

How to Use CORICK SoapNuts

Within your bag you should find a small linen, draw string, bag. Place some nut shell halves in the bag (6 for soft water / 8 for hard water). Pull the string tight and tie it off. Then place the bag on top of your washing in the machine - that is it!

Each "set" of shells should be good for up to 4 wash cycles. (Dependent upon wash temperature and quality of shells.) Although, personally, I change them after 3 and boil the old nuts up for hand wash / shampoo liquid. (see below)

Indeed, there is one report on an internet site of a lady getting 7 washes from a single set! Personally, I would consider such trials to be only useful on the grounds of experimentation. Each set only cost a few pence, so if you were to use a set that were "exhausted" and may have to wash certain items again, you will have lost more than you gained.



New Shells - One Wash Two Washes Three Washes Fourth Wash

You should be able to see in the above pics that fresh shells have a shiny inner surface. As if they were made from solid satin varnish! Or tasty toffee - so keep children away from them. This progressively changes to a matt beige as the saponin is released and the outer surface gets darker. Note that this is only really obvious when the shells have dried.

You will find that they work better if multiply washes are done the same day. For that reason I keep the used nuts in the bag, in a small bottle, part filled with water (or soap nut liquid - see later.)

Throw the used shells on the compost.

N.B. - If you don't like the linen bag, You can use an old white sock / foot of an old pair of tights / even the wash bags that come with commercial detergents. (Frankly I find the bag a bit of a pain as the draw string gets twisted and knotted - I use an old sock, one of the mysterious orphan socks that magically appear without its twin.)

Doesn't more soap get released in the rinse cycle? Saponin is only released above 30 degrees, a cold rinse has no effect.

Which raises the question - will they work on a 30 degree wash?

Answer - As "Saponin is only released above 30 degrees" - probably not. HOWEVER I have heard of one lady's cunning plan. She stores her "sock of nuts" in an old jam jar. With a lid. Fill the jar with hand hot water allow to soak (maybe while filling the machine etc) then give the jar a good shake. Empty the jar onto the clothes.

There is an alternative - **Make some Soap Nut Liquid.**

N.B. One of our customers made a litre of liquid and left it on the hob to cool. Her Son came home and, for reasons that are not relevant to this site, took it to be clear soup! and drank a couple of spoonfuls. Apparently, it was not up to the usual standard of his mother offerings. He felt a little sick for a few hours but seemed otherwise unaffected. He'll do anything for a laugh - Needs to clean up his act? Star in a soap? http://www.paulfoot.tv/index.php?option=com_content&task=view&id=188

Please Don't Drink It - Not Recommended!!

The general advice seems to be to simmer up to 50g of shells in 1 litre of water for between 10 and 30 minutes. Breaking up the shells first helps. Allow to cool, then strain into a suitable container. Top up to 1 litre.

Personally I always simmer for 30 minutes on the basis of you loose nothing by doing it, and probably extract more saponin. Regular stirs helps release more "soap".

So, if you used the whole 250g bag, you would have 5 litres of SoapNut Liquid. If you use 100ml per wash that would give you 50 washes from a single 250g bag.

And it gets better!

Because I seldom use as much as 100ml of liquid, especially as I am using a water softener powder. More like about 75ml, sometimes only 50 ml for lightly soiled towels etc. that are possibly full of soap anyway. Which could be up to 100 washes per bag!

And even better!



These liquids were from just 25Grams of nuts.

The liquid in the bottle on the right by pressure cooker. It is difficult to see, but the space above the liquid is full of suds.

I had to wait hours to top the bottle up to 1Litre.

I don't know of any simple way of measuring "soapiness", so I cannot be sure that the pressure system extracted more saponin.

As saponin does not naturally produce much suds there must have been a lot in there.

NEWS - Further experiments seem to indicate that using a pressure cooker actually releases LESS saponin. Maybe the simply fact of having the pressure inhibits the release. Having allowed one set to dry after a 30 minute "Pressure Cook" the shells still showed shiny areas. A subsequent 10 minute simmer released more soap from the same set. For a similar reason I do not recommend allowing the liquid to cool completely as the shells *might* reabsorb some saponin from the liquid.

