

For Hair Care

For Hair Care

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About ingredients - Oils + Beeswax

Beeswax - a few advantages to using beeswax include - moisturizing components - beeswax locks in moisture and can help keep the skin firm and plump. The anti-allergenic and anti-inflammatory properties soothe easily irritated skin, making it one of the best skin care ingredients for healing rosacea or eczema.

Coconut oil - reduces inflammation, keeping skin moisturized and helping heal wounds. The medium-chain fatty acids found in coconut oil also possess antimicrobial properties that can help treat acne and protect the skin from problems as insect bites, lice and dandruff. Coconut oil moisturizes dry hair.

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Coconut oil adds luster, shine and softness to the hair. Coconut oil prevents hair breakage and split ends, contributing to hair length. In cold process soap, coconut oil is generally used around 20-30% of the recipe. Coconut oil is a super cleansing addition that produces big, copious bubbles. It is so good at its job that it can strip skin of moisture. That leaves the skin dry and even irritated.

Jojoba oil - soothes dry skin. Jojoba oil has anti-inflammatory properties which help to tame chaffing and chapping, reduce redness caused by drying, ease the effects of eczema and rosacea, and keep skin calm and comfortable. The Vitamin E

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and B-complex vitamins in the Jojoba oil help in skin repair and damage control. I strongly recommend that you don't allow jojoba oil to take up more than 10% of the oils used within a recipe. Incorporating too much will create a somewhat soft bar and produce a poor lather. It's also very expensive compared to other soap making oils, so using too much is impractical for many soap makers.

Castor oil - a powerful laxative. A natural moisturizer. Castor oil is rich in ricinoleic acid, a monounsaturated fatty acid - when applied to the scalp, it's purported to enhance the health of the hair follicles and, in turn, promote hair

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growth (as well as protect against hair loss), promotes wound healing, impressive anti-inflammatory effects, reduces acne, fights fungus, keeps hair and scalp healthy, fighting dry lips, preventing wrinkles - contains antioxidants that fight free radicals in your body, fighting acne - has antibacterial properties, reducing puffiness, soothing sunburn. Rubbing castor oil on your lips and letting it soak in before applying a lip balm will give the added benefit of soothing and conditioning chapped lips. You can also rub castor oil on your feet, concentrating on your heels, before applying socks at bedtime to wake up to smooth, soft, and healed feet. Castor oil is a natural thick, clear oil that helps produce a rich, creamy lather in

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soap. Castor oil is a humectant which attracts moisture to your skin. We suggest using 5% - 8% castor oil in cold process/hot process soap recipes.

Avocado oil - rich in oleic acid, a very healthy fat, reduces cholesterol and improves heart health, high in lutein, an antioxidant that has benefits for the eyes, enhances the absorption of important nutrients, may reduce symptoms of arthritis, may help prevent gum disease, improves skin and enhances wound healing, neutralizes free radicals. Avocado oil contains a high percentage of Vitamin E, as well as potassium, lecithin, and many other nutrients which can

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nourish and moisturize your skin. The oleic acid also promotes collagen production, which helps grow new skin. This accelerates the healing process, helping with issues like sunburn. Avocado oil is extremely rich in oleic acid and monounsaturated fats, making it one of few oils that can actually penetrate the hair shaft and moisturize your hair, rather than sitting on top and coating your hair. These fats also strengthen the hair shaft and help prevent breakage.

Anti-inflammatory - avocado oil is a very good healthy ingredient for Chaps Lip Balm to contain for those suffering from irritated lips. Avocado oil has a great nutrient and antioxidant profile, which can neutralize damaging free radicals in

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the body and help alleviate oxidation stress on the skin. Avocado oil is known to improve nail health overtime. It helps heal dry, brittle nails. Using natural oils like avocado oil regularly keep the nails and surrounding skin soft and help reduce breakage. Avocado Oil is great for treating excessive dry skin and eliminating the root cause of dandruff. It has a natural sterolin that helps to reduce age spots. The oil plumps up collagen production and give your beard a fuller and more healthy appearance. Avocado oil is valued for its superior regenerative and moisturising properties. This oil is rich in vitamins A, B, D and E as well as lecithin, potassium, protein, beta carotene and amino acids. Avocado oil makes a soft bar of soap and

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is generally used at 20% or less in cold process recipes. The high levels of fatty acids make it great for lotion, body butter, and conditioner as well.

Olive oil - antioxidant content - may help prevent premature signs of aging on the skin. Vitamin content - contains the fat-soluble vitamins A, D, E, and K. Antibacterial effects, moisturizing effects, treats dandruff - moisturizes your hair and reduces scalp irritation, which further reduces dandruff, promotes hair growth, skin moisturizer. Olive oil soap gives a very clean and buttery feel despite

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minimal lather, gentle makeup remover, antioxidant properties, anti inflammatory properties, relieves eczema and psoriasis, extra mild and gentle soap, helps with acne.

