

Laundry and cleansing detergents

Laundry detergents

Recipe 1: Soap nuts

In Germany, it's quite easy to find soap nuts in supermarkets (ALNATURA, dm...). This is a convenient and easy solution since it will be light in your luggage! The inconvenient side: it comes from a tree (*Sapindus mukorossi*) that grows in the Himalaya and must therefore travel long distances until we can use it here!

Ingredients:

- 5 to 8 soap nuts (for 2 laundry loads)

Equipment:

- A small bag (generally sold with the nuts) to put the nuts in

Steps:

Put the nuts into the bag and put the bag together with your clothes. Add the vinegar and essential oil if you wish where you normally put softener. Choose a normal temperature for your laundry.

Optional ingredients:

- As softener, a small glass (30 ml) of **white vinegar** for 4 kg of laundry that you add directly in the softener compartment of the washing machine (don't worry, it won't stink up your clothing, even if you don't add perfume)
- To perfume, 3 to 5 drops of **essential oil** that you can add to the vinegar
- For whitening purpose and to diminish the effect of hard water, a full hand of **sodium percarbonate** that you throw directly on the clothes. Use it moderately since it is not very ecological!

Recipe 2: The Marseille soap laundry detergent

This recipe is an easy and cheap one. It is made out of sustainable ingredients as long as you choose a Marseille soap which doesn't contain palm oil (a high percentage of olive oil is preferred). Preferably choose a soap which contains only a few ingredients (the traditional soap is made of sodium hydroxide, vegetal oil and sometimes essential oils).

Ingredients:

- 80 g of Marseille soap (with no glycerin!)
- 1.5 L water
- Optional: a few drops of lavender essential oil (to add scent)

Equipment:

- A pot to warm up water
- A grinder
- A tablespoon
- A 2 L canister (larger than the product quantity so that you can shake it before use)
- A funnel
- Optional: an electric mixer

Steps:

Grind the soap. Warm up water (preferably slowly in a pot), add in the ground soap and stir over low heat until the soap has melted. You can use an electric mixer to fully mix the soap into water. When it has cooled down a little bit, add the essential oils. Put the clothes in the washing machine and pour a small glass of about 150 mL of Marseille detergent on the clothes.

Additional options:

With 150 mL of Marseille soap, add directly on the clothes:

- A nice handful of **sodium carbonate** (also called crystal sodium) if you wish to diminish the effect of hard water and reinforce the effect of Marseille soap.
- Or replace the Sodium Carbonate with **sodium percarbonate** for whitening purpose. Use it moderately...
- Optional: 1 tablespoon of **sodium bicarbonate** (to preserve colors and diminish even more the effect of hard water)

As laundry softener and machine decaling, add:

- 1 tablespoon of white **vinegar** or more until you have filled the small receptacle for softener of your washing machine.
- Optional: a few drops of essential oil.

Recipe 3: The black soap detergent

This recipe for laundry detergent is very simple and uses ingredients which can be used to make other household cleansing products such as a floor detergent and a toilet detergent.

Ingredients:

- 2 L water
- Black soap paste
- Soda crystals
- Optional: essential oil (lavender, lemon...)

Equipment:

- A 3 L canister (larger than the volume of product in order to be able to shake it)
- An electric boiler
- A tablespoon!

Steps:

Boil 2 L of water, pour it into the canister. Add 4 tablespoons of black soap and 4 tablespoons of soda crystals. Optional: add a few drops of essential oil. Use as a standard clothes detergent.

Optional ingredients:

- The **ox-gall soap** (die Gallseife) is particularly useful for dirty baby diapers.

Floor and cleansing detergents

Recipe 1: White vinegar

White vinegar (also called alcohol vinegar or crystal vinegar) disinfects, removes odors, and is a strong detergent to wash the microwave oven or even the windows.

Ingredients:

- White vinegar

Equipments

Steps:

Recipe 2: The Marseille soap household detergent

This recipe for multipurpose detergents is extremely simple and cheap!

Ingredients:

- A small Marseille soap (50 g) or soap flakes
- 1 L water
- 2 lemons

Equipment:

- A pot and a fire place to warm up water slowly
- A grinder if you don't have soap flakes
- A spoon
- A 1.5 L canister
- A funnel
- Optional: essential oil of pine, tea tree and cinnamon

Steps:

Grind the soap. Warm up the water in the pot until it is warm (not hot). Put the soap into it and stir with low fire. Add the lemon juice, but don't let it boil. Pour the liquid into the canister. Let it cool down.

To wash your cooking table for example, use the product directly and rinse with water.

To wash the floor, use one part product to 2 parts water. No need to rinse.

To make the product stronger, simply add more soap and lemon!

Recipe 3: The black soap floor detergent

Ingredients:

- 1.5 L water
- 50 ml lemon juice
- 1 tablespoon white vinegar
- 1 tablespoon bicarbonate sodium
- 2 tablespoon black soap paste

Equipment:

- A 2 L canister
- Scale or glass to measure quantities
- An electric boiler
- A tablespoon!

Steps:

Boil water. Pour water and all the ingredients into the canister. It's ready!

Toilet cleaner

Recipe 1: The vinegar toilet detergent

Ingredients:

- 300 ml water
- 250 ml white vinegar
- 50 g bicarbonate sodium
- 1 teaspoon Guar gum
- 5 drops of: mint, lemon, eucalyptus and/or tea tree essential oils

Equipment:

- A 1 L canister
- A funnel
- Scale or glass to measure quantities
- Teaspoon

Steps:

Mix in the canister water and vinegar. Slowly add the bicarbonate sodium because it foams a lot! Add the rest of the ingredients. Shake before use.

Sources:

<http://www.consoglobe.com/noix-lavage-balles-lavage-boule-lavage-3253-cg>

<http://www.maman-mammoth.com/lentretien-de-la-maison-au-naturel/>

<http://www.consoglobe.com/faire-detergent-ecolo-phosphates-2465-cg>

<http://www.consoglobe.com/savon-marseille-recette-ancienne-multiples-usages-3166-cg>

<http://green-me-up.com/2013/11/ma-lingerie-ecologique-une-lessive-et-un-placard-ecolos.html>