

Natures Soap

fireweed

soapwort

just use water and sand as an exfoliant....

Yucca: Loaded with saponin, a well-known lathering substance, the large root of the various yuccas has been the principal source of soap for the Indians living throughout the southwest, both past and present. When pounded, the roots froth with suds. In the old days yucca root suds undoubtedly were employed for all manner of cleaning jobs; hair shampoo stands out as the most enduring use. Among other native peoples, the Navajo say a yucca shampoo will make your hair long, shiny, and black, and several Navajo ceremonies incorporate yucca washings."

from Wild Plants and Native Peoples of the Four Corners, p. 148

Pour water through ashes. Collect the juice (filter it through a cloth or anything). Mix with melted animal fat. Cool down. You got soap. You can also add some flowers/needles infusion of some sort in order to get a nice smell...

Do without. Realize that we live in a clean-obsessed society. Most primitive peoples were a lot less clean than we in this society are. Reorient your attitudes towards this issue. Get used to being a little (or a lot) less clean. It won't hurt you. If you're one of those people who counts germs on door handles, well, you've got a long way to go. Start letting go of your obsession, and practice being a little less clean. The Inuit people of far northern Canada, for example, rarely if ever washed themselves (too cold where they lived). They got along fine.

For washing clothes ... most "primitive" cultures simply used water. Water is naturally soft (surface water, as in streams and rivers), and so will wash clothes fairly well. Millions still wash their clothes that way in India and other countries around the world.