Sweet almond oil - the fatty acids found in sweet almond oil helps the skin retain moisture and keep it hydrated while the vitamin E soothes irritation. Reduces puffiness and under-eye circles, improves complexion and skin tone, treats dry skin, improves acne, helps reverse sun damage, reduces the appearance of scars and stretch marks. Increases shine. If its shine you are after

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then you can count on sweet almond oil to give you that. Strengthens hair and reduces hair loss, treats dandruff and aids in a healthy scalp, helps with hair growth, seals in moisture, perfect for all hair types, conditions hair. Because it has hydrating and nourishing properties that make our hair healthy as a result of which they become shinier and lustrous. Almond oil not only provides moisture to the hair but also to the scalp. By massaging your scalp and hair with Almond oil, you can reduce breakage, split ends, itchy scalp and dry roots. When used in soap making, sweet almond oil produces a rich conditioning lather. High in vitamins E, A and D as well as Oleic and Linoleic fatty acids, this oil is perfect for soothing dry,

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flaky and irritated skin. It is said to be beneficial for skin ailments like rashes, psoriasis and eczema.

Sunflower oil - sunflower seed oil is a great source of vitamin E, rich in nutrients and antioxidants, and is effective for combatting skincare issues like acne, inflammation, general redness and irritation of the skin. Sunflower oil has emollient properties that help the skin retain its moisture. Derived from the seeds, sunflower oil is high in essential fatty acids like phospholipids and ceramides, as well as antioxidants and vitamin E, making it deeply nourishing and soothing to

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dry hair and scalps. It locks in moisture and helps keeps hair healthy and strong. Working to give the appearance of stunning younger looking lips, making the lips look smoother and helping to prevent scarring. While helping to smooth and prevent wrinkles on lips. At the same time antioxidant properties of organic sunflower oil can help in preventing premature signs of aging. Sunflower oil is rich in essential fatty acids and vitamin E, making it it one of the more cost-effective oils. It produces a lather that is incredibly conditioning on the skin. It does have a slower absorption rate, so it can feel slightly oily on the skin in leave-on recipes like balms and lotions.

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Nettle leaves - not only does nettle help in combating hair loss, it also helps in hair re-growth. Nettle leaves are rich in silica and sulphur. This helps in making hair shinier and healthier. Rinsing hair with nettle extracts and water results in re-growth of lost hair and also helps in restoring the original hair colour. A natural soap bar made with nettle can make a world of difference to your skin. Nettle has natural astringent properties; astringents are great for treating skin issues such as greasy skin, dry, itchy and inflamed skin due to insect bites, chicken pox, and even eczema. Nettle shampoo – helps regulate sebum production, reduce dandruff and ease scalp irritation.

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Rosemary - the anti-inflammatory properties of rosemary extract help to reduce swelling and puffiness of the skin. It also helps to heal burns and soothe the skin. This herb's medicinal qualities makes it a powerful cure for chronic skin conditions including dermatitis, eczema and psoriasis. Rosemary could prevent hair follicles from being starved of blood supply, dying off, and leading to hair loss. Beyond stimulating hair growth, rosemary essential oil is used to prevent premature graying and dandruff. It may also help dry or itchy scalp. In soap making, balms, buters and massage oil use dried rosemary infused oil. Rosemary for hair - growth - stimulates and improves scalp circulation, stimulating hair

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growth. Cleanser - due to its antibacterial quality gently cleanses the hair. Shine - increases shine. Scalp problems - relieves irritated, dry, scaly scalp with dandruff. If used as a tea it has antioxidant and anti-inflammatory effects, improves digestion, improves memory and concentration, prevents brain aging, protects against macular degeneration.

Chamomile flowers - if you're going to use fresh flowers in soap, you should opt for pureeing them or using them in a water infusion. Many flower petals will turn your soap brown if you use them in a pureed form. Exceptions include calendula,

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goldenrod, and daffodils. Chamomile helps address one of the most common skin issues that most people experience and want to get rid of as it can negatively impact one's physical and mental health. It helps relieve acne because of its anti-inflammatory and anti-bacterial properties coming from α -bisabolol, chamazulene, and flavonoids. Promotes Healthy Hair. Another topical use of chamomile tea is to promote healthier, shinier hair.

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Honey - raw honey helps balance the bacteria on your skin, which makes it a great product to use for acne. Manuka honey has been studied as an anti-acne product and found to be significantly more effective than other popular products. Honey speeds up your skin cells' healing processes. Honey has both emollient and humectant properties, making it a great hair moisturizer. Emollients smooth the hair follicles, adding shine to dull hair. Humectants bond with water molecules, adding moisture to dry strands. By moisturizing and locking in shine, honey can help restore the natural luster of your hair.

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Sugar - as well as making an excellent exfoliant, sugar's glycolic and alpha-hydroxy acid contents help to maintain your skin's equilibrium – it won't become too dry or too oily so you're left with a naturally radiant glow. A neglected scalp can prevent new hair growth and irritation. Adding a spoonful of sugar will gently exfoliate the scalp whilst shampooing, removing any dead skin cells or build-up of dirt which also enables you to really cleanse your scalp and prevent against oily roots and promotes healthier hair. The sugar acts as an exfoliating agent while the honey moisturises after the sugar scrub removes the dead skin. It is a very efficient therapy for sore or chapped lips.

