# Natural Hand Soap



## INGREDIENTS

- *Foaming soap dispenser bottle*
- *Liquid castile soap*
- *Essential oil of choice*

## DIRECTIONS

*Fill your foaming soap dispenser a quarter full of liquid castile soap. Depending on the size of your bottle and how strong you like your soap to smell, start with 10-20 drops of essential oil and adjust from there. Fill the remainder of the bottle with water and screw on the dispense top. Swish the bottle gently in circles (do not shake). Start foaming!*

## ESSENTIAL OILS

*If you want a disinfectant use the Four Thieves blend or disinfectant blend from your favorite distributor. You can use a single oil you like the smell of or a particular blend for the season or mood. This is the fun part of making your own soap!*

