

SOAPNUTS

A NATURAL, ENVIRONMENT FRIENDLY, BIO DEGRADABLE, ECONOMICAL & EFFECTIVE DETERGENT
... that grows on trees

Soap nuts or Soapberry, also sometimes referred to as Washing Nuts or Ritha / Reetha (in Hindi), contain 'Saponins', which have the ability to clean and wash. When in contact with water, it creates mild suds, which is similar to soap.



The South Indian variety is *Sapindus trifoliatus*; and the North Indian variety is *Sapindus mukorossi*

For hundreds of years, people in India and Nepal have been doing their laundry and cleaning with Soapnuts. The nut is the dried fruit of the Ritha tree and the saponin released is a 100% substitute to normal detergents..

Soap nuts can be used for **cleaning basically anything**, from washing clothes, as a liquid soap, cleaning and shining ornaments, household cleaner etc.

Soapnuts are **highly-effective** and **gentle** at the same time. It will leave your laundry fresh and clean and compared to other detergents, its mildness will keep colours bright, maintaining fabric structure of your clothes for longer periods. It can be used on all fabrics and at all temperatures.

Soap nuts are **allergy-free** and hence are good for your skin especially good for babies, eczema and sensitive skin. This chemical free product is excellent for washing children's clothing.

Soap nuts are both **Ecological** and **Economical** when compared to other forms of detergents.

Benefits of using soapnuts include -

- **Clearly cheaper** than normal detergents.
- **Environment friendly** as soapnuts are 100% natural, they do not pollute our environment. Furthermore, soapnuts are considered renewable primary products. The soapnut trees absorb carbon dioxide and produce oxygen.
- **Perfect for allergic persons**, people with sensitive skin and people who suffer from neurodermatitis.

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- **Effective and gentle** as Soapnuts clean dirty laundry very effectively and at the same time preserve the colour of your laundry better than chemical detergents. In Nepal, people wash even the finest silks using soapnuts.
- **100% biodegradable.** Simply add the used soapnuts directly to your compost heap.

TOXIC CHEMICALS IN YOUR LAUNDRY DETERGENT

Your everyday laundry detergents contain a combination of many toxic chemicals, the residues of which are left behind on your clothes after washing. This can be potentially dangerous as these chemicals are absorbed by your skin into your blood stream and also evaporate into the air, which you and your children breathe. Both, the manufacturing process of the chemical detergents and their use, have a long term effect on the environment as well.

Most of your common laundry detergents contain phosphates, ammonia, naphthalene, phenol, optical brighteners, artificial fragrances, EDTA etc. These chemicals can cause rashes, itches, allergies, sinus problems and have long term toxic effects on the environment.

Phenols	Toxic, suspect carcinogenic. Rapidly absorbed. Effects include swelling, pimples, and hives. Internal consumption can cause circulatory collapse, cold sweats, coma, and death.
Optical brighteners	Skin allergy, toxic to fish and can cause bacterial mutations.
Phosphates	Environmental hazard causing excessive growth in aquatic plants which leads to the suffocation of fish & underwater life.
EDTA	Skin irritant leading to allergies, asthma, and skin rashes. Does not bio degrade readily. Environment hazard.
Artificial fragrances	Toxic effects on fish and mammals, Often cause allergies, skin and eye irritation. Do not easily bio-degrade in the environment.
Ammonia	Can cause burns, cataracts & corneal damage. Long term repeated exposure can cause bronchitis and pneumonia. Also has a toxic effect on plants, animals and fish.
Sodium Sulfate	Corrosive. Severe eye, skin, and respiratory irritant. Can cause asthma attacks.

HOW TO USE SOAPNUTS

LAUNDRY

Place 6-8 shells in a small pouch of cotton tied at the top. Put this into your washing machine load with temperatures upto 90 Degrees.

Soapnuts will leave your laundry fresh and clean and compared to other detergents, its mildness will keep colours bright, maintaining fabric structure of your clothes for longer periods. It can be used on all fabrics and at all temperatures.

Soapnuts are both Ecological and Economical when compared to other forms of detergents. 1 kg of soapnuts can be used for upto 150 loads of laundry.

If you wish to change the scent of your clean laundry, you can add a few drops of essential oils to the wash.

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Shells can be used for more than one wash but the number of washes per shell bag will depend on the water temperature used. Washing at lower temperatures, the soapnuts can be used more often. Use soapnuts only once if washing at high temperatures.

DISH WASHING

Use soapnut liquid (see below instructions) for washing your glasses, dishes, cutlery and pans as usual. Don't be deceived by the lack of bubbles on the effectiveness of the cleaning.

There are no artificial foaming agents so there will be very few if any lasting bubbles but your washing up will be cleaned effectively even if left to soak.

LIQUID SOAP

Add about 50g (handful) Soapnut Shells (excluding seeds) to approx 4 cups of water. Crush the shells into smaller pieces before adding.

Bring to boil, then simmer for approximately 20 minutes. The boiling process extracts the saponin from the nut shells and combines with the water.

You can use the liquid immediately, or let it steep overnight. Strain into appropriate container and compost the remaining shells.

The liquid that is left can then be used as shampoo, all purpose cleaner, car wash, liquid soap, pet shampoo, washing up liquid or any other things you would normally clean with a liquid.

CLEANING & DETOXIFYING FOOD

Soak your fruit and vegetables for approximately 10 minutes in the soapnut liquid. Rinse off and enjoy this food free from harmful chemicals and residue. The soapnut solution can then be reused for household cleaning.

NATURAL PESTICIDE

Using soapnuts is an effect and natural alternative to repel insects off your plants and around the house. This easily replaces chemicals. Your left over soapnut liquid from washing or laundry can be used for this purpose.

DANDRUFF CONTROL

Apply the liquid soapnut on scalp and leave on for 5-10 minutes. Make sure the liquid does not get into the eye as it will burn. Rinse hair with water. Following this procedure regularly will not only help prevent dandruff, but will also keep your hair soft and strong. You can also replace the soapnut liquid with soapnut powder.

Details courtesy – <http://www.soapnuts.in>