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Yeast fresh - for hair growth - yeast is actively used to enhance hair growth, this effect is achieved due to the content of vitamin B1 and PP - they increase blood flow to the hair follicles, thereby providing them with essential nutrients and vitamins, for shine hair, against hair loss. Yeast has both antioxidant and cell renewal properties, and is able to improve skin smoothness and texture. Yeast ferments can be good for sensitive skin types, as they are less likely to be recognised as foreign substances due to their protein chemistry, which is similar to human skin. Yeast can form antioxidant functions, reduce inflammation or stimulate collagen and elastin production

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Milk - proteins and lipids in milk work to strengthen hair, while the calcium promotes hair growth and aids in preventing hair loss. Milk also contains other hair-friendly nutrients like Vitamins A, B6, biotin and potassium, all of which work to keep hair soft and shiny. Milk drives out all the dirt and dead skin cells from the clogged pores, preventing further blackheads and acne. It also removes fats from the oily areas and moisturises dry skin areas. Lactic acid in milk will help reduce pigmentation, heal dry skin, hydrate skin, heal acne and relieve sunburn.

Coconut meat - prevent scalp infections - the antibacterial and antifungal

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properties of coconut protect the scalp from dandruff, lice and itchy scalp which often slows down the hair growth. Coconut can also help you to get shiny and silky hair. The Vitamin K and iron content in coconut maintain the health of the hair and impart shine to it.

Coconut milk - this is particularly beneficial for restoring dry, damaged and brittle hair, as well as split ends. Coconut milk contains all the essential nutrients required for healthy hair, boosting your hair follicles and promoting hair growth. high in lauric acid - lauric acid is one of the main ingredients in coconut, high in protein, high in vitamins C, E, B1, B3, B5 and B6, slows hair loss, restores dry

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hair and scalp, gets rid of dandruff. Coconut milk has high levels of Vitamin C which helps maintain elasticity and flexibility of skin. It is also rich in copper, and prevents wrinkles, sagging skin and age spots.

Apple cider vinegar - science supports the use of apple cider vinegar as a hair rinse. It could help strengthen hair and improve luster by lowering hair and scalp pH. It may also keep pesky scalp infections and itchiness at bay. Apple cider vinegar has astringent properties, which helps in increasing the blood flow to the skin and minimise the pores, a great remedy for the ones with oily skin. It also regulates the pH level of your skin.

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You can treat toenail fungus at home with an apple cider vinegar foot bath. Since apple cider vinegar is acidic, it works to create an unfriendly environment for the fungus without being so strong as to damage the surrounding area of skin and nails.

Baking soda - possible benefits - baking soda dissolved in water helps to remove any buildup of oils, soaps, and other ingredients in typical hair care products. By stripping away this buildup, baking soda can leave hair squeaky-clean, shiny, and soft. The mild exfoliating property of baking soda makes it a wonder ingredient to help banish acne and pimples from your skin. It is safe to be used on the face as

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well after it is diluted with water. Baking soda helps dry out the pimple and its anti-bacterial property helps prevent further breakouts on your skin. There are other benefits of brushing teeth with baking soda apart from just a brighter smile. By attacking the plaque formation it prevents dental decay, cavity formation and gum diseases to a very large extent. It also fights bad breath by balancing the acidic levels of residual food. You can brush your teeth two or three times a month.

Ginger warnings - can cause mild side effects including heartburn, diarrhea and general stomach discomfort. Some women have reported extra menstrual bleeding while taking ginger. When applied to the skin - POSSIBLY SAFE when applied to

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the skin appropriately, short-term.

Ginger - helps stimulate hair follicles, which in turn promotes hair growth. The many vitamins, minerals and fatty acids also contribute to strengthening your hair strands to combat hair loss, and ginger contributes to restoring moisture loss. Some consider ginger soap to be a good facial and skin cleanser. Ginger is known to improve circulation in the body. An increased blood flow, combined with the warming properties of ginger soap, can help lead to healthy and vibrant looking skin. These effects could give the skin a silky glow and a healthy appearance. Both ingesting ginger and applying it topically have major anti-aging benefits. It

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contains around 40 antioxidant properties that prevent free radical damage and protect against aging. It also evens skin tone and improves elasticity.

Turmeric - root is rich in an active compounds called curcumin, which has powerful anti-inflammatory effects and acts as a natural antiseptic. Those same compounds have the ability to absorb vitamin D and stimulate hair growth. Turmeric's anti-inflammatory properties also help to purify the scalp and reduce dandruff. You may want to try a turmeric face mask to help reduce acne and any resulting scars. The anti-inflammatory qualities can target your pores and calm

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the skin. Turmeric is also known to reduce scarring. This combination of uses may help your face clear up from acne breakouts. It gives cold process soap a range of color from soft yellow to burgundy depending on how much is used. Turmeric can be added directly to cold process soap at trace, or it can be infused with oil.

Health benefits - turmeric contains bioactive compounds with powerful medicinal properties, curcumin is a natural anti-inflammatory compound, turmeric dramatically increases the antioxidant capacity of the body, curcumin boosts brain derived neurotrophic factor, linked to improved brain function and a lower risk of brain diseases, curcumin should lower your risk of heart disease, turmeric can

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help prevent (and perhaps even treat) cancer, curcumin may be useful in preventing and treating alzheimer's disease (whether curcumin can really slow down or even reverse the progression of Alzheimer's disease in people is currently unknown and needs to be studied properly), arthritis patients respond very well to curcumin supplements, studies show that curcumin has incredible benefits against depression, curcumin may help delay aging and fight age-related chronic diseases.

