

10 Different ways to use Marseille Soap



1- Mint or Lemon toothpaste.

Cut very fine pieces of your authentic Marseille soap or use the Marseille soap flakes. In a small glass jar, mix with a little water. Allow the soap to dissolve for an hour, stirring occasionally. Add a few drops of organic peppermint essential oil (or lemon, as desired).

Lightly dip your toothbrush in this toothpaste. Be sure to only dip lightly due to the mixture being extremely foamy!

You will neither taste nor smell soap, thanks to the tiny amount used and peppermint!

For more details and tips on this recipe, see the article: "Why did I created a tooth powder?"

2- Shower gel (free of dangerous products for your health)

Shower gels and soaps very often contain ingredients that are toxic to health and / or the environment (methyl, EDTA, PEG, CI, perfume, petrolatum, silicone, benzyl, propyl, parafinium, alcohol, sodium laureth sulfate, etc.).

Marseille soap can replace all shower gels, soaps for hands, body, face, etc.

Genuine Marseille soap is often recommended by dermatologists for sensitive skin (eczema, allergies, etc.).

3- Shaving soap for Mr and Mme

Marseille soap is very foamy. It can be used as shaving foam for beards and legs.

4- Ecological laundry!

In 15 minutes, you can easily make your own laundry soap for the next 3 months. It will not contain any products dangerous to your health or the environment. This detergent is much more economical than its ecological equivalent on the market (if equivalent there is!).

You will need genuine Marseille soap, baking soda, water ... and that's it!

See the recipes, on Naturesfoodalive.com

5- Hand washing laundry

Rub your wet clothing on a block of Marseille soap. Distribute the foam on the garment and let stand 10 minutes (or rub a little), then rinse with water.

This tip is particularly practical when travelling.

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6- Ecological dishwashing product

To do your dishes by hand, rub your wet sponge directly on a block of Marseille soap.

7- Cleaning product

You can rub your sponge or wet cloth on Marseille soap and perfectly clean all surfaces that you can rinse with water: bathtub, sink, garden furniture,...

To clean walls and floors, grate a tablespoon of soap (or use the Marseille soap flakes) in a bowl of warm water. Be careful not to put too much soap as it will be very foamy.

For surfaces that you cannot rinse (furniture, etc.), fill a spray bottle with two tablespoons of grated Marseille soap (or flakes), add a cup of white vinegar and fill it up with water, then a few drops of organic lemon essential oil.

8- Textile stain remover

Wet the stain, then rub your Marseille soap on it. Let sit for 30 minutes, then rinse with water. Repeat if necessary.

9- Natural insecticide

In a spray bottle, mix two tablespoons of grated Marseille soap (or flakes) and warm water. Shake well. Spray on your insect infested plants. Repeat the following days if necessary.

10- A soap for everything when travelling!

A single piece of Marseille soap in your suitcase will replace many products: all types of soap, toothpaste, detergent, dishwashing product, multi-use cleaning product, etc. Minimalist luggage guaranteed!
