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The Ultimate Beginner-Friendly, Non-Toxic Grease Fighter!

Introduction: Why Make Your Own Dish Soap?

Dreaming of sparkling dishes without harsh chemicals? This DIY Sal Suds Dish Soap recipe is your answer! It's safe, affordable, and leaves your plates, pots, and pans squeaky clean—without toxic residues. Even if you've never mixed a cleaning product before, don't worry! I'll walk you through each easy step, explain every tool and ingredient, and share special pro tips for the best results.



What This Recipe Is Good For

- Cleans dishes, glasses, silverware, pots, pans, and more
- Powerful degreaser—cuts through oil and stubborn food residue
- Gentle on hands (when paired with moisturizing oil)
- Non-toxic, safe for kitchen use, and eco-friendly
- Leaves dishes and sink smelling fresh

Shopping List: Everything You Need To Buy

Assuming you have nothing at home, get:

Item	Amount Needed	Why You Need It
Dr. Bronner's Sal Suds	1 small bottle	Main cleaning and grease-fighting ingredient
Distilled Water	1 quart	Ensures purity, prevents streaks and spoilage
White Distilled Vinegar	1 small bottle	Boosts cleaning, cuts grease, rinses clean
Jojoba Oil	1 small bottle	Adds skin-friendly, gentle moisture
Essential Oil (Lemon, Grapefruit, Pine)	1 small bottle	Freshens and adds antibacterial benefits
Kosher Salt	Small container	Optional—thickens soap and boosts cleaning
16 oz Bottle (pump)	1	For dispensing dish soap easily
Measuring Cups & Spoons	1 set	For accurate liquid and dry ingredient measuring
Small Funnel	1	To pour ingredients into the bottle without mess
Label or Masking Tape & Marker	1 of each	For dating/naming your dish soap

See also [DIY Essential Oil All-Purpose Cleaner](#)



Ingredient Benefits for Your Body and Kitchen

- **Sal Suds:** The star. Cuts grease, lifts food, and leaves dishes truly clean.
- **Distilled Water:** Keeps your soap clear, fresh, and helps it last longer.
- **White Distilled Vinegar:** Breaks down fats, helps prevent spotting, and neutralizes odors.
- **Jojoba Oil/Olive Oil:** Moisturizes your hands so they won't dry out with daily dishwashing.
- **Essential Oils:** Lemon, grapefruit, or pine oils add freshness, mood boost, and extra antibacterial power.
- **Salt:** Optional, helps thicken the soap naturally.

Kitchen Tools & What They Do

- **Squeeze Bottle (16 oz):** Where your finished dish soap lives. Squeeze the soap out—no mess!
- **Funnel:** Cone-shaped, makes pouring liquids into small bottle openings easy.
- **Measuring Cups & Spoons:** Help you measure ingredients exactly for best results.
- **Label/Tape & Marker:** So you know what's in your bottle and when it was made.

Step-by-Step Recipe: “Squeaky Clean Sal Suds Dish Soap”

1. Gather Your Tools and Ingredients

Set everything out on a clean kitchen counter. Make sure your squeeze bottle is clean and dry.

2. Add Sal Suds

- Place your funnel in the bottle's opening.
- Measure **$\frac{3}{4}$ cup** of Sal Suds with your measuring cup and pour it through the funnel into the bottle.

3. Add Distilled Water

- Measure **$\frac{1}{2}$ cup** of distilled water.



- Pour it into the bottle through the funnel.

4. Add White Vinegar

- Measure **2 tablespoons** of white distilled vinegar.
- Pour it in (this boosts degreasing and makes rinsing easier).

5. Add Moisturizing Oil

- Measure **1 tablespoon** of jojoba oil (or olive oil).
- Pour it in (keeps your hands soft).

6. Add Essential Oils

- Count **15 drops** of lemon or grapefruit essential oil, and **5 drops** of pine essential oil (or your favorite blend).
- Drop them right into the bottle.

7. Add Salt (Optional for Thickness)

- Add **1 tablespoon** of fine sea salt or kosher salt.
- This helps thicken the soap and boosts cleaning.

See also Pet Urine Be Gone: DIY Floor Cleaner for Fresh and Safe Homes

8. Mix and Finish

- Remove the funnel.
- Put the cap on your squeeze bottle.
- Close tightly and shake gently for 20 seconds until everything is mixed. (If the mixture looks separated, shake again before each use.)

9. Label

- Use masking tape and marker to write “Sal Suds Dish Soap” and today’s date.
- Stick on the front.

10. Use

- Squirt a small amount onto your sponge or into dishwater.
- Wash as usual! A little goes a long way—Sal Suds is super concentrated.
- Rinse dishes thoroughly with warm water.



Tips, Precautions & Pro Secrets

- Always shake gently before use—natural ingredients may separate.
- This soap is not as thick as commercial brands, but it cleans just as well!
- For extra-tough grease, squirt directly onto pots/pans.
- If your kitchen is chilly, the oil may float—just shake.
- Test a tiny spot first if you have sensitive skin.
- Store out of reach of young kids.

Fun Facts About This Recipe

- Sal Suds is made from fir and spruce, giving it bonus cleaning power and a fresh smell.
- Adding lemon oil not only smells great, but helps cut through grease naturally.
- This recipe is biodegradable and 100% safe for septic systems.

Variations & Options

- For extra sparkle: add 1 more tablespoon of vinegar if your water is hard.
- Try orange essential oil for a sweet scent.
- Skip the salt if you prefer a thinner soap (it will still clean!).

Pros and Cons

Pros	Cons
Non-toxic and gentle on hands	Not as thick as store-bought
Powerful grease-fighting power	May separate; shake before use
Safe for all dish types and septic systems	Needs essential oils for best scent
Easy, quick, and affordable	Needs shaking if stored long

Helpful Table: DIY Sal Suds Dish Soap

Feature	Details
Main Cleaning Agent	Dr. Bronner's Sal Suds



Feature

Feature	Details
Safe for Hands?	Yes, especially with added jojoba oil
Scent Options	Lemon, grapefruit, pine, orange
Best Container	16 oz squeeze bottle (plastic or glass)
Kid/Pet Safe	Yes, when not ingested
Eco-Friendly	Yes, totally biodegradable
Shelf Life	1-2 months (store away from heat/sun)
Grease-Cutting Power	Excellent

See also [Deep Sleep Inhaler](#)

FAQs

Q1: Is this dish soap safe for all dishes?

A: Yes! It's safe for glass, ceramic, plastic, and metal. Not for cast iron (use plain hot water for that).

Q2: Can I use tap water instead of distilled?

A: Distilled is best for clarity and shelf life, but cooled, boiled tap water can work.

Q3: Is it okay if the soap separates?

A: Yes! Just shake gently before each use.

Q4: Will it make lots of bubbles?

A: Sal Suds makes plenty of bubbles—enough for a fun, effective wash!

Q5: Can I use this on baby bottles?

A: Yes—just rinse bottles very well after washing.

Conclusion

Creating your own DIY Sal Suds Dish Soap is easy, rewarding, and safe for the whole family. With simple ingredients, clear steps, and natural grease-fighting power, you'll never want to go back to commercial brands! Customize your scent, keep your hands soft, and make dish time a delight—naturally.