Cayenne pepper - has been used since centuries to promote hair growth. A mixture of cayenne pepper and olive oil is the best cost effective way to improve the glossiness and fullness of hair as well as promote hair growth. Cayenne pepper

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improves peripheral blood circulation and nourishes the scalp. As well as encouraging blood flow to the skin, cayenne pepper is rich in Vitamin C, Vitamin E and several anti-oxidants which increase the health of the epidermis and the skin. If you suffer with acne, try adding cayenne pepper to your food twice a day. it won't take long to see an improvement.

Lemon juice - contain many other nutrients that strengthen the hair follicles and encourage new hair growth. Naturally acidic, lemon juice can deeply cleanse the scalp and hair follicles, restore healthy pH levels, and remove build-up of product, oils, and pollutants

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Ingredients with a high pH level like lemons can help decrease inflammation and oil that may contribute to the formation of acne. Furthermore, citric acid, a type of alpha hydroxy acid (AHA), can help break down dead skin cells that lead to non-inflammatory forms of acne like blackheads. Lemon juice for health - promotes hydration, good source of vitamin C, supports weight loss, improves your skin quality, aids digestion, freshens breath, helps prevent kidney stones.

Eggs - the yolk may be especially useful to moisturize hair that appears dry. Egg yolk can be superfood for your hair due to the unique combination of vitamins found inside. Vitamins A and E, biotin, and folate are just some of the nutrients

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that researchers have linked to hair growth and healthy hair. Eggs can be used in improving skin texture, be it dry or oily. Egg yolks are rich in fatty acids which can lend moisture to the skin while the egg whites contain albumin, a simple form of protein that helps tighten pores and also remove excessive oil.

Castile soap (liquid) - many people have turned to castile soap as a replacement to chemical filled shampoos. Castile soap is strong enough to cleanse the scalp of excess sebum and product build up, but gentle enough to not leave our hair stripped and dry. Castile soap is unique in that it's both gentle and strong; it's gentle on skin because it's made from saponified oils that have hydrating

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properties, but it's an equally powerful cleanser that can tackle even the most stubborn grime.

Glycerin - applying glycerine to your skin traps moisture in your skin and gives it a youthful, healthy glow. By drawing moisture to the top layer of skin, glycerine helps reduce the appearance of wrinkles and keeps skin looking soft and smooth. Glycerine also improves skin function to slow down aging. Using glycerin helps in strengthening the hair, leading to less formation of split ends. The glycerin will be more effective if you add a few drops of essential oils in it. Frizzy is caused by low moisture in the hair, leading to hair damage and hair loss. Used on all skin types

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including oily skin. Treats oily skin conditions, like acne, skin infections, wrinkles and fine lines. Attracts moisture to skin. Acts an emollient, making skin moist, soft and supple. Glycerin for lips - makes them soft, keeps lips moisturized, prevents flaking and bleeding, delays the signs of aging, prevents irritation, treats mouth ulcers and sores, removes blemishes. Glycerin soap is gentler on skin than most soaps, making it a good choice for people who have particularly dry or sensitive skin. According to Vermont Soap Organics, glycerin soap also has a lower pH than other soaps, which helps the skin retain its natural moisture.

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Bentonite clay - removing toxins from the body, treating oily skin and acne, detoxifying the skin, treating poison ivy, aiding weight loss, relieving constipation, treating diarrhea, treating diaper rash, providing sun protection. Bentonite clay is also antimicrobial and helps with irritated or flaking scalps, in addition to psoriasis and seborrheic dermatitis. Bentonite clay contains a mixture of natural minerals that are beneficial for your hair and can encourage hair growth. It moisturizes, conditions, softens, and reduces frizz. Bentonite clay's adsorbent power may be helpful in treating acne breakouts and oily skin. The clay can help remove sebum, or oil, from the skin's surface, and it may also have a calming effect

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on inflamed breakouts. Bentonite Clay makes an amazing ingredient in toothpaste and dental care! A very gentle, mild abrasive with a mild taste, Bentonite Clay can help to improve the health of teeth and gums by removing plaque, remineralising teeth and thoroughly cleaning the mouth.

Aloe vera gel - due to its soothing, moisturizing and cooling properties, often used to treat burns, improves digestive health, promotes oral health, clears acne, relieves anal fissures. It contains antioxidants, enzymes, Vitamins A and C and it is highly anti-inflammatory. It can help treat burns, acne and dry skin.

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Works best on superficial surface acne rather than cystic or deeper acne. Aloe vera contains something called proteolytic enzymes which repairs dead skin cells on the scalp. It also acts as a great conditioner and leaves your hair all smooth and shiny. It promotes hair growth, prevents itching on the scalp, reduces dandruff and conditions your hair. Hydrating aloe vera juice may help reduce the frequency and appearance of acne. It may also help reduce skin conditions like psoriasis and dermatitis. Rich source of antioxidants and vitamins that may help protect your skin.

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Vitamin E capsules - makes the nerves stronger and helps in nourishing your skin from within. Vitamin E is essential for healthy skin — and this includes your scalp. Poor scalp health is linked to lackluster hair quality . Vitamin E supports the scalp and gives your hair a strong base to grow from by reducing oxidative stress and preserving the protective lipid layer.

Vitamin E oil - nourishes the skin, treats stretch marks, increases levels of the nutrient in the skin tissue, lightens scars, cures muscle spasms, anti-ageing, acts as a moisturiser, treats dark circles, treats sunburns.

