

DIY Hair Recipes

favorable for Fine Hair

| Cleansers | Deep/Leave In Conditioners | Protein/Strengthening Treatments |
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| <p>RHASSOUL CLAY WASH 4 oz Aloe Vera juice 1/2 oz Rhassoul Clay 3 ml (droppers) Nettle Oil (optional) 1ml (dropper) Linden Flower Oil (optional) 1 tbspn Rosehip Seed Oil (optional) 10 drops Ylang Ylang oil (optional)</p> <p>BENTONITE CLAY WASH 2 tbsps of bentonite clay 1/3 cup of warmed up aloe vera juice 1 tbsp of honey 1 tbsp of coconut oil 4-5 drops of tea tree oil (optional) 4-5 drops of lavender essential oil (optional)</p> | <p>RAW DEEP CONDITIONER 1/2 cup Extra Virgin Olive Oil 1/2 cup Unsweetened Organic Coconut Milk 1/2 Hass Avocado 1/2 Organic Banana 2 tbsps Organic Raw Honey Blend in the Ninja</p> <p>EASY DEEP CONDITIONER 1 cup of TRESemme Conditioner 1/2 cup of Extra Virgin Olive Oil 1/2 cup Coconut Oil Tbsp of Honey <i>Warm/Melt the oils and honey in a pot. Add to the conditioner and mix</i></p> <p>KIMMAYTUBE LEAVE IN CONDITIONER 2 tbsp kinky curly knot today 2 tbsp aloe vera juice/gel 2 tsp jojoba oil</p> | <p>GOAT'S MILK HAIR MASK 1/4 c. goat's milk (2 ice cubes thawed) 1 tbsp Honey 1 tbsp Extra Virgin Olive Oil 1 tsp Vatika/Coconut Oil 1/2 tsp Guar Gum 5 drops Peppermint Oil 10 drops marshmallow extract (optional) <i>Follow with a rinse out conditioner</i></p> <p>COCONUT MILK HAIR MASK 1 Ripe Avocado 1/2 cup Coconut Milk 2 tbsps Extra Virgin Olive Oil <i>Follow with a rinse out conditioner</i></p> <p>HENNA TEA 1 tbsps Henna 1 tspn Amla 1 tspn Shikakai Powder 5 drops tea tree oil 5 drops rosemary oil <i>Mix with hot water in mug Strain over night & transfer to spray bottle</i></p> |
| <p>Hair Growth</p> <p>SULFUR HAIR GROWTH OIL 1 tspn of sulfur powder 8-10 drops of tea tree oil *Add to applicator bottle and shake <i>Apply every other day</i></p> | <p>Scalp Treatments</p> <p>ITCHY SCALP REFRESHER 1/2 cup boiled water 2 organic green tea bags - steep in water and cool then add: Tea Tree Oil (2-3 drops) Aloe Vera (2 tbsp) Jojoba oil (2 tsp) Grapeseed oil (1.5 tsp) Vitamin E oil (2 tsp) <i>Store in the refrigerator for a maximum of 5-7 days.</i></p> | <p>Moisture Creams/Stylers/Sprays</p> <p>CURL DEFINING CREAM 1 cup Mango Butter 4 tbsps of Aloe Vera Gel 2 tbsps Coconut Oil 2 tbsps Olive or Grapeseed Oil 3 drops of vitamin E <i>Blend & Whip</i></p> <p>HAIR & BODY SMOOTHIE 1 cup Raw Organic Cocoa Butter 1 cup Raw Organic Mango Butter 1/4 cup Pure Vitamin E Oil 2 tbsps Organic Coconut Oil 1/4 cup Almond Oil 5 drops Lemongrass or Sweet Orange EO</p> <p>ECOSTYLER CUSTARD 6 tbsps EcoStyler Gel (pink)</p> |

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| | | 1 tbspn Sweet almond oil 1 tbspn Coconut Oil 3 drops Tea Tree Oil 1 tbspn Mango Butter |
| <p align="center">Sprays</p> <p>ALOE & LAVENDER MOISTURIZING MIST ¼ cup distilled water 1 tbspn Aloe Vera juice 1 tbspn Vitamin E oil 2-3 drops Lavender essential oil <i>Store in the fridge for a maximum of 4-5 days</i></p> <p>LAVENDER WITH LOVE REFRESHER SPRAY 2 Cups Distilled water 5 drops Lavender essential oil</p> | | <p>WHIPPED COCONUT INFUSED MANGO BUTTER Henna Amla 1 cup Essential Organic Raw Coconut oil Brahmi oil 3-4 tbspn Mango Butter Peppermint essential oil (warm powders and then add the oils. Allow to sit for 10 hours. Add Mango Butter and mix by hand until mixed. Then whip with whisk)</p> |

STAPLE INGREDIENTS FOR DIY RECIPES

| Butters/Oils | Liquids | Solids | Ayurvedic / Herbs |
|--|---|---|--|
| Raw Organic Mango Butter Raw Organic Cocoa Butter Organic Unrefined Coconut Oil Jojoba Oil Coconut JBCO Almond Oil Extra Virgin Olive Oil Grapeseed Oil Vatika Oil Nettle Oil Tea Tree Oil Vitamin E Oil Linden Flower Oil Rosehip Seed Oil Ylang Ylang EO Lavender EO Peppermint EO Rosemary EO Lavender EO Lemongrass EO Sweet Orange EO | Aloe Vera juice Aloe Vera gel Unsweetened Coconut Milk Goat's Milk | Organic Honey Banana Hass Avocado | Bentonite Clay Rhassoul Clay Henna Shikaki Powder Amla Powder Marshmallow Root Extract Sulfur Powder |
| Other TRESemme Perfectly unDone Conditioner TRESemme Botanique Nourish & Replenish Conditioner Kinky Curly Knot Today Leave-In Guar Gum Green Tea Bags Distilled Water | | | |

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