SO - the recommendation is -

Simmer gently for up to 30 minutes, then, when the liquid has cooled to hand hot, pour through a suitable strainer (bag or fine sieve) into a second container to cool.

If you can produce 1 litre from only 25g, and only use 50ml per wash, a single 250g bag would give 10 litres of SoapNut liquid and **POTENTIALLY, 200 washes!!!**

I'm not suggesting for a moment that it will, but it does give you an idea of the possibilities.

All this without harmful chemicals, damaging the environment, having to add fabric conditioner, and lining business "fat cats" pockets. Plus you can use the liquid in a 30 degree wash!

If this was all, soap nuts would be a brilliant product - but there is more, much more.

It is an **excellent shampoo** (for you or your pet).

Asian women have been using soapnuts as a shampoo for hundreds, maybe thousands, of years.

Look in the ingredients on commercial shampoos and you will probably see - Sodium Laureth Sulphate. It is a foaming agent that creates all those suds you have difficulty washing away. If you would like to know what SLS does, and you should, Google it. Here is one I found earlier - <http://www.whatisaids.com/cosmetics.htm>
Nice stuff?

According to that website it is also an industrial strength degreaser for garage floors! What will it do to your hair and scalp? It is present even in most baby shampoos!

From a customer - "**when Dxxxx was sourcing a product for cleaning his print machine ink rollers (being a printer) Johnsons baby shampoo was recommended by one of our suppliers!!**"

When you filter the liquid into a suitable container and, let it settle, you will probably get a layer of sediment at the bottom. This does no harm and, if used, would be rinsed away in the wash. However it can be used as the basis of an excellent shampoo. Carefully decant the "clear" liquid into another container leaving a little liquid and the sediment behind. Then pour the remainder into a smaller bottle. A small drinking water bottle with a spout is convenient. See pictures below.



If you just use the liquid, because it is so "watery" , you will probably waste a lot as it runs off. As it's virtually free that may not matter but it also makes it more difficult to penetrate to the scalp.

SO

1. Finger (or stopper) over the spout, give it a good shake to get loads of lovely foam.
2. Massage this into the hair and scalp, leave for 30 seconds or so as you massage in.
3. Rinse well - Then apply again. This time the shampoo should start to suds up a little. It won't be much as there is none of the nasty foaming chemical additives.
4. Rinse well, then rinse again. Keep it out of your eyes! It stings!

You will be pleasantly surprised just how soft and clean your hair feels. - For Free!
Of course it also makes an excellent, convenient handwash.

It has been suggested that soapnuts will reduce dandruff by not drying the scalp.

Realistic Cost Savings

SoapNuts

Even assuming you only get 50 washes from a single 250gm bag @ £5 a bag - **10p per wash**

Detergent

Average price for Commercial detergent 20 washes for £5 box Per Wash - 25p.

Fabric Conditioner 1 litre @ £1.20 / 55ml per wash / 18 washes 7p - **32p per wash**

Saving 22p a wash X 7 wash a week X 50 weeks = £77. Put it towards a holiday / insuring your car??? All the while helping the environment and protecting your family.

A Win / Win situation!

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Extra points of Interest

SoapNuts are odour free - if you want to add a fragrance to your washing, add a few drops of your chosen essential oil in the fabric conditioner drawer.

This from Wikipedia :-Soap nuts, especially [Sapindus mukorossi](#), used medically as an expectorant, emetic, contraceptive, and for treatment of excessive salivation, epilepsy, chlorosis, and migraines. Saponin inhibits tumor cell growth. They are a popular ingredient in [Ayurvedic](#) shampoos and cleansers. They are used in Ayurvedic medicine as a treatment for eczema, psoriasis, and for removing freckles. Have gentle insecticidal properties and are traditionally used for removing lice from the scalp. Antimicrobial and beneficial for septic systems and greywater. Soap nuts are used in the remediation of contaminated soil. Used by Indian and Indonesian jewellers to remove the tarnish from gold, silver, and other precious metals.