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About ingredients - Essential Oils

How can you tell the quality of essential oils?

Avoid essential oils that have been diluted with vegetable oil. To test this, place a couple of drops on a piece of paper. If the drop leaves an oily ring, it likely contains vegetable oil. Choose oils from companies that list the Latin name and common name on the label as well as the country of origin.

As per NAHA guidelines, New Directions Aromatics (NDA) does not recommend the **ingestion** (the process of taking food, drink, or another substance into the body by swallowing or absorbing it) of essential oils.

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Diffuse over short periods of time - ideally 10-15 minutes, but maximum 30-60 minutes on and 30-60 minutes off. By giving your nose a break, you give your body a break. And you're going to enjoy smelling the essential oils more because you'll be better able to smell them - less olfactive fatigue. Using diffuser with essential oils over night is not good.

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Frankincense EO - may reduce arthritis. Frankincense has anti-inflammatory effects that may help reduce joint inflammation caused by osteoarthritis and rheumatoid arthritis, may improve gut function, improves asthma, maintains oral health, and may fight certain cancers. It helps in healing wounds, sores, ulcers, carbuncles, hemorrhoids, and inflammations. The essential oil of the frankincense possesses antiseptic, astringent, carminative, digestive, diuretic, sedative, uterine, and vulnerary therapeutic properties.

Blends well with citrus oils like lime, lemon and wild orange and other oils such

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as cypress, lavender, geranium, rose, sandalwood, ylang ylang and clary sage for diffusion.

Peppermint EO - a treatment for a variety of conditions, including irritable bowel syndrome (IBS), nausea, and other digestive issues, as well as the common cold and headaches, a topical application for relief from itching, muscle pain, and headache, a flavoring agent in foods and in products such as mouthwashes, a fresh, pleasing scent added to soaps and cosmetic products.

Blends well with oregano, marjoram, cypress, eucalyptus, geranium, grapefruit,

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juniper berry, lavender, lemon, rosemary and melaleuca (tea tree oil) essential oils for diffusion.

Lavender EO - lavender oil works to kill bacteria, and this can prevent and heal acne breakouts. It unclogs pores and reduces inflammation when you put it on your skin. Since lavender has antifungal properties and reduces inflammation, it can help keep eczema at bay. Lavender oil can also be used to treat psoriasis. The lavender oil helps cleanse your skin and lessen redness and irritation. Lavender oil can aid in skin lightening since it reduces inflammation. It can reduce

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discoloration, including dark spots. Lavender oil helps lessen blotchiness and redness. If you have hyperpigmentation on your skin, lavender oil may be able to help with that as well. Free radicals are partly responsible for fine lines and wrinkles on the face. Lavender oil is full of antioxidants, which help protect you from the free radicals. Painful inflammation can be treated with lavender oil. The oil's pain-relieving and numbing effects help soothe the inflammation, while the beta-caryophyllene in the oil also acts as a natural anti-inflammatory. If you have a burn, cut, scrape, or another wound, lavender oil may help speed up the wound-healing process. In a 2016 study Trusted Source, researchers found that

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the wound-healing process. In a 2016 study Trusted Source, researchers found that lavender oil promotes the healing of skin tissue. Lavender oil does double duty for insect bites. It acts as an insect repellent, and it can relieve itching after a bite occurs. Many commercial mosquito repellents contain lavender oil. Insect bites cause redness, itching, and pain. They can sometimes become infected. Lavender oil helps relieve insect bites by warding off bacteria and reducing inflammation. It also naturally helps relieve pain.

Blends well with cedarwood, frankincense, rose, geranium, ylang ylang,

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peppermint, patchouli and all citrus essential oils.

Tea tree EO - hand sanitizer, insect repellent, natural deodorant, antiseptic for minor cuts and scrapes, boost wound healing, fight acne, good for nail fungus, chemical-free mouthwash, soothe skin inflammation, control dandruff, treat athlete's foot, banish mold on fruits and vegetables, relieve psoriasis.

Blends well with bergamot, cypress, eucalyptus, grapefruit, juniper berry, lavender, lemon, marjoram, nutmeg, pine, rose absolute, rosemary and spruce.

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Rosemary EO - may improve brain function - research indicates that inhaling rosemary oil helps prevent the breakdown of acetylcholine, a brain chemical important for thinking, concentration and memory. Similarly, nursing students who breathed rosemary oil while taking a test reported increased concentration and information recall compared to breathing lavender oil or no essential oil at all. Other research suggests that breathing rosemary and other essential oils may improve brain function in older adults with dementia, including those with Alzheimer's disease. Stimulates hair growth - rosemary oil treats androgenetic alopecia by preventing a byproduct of testosterone from attacking your hair

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follicles, which is the cause of this condition. Additionally, those who used the rosemary oil reported less scalp itching. May help relieve pain, repels certain bugs, may ease stress, may increase circulation, may reduce joint inflammation.

Rosemary oil has loads of skincare applications because of its anti-inflammatory, anti-microbial, antioxidant, and pain-relieving properties. For example, its anti-inflammatory action allows it to soothe and even treat dry skin and dry scalp and it can also help soothe and treat eczema and acne.

Blends well with frankincense, lavender oil, basil, thyme, peppermint oil, elemi, cedarwood, petitgrain, tea tree oil, and spice oils.

