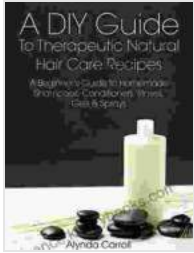


# Beginner's Guide to Homemade Shampoos, Conditioners, Rinses, Gels, and Sprays: The Art of Natural Hair Care



**A DIY Guide to Therapeutic Natural Hair Care Recipes: A Beginner's Guide to Homemade Shampoos, Conditioners, Rinses, Gels, and Sprays (The Art of the Bath Book 6)** by Alynda Carroll

★★★★☆ 4.2 out of 5

Language : English  
File size : 420 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 91 pages  
Lending : Enabled



Are you tired of using harsh chemicals on your hair? Do you want to find a more natural way to care for your locks? If so, then this guide is for you! In this beginner's guide to homemade shampoos, conditioners, rinses, gels, and sprays, you will learn everything you need to know to make your own natural hair care products.

## Benefits of Homemade Hair Care

There are many benefits to making your own homemade hair care products. First, you can control the ingredients that go into your products. This means that you can avoid harsh chemicals and other ingredients that

can damage your hair. Second, homemade hair care products are often more affordable than commercial products. Third, making your own hair care products is a fun and rewarding experience.

## **Getting Started**

To get started making your own homemade hair care products, you will need a few basic ingredients. These include:

- Castile soap
- Water
- Essential oils
- Carrier oils
- Other natural ingredients, such as herbs, honey, and yogurt

Once you have gathered your ingredients, you can start experimenting with different recipes. There are many different recipes available online, so you can find one that fits your hair type and needs.

## **Recipes**

Here are a few simple recipes to get you started:

### **Homemade Shampoo**

- 1/2 cup castile soap
- 1 cup water
- 10 drops of your favorite essential oil

Instructions:

1. Combine all ingredients in a bottle.
2. Shake well before each use.
3. Apply to wet hair and massage into a lather.
4. Rinse thoroughly.

### **Homemade Conditioner**

- 1/4 cup coconut oil
- 1/4 cup argan oil
- 10 drops of your favorite essential oil

Instructions:

1. Combine all ingredients in a bowl.
2. Microwave for 30 seconds, or until the coconut oil is melted.
3. Apply to clean, wet hair and leave in for 15-20 minutes.
4. Rinse thoroughly.

### **Homemade Rinse**

- 1 cup apple cider vinegar
- 2 cups water

Instructions:

1. Combine all ingredients in a bottle.

2. Shake well before each use.
3. Pour over clean, wet hair and massage into the scalp.
4. Rinse thoroughly.

## **Homemade Gel**

- 1 cup aloe vera gel
- 1/4 cup flaxseed gel
- 10 drops of your favorite essential oil

### Instructions:

1. Combine all ingredients in a bowl.
2. Whisk until smooth.
3. Apply to wet hair and style as desired.

## **Homemade Spray**

- 1 cup water
- 1/4 cup witch hazel
- 10 drops of your favorite essential oil

### Instructions:

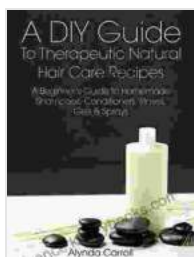
1. Combine all ingredients in a bottle.
2. Shake well before each use.
3. Spray on clean, dry hair to refresh and style.

## Troubleshooting

If you are having trouble with your homemade hair care products, here are a few troubleshooting tips:

- If your shampoo is too harsh, try adding more water or using a different type of soap.
- If your conditioner is too heavy, try using less or rinsing it out more thoroughly.
- If your rinse is too acidic, try diluting it with more water.
- If your gel is too sticky, try adding more aloe vera gel or flaxseed gel.
- If your spray is too drying, try adding more water or witch hazel.

Making your own homemade hair care products is a great way to save money, avoid harsh chemicals, and improve the health of your hair. With a little experimentation, you can find recipes that work for your hair type and needs. So what are you waiting for? Start making your own homemade hair care products today!



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