Hand Wash

Even when the shells seem exhausted they still contain some saponin and you can use them to make a FREE hand wash.

Put your old shells, with any new little "broken off" pieces that are too small to put in the bag / sock, in a blender. Add a half pint (ish) of water and blend for a few seconds. The idea is to break all the shells into tiny bits so that they release as much "soap" as possible.



Simmer for a few minutes.

Cut the pipe of an old dispenser bottle so it reaches about half way down.

Allow the blend to settle and pour in to your dispenser, to below the pipe.

Give it a shake and pump away.

You will get a palm full of soapnut foam!

Excellent for general cleaning.

You can also add a drop of lemon juice as preservative and a nice smell.

Worried about watering your garden in a hot, dry summer?

Soapnuts are totally organic and, as stated earlier, a mild insecticide. It is safe, even beneficial to put on your garden. Your washing machine uses about 50 litres (12 gallons!) of water per wash. Collect that waste and your watering problems are over. Unless you are an aphid!

Sensitive Skin?

Are you, or a member of your family, one of the unfortunate people who suffers from eczema or other skin complaint. Despaired of finding a product that you can use that does not irritate sensitive skin. You have found one now! There are many forums on the internet claiming relief after using soapnuts. Here's an interesting one :-

<http://www.itsnoteasybeinggreen.org/forum/viewtopic.php?t=6834&highlight=soap+nuts>

(N.B. You will have to cut / paste the above into the IE address bar.)

Extra points of Interest

SoapNuts are odour free - if you want to add a fragrance to your washing, add a few drops of your chosen essential oil in the fabric conditioner drawer. OR puts a few drops on a cloth in your tumble dryer. (I've found the second method works best.)

Soapnuts can be used in your dishwasher. Pop the bag in the cutlery container or approx 50ml of juice in the detergent compartment. You can also use white vinegar instead of rinse aid. I've just tried some "liquid" in my dishwasher and everything came out really well apart from some cups and spoons that I had found fermenting in my Student Son's room. There is a limit!

Washing Pets - not only will their coat be left clean and soft, parasites can be removed and your pet protected from further infestation by washing in a mild solution of soapnut. I've read somewhere that soapnuts liquid can even be used as mosquito repellent!! Rub onto exposed skin.

I can also confirm that soap nut liquid, diluted about 5 :1 with water, it is a highly effective molluscicide (snail killer, I haven't tried it on slugs yet.)

Use it as window cleaner together with vinegar, a mix of about 50 / 50 seems right..

Wash your car. Couple of tablespoon in a bucket of warm water. Work well.

Washing vegetables / fruit. To remove surface pesticides and bacteria. General advise is to spray the fruit / veg with dilutes liquid. Leave for a few minutes and rinse in clean water.

You might occasionally find a seed in the shells. They are black and spherical with a diameter of about 3 - 5mm.



Over winter them in the freezer and plant in spring. You might be lucky. Remember they can grow 15 metres!!

Fancy making yourself some money? We can supply a case (40 X 250g bags). Sell them to friends / neighbours / boot sales / craft fairs. Do them a favour and make a quick ££££ !! I

If interested Email: support@corick.co.uk Subject Wholesale. **Sure beats MLM.**

Why should you buy them from us?

In a word - **quality!**

Remember the picture on the previous page of the two different types of shells?



Above is 250g we bought from a well known national shopping chain :-

Our supplier identified 3 different shell types. Extreme left, good, high altitude Mukorossi. Centre, lower quality generally known as South Indian Soapnuts, whilst on the right are smaller darker shells that he believes comes from Burma. **Less than 50% are top quality.** He maintains that it is common practice for certain suppliers to mix them to save on costs!

Now this is not only going to cost you money. How are you going to get any consistency when one bag of shells could be much weaker than another? You may use more than necessary or, somewhat tragically, decide that the product, whilst highly interesting, does not guarantee the sort of consistent performance that you rightly expect.