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Eucalyptus EO - is used as a medicine to treat common diseases and conditions including nasal congestion, asthma, and as a tick repellent. Diluted eucalyptus oil may also be applied to the skin as a remedy for health problems such as arthritis and skin ulcers. High in antioxidants, dried leaves can be made into tea, may relieve cold symptoms, may treat dry skin, may reduce pain, may promote relaxation, can help keep your teeth healthy, can act as a natural insect repellent.

Blends well with thyme, rosemary, marjoram, lavender and cedarwood essential oils for diffusion.

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Lemon EO warning - can make your skin more sensitive to irritation from the sun so it is best to avoid direct sunlight when using any citrus essential oil.

Lemon EO - reduce anxiety and depression, ease morning sickness, improve skin, relieve pain, may help you breathe easier and soothe a sore throat, feel energized, may be effective in treating and preventing acne breakouts, may promote wound healing, has antifungal properties.

Blends well with chamomile, eucalyptus, frankincense, geranium, peppermint, sandalwood, and ylang ylang.

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Lime EO warning - can make your skin more sensitive to irritation from the sun so it is best to avoid direct sunlight when using any citrus essential oil.

Lime EO - often used for its uplifting and invigorating properties. When diffused, the sweet, clean citrus aroma can clear your mind and encourage mental energy. It can also help support a healthy immune system. Add to a cleanser or carrier oil to help with oily skin.

Blends well with spicy or woody essential oils, like cedarwood or black pepper, for a stimulating scent. Lime essential oil also blends well with herbaceous oils like

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cilantro or basil. For a bright, inviting aroma, consider blending lime oil with lavender, grapefruit or ylang ylang.

Mandarin EO warning - can make your skin more sensitive to irritation from the sun so it is best to avoid direct sunlight when using any citrus essential oil.

Mandarin EO - because of its sweet, fresh scent, Mandarin is uplifting and can help soothe nervous tension and sadness when diffused. It is a main ingredient of one of our most popular children's blends. Mandarin essential oil is very mild and

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About ingredients - Essential Oils

known for many healing properties. For instance, mandarin essential oil is useful in helping to reduce acne, brighten the skin, alleviate insomnia, reduce oily skin, diminish the appearance of scars and age spots and minimize stress and wrinkles. Mandarin essential oil moisturizes, strengthens and adds shine to the hair. It also promotes its growth and is used to treat dandruff. It has antiseptic and antifungal properties so it is useful to prevent and improve acne, psoriasis and dermatitis. It is also used to heal wounds, boils and abscesses. As it has antispasmodic properties, mandarin essential oil is used to control spasms (muscle tension, epilepsy, seizures). It is used in massage therapy, mixed with carrier oil, to

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improve circulation and to fight cellulite and orange-peel. It also alleviates the pain caused by varicose veins, blood clots, rheumatism and arthritis. Mandarin essential oil is very popular for its multiple benefits for the skin. It helps eliminate toxins from the body and impurities of the skin and is effective to prevent the appearance of stretch marks and to attenuate scars. Due to its high content of antioxidants (vitamin C and E), mandarin essential oil helps fight free radicals by promoting the production and synthesis of collagen and elastin and thus slowing down the symptoms of premature aging of the skin, such as wrinkles, fine lines and skin blemishes. Mandarin essential oil moisturizes, strengthens and adds

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shine to the hair. It also promotes its growth and is used to treat dandruff.

Blends well with orange, grapefruit, petitgrain, lemon, bergamot, lime, lemongrass, neroli, lavender, cinnamon, patchouli, sandalwood, frankincense, black pepper, basil, cedarwood, jasmine, clary sage, geranium, vetiver, ylang ylang and chamomile.

Orange EO warning - can make your skin more sensitive to irritation from the sun so it is best to avoid direct sunlight when using any citrus essential oil.

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Orange EO - can be used for a variety of things that range from lifting mood and reducing stress to adding a fresh, citrusy aroma to a room. Research has shown that orange EO may have several benefits - antimicrobial activity, pain relief, and anticancer properties.

Blends well with cinnamon bark, frankincense, geranium, juniper, lavender, nutmeg and rosewood.

Grapefruit EO warning - can make your skin more sensitive to irritation from

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from the sun so it is best to avoid direct sunlight when using any citrus essential oil.

Grapefruit EO - may suppress appetite. For those looking to suppress an overactive appetite, research indicates that grapefruit oil aromatherapy might be useful, may promote weight loss, may help balance mood, antibacterial and antimicrobial effects, may help reduce stress and lower blood pressure, treat acne.

Blends well with basil, bergamot, cedarwood, chamomile, cypress, frankincense, geranium, juniper, lavender, peppermint, rosemary, rosewood, and ylang ylang.

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1) For hair growth

Ingredients: aloe vera leaf, 1 tablespoon castor oil, 2 tablespoons coconut oil, 2 capsules of vitamin E (powder only).

Preparation:

- 1) Wash the aloe leaf well. Cut into pieces. Remove the gel with a spoon and massage into the scalp with one tablespoon. Put the rest in a jar and store in the refrigerator.
- 2) Mix castor oil with coconut oil and vitamin E powder.
- 3) Place in a saucepan and heat on medium low heat (3) for 5 minutes, taking care not to boil.

