid works wonders on our skin. This excellent cleaner not only helps us remove dirt, but is also safe for babies and those who have skin diseases like eczema.

Furthermore, by using soap nuts, you get to **save at least half of the money** you usually spend on chemical cleaners!

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## RECIPE A : SOAP NUT LIQUID

1. Prepare about 10 - 15 soap nuts. Rinse with water to remove dirt
2. Put all in a pot with 1 liter of water
3. Once boiling, lower fire and simmer for 15 minutes. Let liquid cool down
4. Filter the soap nut liquid to remove sediment
5. Add 2 tbsp vinegar. Add 5 drops of essential oil too, if you wish.

You can take the boiled soap nuts and repeat steps 2 - 5 two more times. But before filtering the liquid at step 4, you should squeeze the soap nuts to get as much soap nut liquid as possible.

Spent shells are great for compost, or to add nutrients into the soil of garden or house plants.

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## RECIPE B : SOAP NUT ENZYME

1. Rinse 250g soap nuts with water to remove any residue.
2. In a 5L or bigger plastic container, mix well 200g sugar, 2L water, 1 tsp cinnamon, 1 tsp dry yeast (\*)
3. Pour soap nuts in and cover container; place in warm, dry place.
4. For the first week, open daily and gently stir the mixture once. Replace with cover when done.
5. After the first week, only stir once per week. Remove thick film layer, if any. Cover with lid when done.
6. After 3 weeks, enzyme liquid is ready to use. Re-use old soap nuts with a new (\*) liquid mix. Repeat the process 1 or 2 more times.

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## RECIPE C : QUICK LAUNDRY SOAP NUT LIQUID

1. Put 5 - 8 soap nuts in a cotton bag (or a sock), tie bag securely
2. Soak in hot water for 15 minutes
3. Toss bag and water in the laundry
4. Reuse 2 - 3 times (add 1 or 2 new soap nuts each time)

## STORING SOAP NUTS AND SOAP NUT LIQUID/ ENZYME

**Soap nuts:** Store in dry and cool place, away from direct sunlight. You can also store them in the fridge or freezer.

**Soap nut liquid:** Store in covered bottle in a cool place, away from direct sunlight. You can also store the liquid in the fridge. Keep up to 8 weeks.

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Remember to label the bottles so as not to confuse them with other food.

**Soap nut enzyme:** Store in covered bottle in a cool place, away from direct sunlight. Keep up to 6-12 months.

## USING SOAP NUT LIQUID/ ENZYME

	Liquid amount
Laundry (machine wash) 5 - 7 kg	100 ml
Dish washing ( <i>enzyme only</i> )	Use as needed
Floor cleaning, toilet cleaning, glass cleaning	200ml with 10L of water
Kitchen cleaning (oily parts)	50ml with 1 tbsp baking soda
Non-toxic pest spray for plants	1-3 tbsp with 5L of water
Washing fruits and vegetables	1-3 tbsp with 5L of water

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