Then you lose all the benefits to the environment, your family and your pocket

To offer the very best value we can -

**Instead of the usual £ 4 per 250gm -We offer a 325gm bag for £ 5. (incl P & P)
An additional 30% more product for only 20% more cost!**

**Instead of the £ 8 for 500gm - We offer a 700gm bag for £ 10 (incl P & P)
An excellent 40% more for only 25% more cost.**

OR if you want 1Kg, we will send 2 X 500gm for £ 14 (incl P & P)

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Additional Information

When I started researching the use of soapnuts, I arranged the water outlet of my machine to fill 3 gallon buckets. Just to check how much a cycle used and to see what came out. The final rinse water was still a murky grey! No wonder whites would gradually lose their "whiteness" and colours fade. The inside works of the machine (the sump, pipes, pump etc) were coated in a soapy grey sludge that had accumulated through years of detergent use. There is still so much in the machine, and coating your clothes, that plain water will still produce suds and you can do a few washes without any detergent.

Commercial detergents contain phosphates, enzymes, bleach and whatever else. You expect a good clean wash - not always the case though and you pay an awful lot of money for it. With soapnuts we have a few little half shells from a tree that contains nothing but saponin, a natural soap, nothing else added.

Going Eco friendly generally requires extra costs, but, in the case of soapnuts, as I have already hopefully demonstrated (How to Use Them) they already give remarkable savings in costs compared to conventional detergent / fabric softeners.

After a few washes with just soapnuts the machine will start to clean itself of accumulated sludge. Colours will start to look brighter as your washing begins to lose its coating of enzymes, "optical whiteners" etc.

From Wikipedia :-

"Optical brighteners used in laundry detergents do not readily biodegrade. They bind irreversibly to the skin. They are toxic to fish when washed into the general environment and can create bacterial mutations. They can cause allergic reaction when in contact with skin that is then exposed to sunlight. Most optical brighteners are given trade names which consumers are unlikely to see on a label....."

Hmmm Nice!

How about Fabric Softeners? Just gives your towels with a nice smell?

Not according to this site - <http://www.ourlittleplace.com/notice.html>

"People are discovering that fabric softeners are some of the most toxic products made for daily household use- chloroform, benzyl acetate and pentane - that are known to cause cancer and/or damage to lungs, brain, and nerves. These chemicals are even more dangerous when heated in clothes dryers. Fabric softener chemicals are made to stay in clothes fibers and slowly release for a very long time. That slow release of chemicals into the air affects the health of those wearing the clothes and of people around them.....Most fabric softeners have fragrance added to them, which makes them even more toxic."

Now I don't know if these people have "an Axe to Grind" or where they get their information, but similar information is available

Most things environmentally friendly do sometimes require - if it is completely natural - a certain degree of extra help. Pure whites, as they start to lose this artificial mask, may need an occasional boost.

Sodium Carbonate A.K.A Washing Soda / Soda Ash.

Combines with hard water magnesium and calcium ions and prevent them combining with the detergent. Water softener and degreaser.

http://sci-toys.com/ingredients/sodium_carbonate.html

Sodium Percarbonate A.K.A Sodium Carbonate Peroxide

Breaks down in warm water to Sodium Carbonate and Hydrogen Peroxide.

http://sci-toys.com/ingredients/sodium_carbonate_peroxide.html

These are the active ingredients in the "Oxy" bleach / boosters.

The ingredients of these products should be available from a website printed on the tub.

ASTONISH	Whites Booster	Oxy Plus Stain Remover
Sodium peroxyhydrate	15-30%	>30%
Sodium Carbonate	5-15%	>30%
Citric Acid	<5%	
Alpha-amylase	<5%	

<http://www.alsnetbiz.com/homeimprovement/oxybleach.html>

A 1 Kg bag of Washing Soda is about £1. So you can afford to be generous. To soften the water and protect your machine if nothing else.

Only you can determine how much to use (if any!) as you know your water hardness and type of washing. Experiment, its good for you!

N.B. We are in contact with commercial suppliers of chemical compounds with a view to having produced our "own label" products.

Keep looking back for further news.

More uses for Washing Soda:-

<http://www.dri-pak.co.uk/cleaningtasks/laundry.html>