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1) For hair growth

- 4) Apply to hair scalp over aloe vera gel and massage gently for 5 minutes.
- 5) You can repeat the procedure 3 to 5 times a week.

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2) Anti-hair loss mask for all hair types

Ingredients: 1 tablespoon honey, 1 tablespoon sugar, 20g fresh yeast, milk.

Preparation:

- 1) Mix honey, sugar and fresh yeast with enough milk to get a thicker mixture that can be applied to the hair. Stir.
- 2) Leave for 20 minutes.
- 3) Apply the mask on wet hair. Put the bag and wrap with a towel. Leave for an hour. Rinse your hair well.
- 4) The mask is applied once a week for 15 weeks. Then take a break for 3 months. If necessary, you can repeat the procedure.

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3) Hair growth mask

Ingredients: 2 to 3 whole eggs, 3 drops of fresh lemon juice, 1 clove of garlic (peeled and crushed), for dry hair - 1 tablespoon of olive oil, for oily hair - 1 tablespoon of coconut oil (melted).

Preparation:

- 1) Whisk the eggs. Add lemon juice and garlic and stir.
- 2) Add olive or coconut oil. Stir.
- 3) On wet hair, apply a mask from the scalp to the ends. Put the bag and wrap in a towel. Leave for 20 minutes.

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3) Hair growth mask

- 4) Rinse your hair and then wash your hair with natural shampoo.
- 5) Apply this mask twice a month.

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4) Toner for faster hair growth

Ingredients: 1 L of water, 5 teaspoons of dried nettle leaves or 5 tablespoons of fresh nettle leaves.

Preparation:

- 1) Bring the water to a boil. Remove from the stove.
- 2) Add dried or fresh nettle leaves, stir and cover.
- 3) When lukewarm, strain.
- 4) On washed hair, massage nettle tea into the hair root lightly. Put the bag and wrap in a towel. Leave for an hour. Rinse your hair with lukewarm and then colder water.

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4) Toner for faster hair growth

5) You can use nettle tea after each hair wash.

Note: do not put more nettle leaves thinking that you will achieve the effect faster.

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5) Hair cream

Ingredients: 125ml coconut oil, 30ml olive oil, 36g beeswax (grated), 20 drops of essential oil of your choice (lavender or tea tree or frankincense).

Preparation:

- 1) On steam, at medium temperature (4) dissolve beeswax with olive and coconut oil, stirring occasionally to combine. Allow to harden.
- 2) If it is too hard, add another tablespoon of coconut and tablespoon of olive oil. If it is too runny add one tablespoon of beeswax. Return to steam and melt. Allow to cool slightly.

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5) Hair cream

3) When it has cooled down a bit and before it hardens add the essential oil and stir.

4) Pour into jars or containers and let it harden.

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6) Liquid hair shampoo

Ingredients: 65ml of liquid castile soap, 125ml of distilled or boiled water (cooled), 2 tablespoons of avocado oil, 1 teaspoon of glycerin, 12 drops of peppermint essential oil, 12 drops of tea tree essential oil.

Preparation:

- 1) Put water in the shampoo bottle. Add avocado oil, glycerin and essential oils. Close and shake.
- 2) Shake well before each use.
- 3) Massage the hair scalp towards the ends for about 2 minutes.
- 4) Rinse your hair well.

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6) Liquid hair shampoo

Ingredients: 65ml of liquid castile soap, 125ml of distilled or boiled water (cooled), 2 tablespoons of avocado oil, 1 teaspoon of glycerin, 12 drops of peppermint essential oil, 12 drops of tea tree essential oil.

Preparation:

- 1) Put water in the shampoo bottle. Add avocado oil, glycerin and essential oils. Close and shake.
- 2) Shake well before each use.
- 3) Massage the hair scalp towards the ends for about 2 minutes.
- 4) Rinse your hair well.

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7) Coconut and vanilla hair conditioner

Ingredients: 125g coconut meat, 125ml coconut milk, 2 teaspoons honey.

Preparation:

- 1) In a bowl, mix coconut meat, coconut milk and honey. Stir.
- 2) On washed and wet hair, apply the balm from the scalp to the ends. Leave for 10 minutes. Rinse with warm water.

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8) Shampoo hair cubes

Ingredients: 75ml coconut milk, 90g aloe vera gel, for dry hair - 1 tablespoon jojoba oil or sweet almond oil, 2 drops of vitamin E oil (optional), 2 to 4 drops of essential oil of choice (optional).

Preparation:

- 1) Mix coconut milk and aloe vera gel. Stir to obtain a whitish mixture.
- 2) If you have dry hair add jojoba oil or sweet almond oil. Stir.
- 3) For all hair types you can add vitamin E oil and essential oil and mix.
- 4) Pour into ice molds. Put in the freezer to freeze.
- 5) One cube if it is bigger cut into three parts. If it is smaller than cut in two. Pack

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8) Shampoo hair cubes

in bags.

6) Take out one third or one half of the cube one evening before you want to wash your hair and put it in a bowl in the fridge.

7) Massage into the scalp towards the ends. Leave for 1 minute. Rinse your hair with water.

8) Rinse your hair with a mixture of 240ml boiled water and 30ml apple cider vinegar.

Note: the cubes can last for a week. Do not add more shampoo thinking that you will achieve a better effect. Shampoo does not foam. It is recommended to wash

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8) Shampoo hair cubes

your hair with a mixture of water and apple cider vinegar because the shampoo can leave a waxy mark on the hair (and vinegar is good for hair). It will take time for you to get used to the natural shampoo (about 4 to 5 washes, about 10 days).

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9) Clay mask for dyed hair

Ingredients: 200ml of boiled water, 2 tablespoons of apple cider vinegar, 70g of bentonite clay, 8 drops of essential oil of your choice (lavender, rosemary), for blondes - 2 tablespoons of dried chamomile flowers, for dark hair - 3 tablespoons of dried rosemary, plastic bowl, plastic or wooden teaspoon.

Preparation:

- 1) Mix boiled water with chamomile or rosemary. Cover and allow to cool slightly.
- 2) When lukewarm drain.
- 3) Add apple cidet vinegar and stir.
- 4) Add one tablespoon to the mixture of tea and vinegar, stirring each time to

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9) Clay mask for dyed hair

combine well.

5) Add essential oils and mix well.

6) On wet hair, massage from the roots of the hair towards the ends. Repeat the procedure to get it on the entire hair. Leave for 10 to 15 minutes (taking care not to dry out). Rinse with warm water.

7) Rinse with a mixture of 240ml of boiled water and 30ml of apple cider vinegar.

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10) Rosemary and mint shampoo cubes

Ingredients: 300ml olive oil, 240g coconut oil, 120ml sunflower oil, 120ml castor oil, 108g sodium hydroxide, 240ml distilled or boiled water, 15ml peppermint essential oil, 5ml rosemary essential oil

Preparation:

- 1) Put on protective equipment and read the tips.
- 2) Carefully and slowly add the sodium hydroxide to the water stirring to dissolve. Stir that until dissolved.
- 3) Melt the coconut oil on the steam at a medium temperature (4). Add olive oil and castor oil and stir to combine. Allow to cool to 38 to 43 C.

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10) Rosemary and mint shampoo cubes

Note: oil temperature and sodium hydroxide + water should be between 38 and 43 C.

- 4) Add sodium hydroxide to oils. Stir with a hand or stick mixer for 2 minutes, then take a break for 5 minutes. Repeat the process until you get a "trace".
- 5) Add the essential oils and continue to whisk once more.
- 6) Put baking paper in the soap mold. Pour the mixture. Cover with baking paper, then with a towel and leave for 24 hours.
- 7) If the soap is too soft, leave it for another 24 hours.
- 8) Remove from the mold and cut.

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10) Rosemary and mint shampoo cubes

9) Arrange on a wire rack and leave for 4 to 6 weeks to dry in a ventilated place. Occasionally turn the soaps to dry evenly on all sides.

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Bonus 1 - Shower diffuser

Essential oils in addition to providing a pleasant scent, aromatherapy oils can provide respiratory disinfection and better mood.

Ingredients: 250g baking soda, 85ml water, essential oils.

Preparation:

- 1) Place the baking paper in the baking tray.
- 2) Mix baking soda and water and mix until you get a thick mixture, like a paste. If it is too rare, add 1 tablespoon of baking soda. If it is too thick add one tablespoon of water.

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Bonus 1 - Shower diffuser

- 3) Pour into lined paper and bake in a preheated oven at 160 C for 15 to 25 minutes.
- 4) Remove from the oven and allow to cool completely. Pack in bags.
- 5) Add 20 to 25 drops of essential oil to one disc. You can add more if you want a stronger scent.
- 6) Do not place the diffuser directly in contact with water, it will melt very quickly. Put it somewhere where a few drops of water can touch the disc.

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Bonus 2 - Garlic, ginger, turmeric and lemon tea

Garlic, ginger and lemon remove belly fat, help with colds and flu, fatty liver and high cholesterol. Turmeric is an antioxidant and has anti-inflammatory properties. It also helps with healthy digestion.

Ingredients: 1 L of water + more, 1 bulb of garlic, 3cm of ginger root, 3cm of turmeric root, 1 lemon, honey, a pinch of cayenne pepper powder.

Preparation:

- 1) Peel ginger, turmeric, garlic and lemon and thinly slice.
- 2) Put water in the pot. Add ginger, turmeric and garlic.

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Bonus 2 - Garlic, ginger, turmeric and lemon tea

- 3) Bring to a boil, then reduce to medium-low temperature (3) and cook for 1 hour. Add water occasionally.
- 4) Add lemon and cayenne and cook for another 30 minutes. You add up to one liter of water. After the last addition of water, let it boil.
- 5) Allow to cool slightly. Drain.
- 6) Pour tea into the cup and add a teaspoon of honey. Stir.
- 7) Repeat the procedure with the strained part, adding 1 L of water and cooking for about 1 hour.

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Bonus 3 - Essential oils for shower diffuser

For better breathing - 8 drops of rosemary essential oil, 6 drops of eucalyptus essential oil, 5 drops of lemon essential oil or 5 drops of lime essential oil.

For the body's resistance - 8 drops of frankincense essential oil, 6 drops of copaiba essential oil, 5 drops of orange essential oil or 5 drops of mandarin essential oil.

For relaxation - 8 drops of lavender essential oil, 6 drops of chamomile essential oil, 5 drops of grapefruit essential oil.