

Hair care recipes

Tame and treat your locks with these simple recipes made with food-grade ingredients. Spoil yourself, your family, and even the dog! All recipes are free of parabens and synthetic fragrances.

Avocado conditioner

*A monthly treatment rich in Vitamins A and B.
Shelf life: up to 1 week in fridge.*

- 1 avocado (the softer the better)
- ½ cup mayonnaise or coconut milk

Mash avocado and mix with mayonnaise or coconut milk to make a paste.

Comb through hair and cover your head with a towel. Leave for 20 minutes. Rinse, shampoo, and rinse again.

Avocado hair paste

*Guacamole goodness for your hair! Use monthly.
Shelf life: up to 1 week in fridge.*

- 1 avocado (brown is great)
- 1 tsp lemon juice (from a real lemon)
- 1 tsp sea salt
- 1 tsp pure aloe juice or gel

Mash avocado and combine ingredients into paste.

Comb through hair and cover your head with a towel. Leave for 20–30 minutes. Rinse, shampoo, and rinse again.



PHOTO: LINDA MACKIE

Herbal tea shampoo

For weekly use on most hair types. Works best with apple cider vinegar rinse. Shelf life: 1 month.

Boil water and use a combination of the dried herbs to make a tea.

- ¾ cup distilled water
- 1 Tbsp peppermint
- 1 Tbsp lavender
- 1 Tbsp nettle
- 1 Tbsp rosemary

Once tea has steeped and cooled, add the following ingredients.

- ¼ cup liquid castile soap or vegetable glycerin
- ½ tsp salt
- 1 Tbsp witch hazel (alcohol free, plain, or scented) or aloe gel

OPTIONAL:

- 5–10 drops essential oils like rosemary, lavender or ylang ylang

Stir and store in squeeze bottle. It will last a few weeks in your shower or longer in the fridge.

DID YOU KNOW?

These herbal teas, added to the shampoo recipe, can enhance hair colour.

- **For blondes:** chamomile or calendula
- **For brunettes:** chai, black, or peppermint

Baking soda shampoo

Sounds crazy, but it works. For everyday use.
Shelf life: indefinite!

Add 2 tbsp baking soda to a small bowl and take it in the shower with you. Add a few drops of water, stir with your finger to make a paste, and work it into your hair. Rinse and condition as usual.

Lavender and rosemary hair oil

For best results, leave in overnight. Shelf life: 2 weeks.

- 2-5 drops lavender essential oil
- 2-5 drops rosemary essential oil
- 1 tsp sweet almond oil or olive oil

Mix together and let mellow a few hours to blend.

APPLICATION OPTIONS:

- 1) Put drops of oil mixture in your hand and then run your hairbrush across your hand. Brush hair. Store mixture in a dark place.
- 2) Warm it up in the microwave 10 seconds, blend and massage into scalp. Make sure it's not too hot! Wrap your head with a warm towel and leave in for 45 minutes. Wash out and rinse with cold water. Keep out of your eyes.

CAUTION: Do not use rosemary or lavender oil if you are pregnant.

DID YOU KNOW?

Aloe gel isn't just a good moisturizer — it also accelerates skin cell growth.

Hair spray

A simple, sticky styling aid. Shelf life: 1 month.

- 1 lemon (for fine hair) or orange (for dry hair)
- 2 cups distilled water

Chop fruit (with peel) and add water. Combine in pot and boil until the mixture has reduced by half. Pour through strainer to remove pulp and peel. Put in spray bottle. To extend shelf life, add 1 ounce rubbing alcohol.

Shine rinse

Removes build-up. Use weekly on most hair types.
Shelf life: 6 months.

- ¼ cup apple cider vinegar
- 16 cups water

Combine ingredients.

Use every week or two. Wash hair, add rinse, leave in and then rinse your hair with cool water.



PHOTO: GINNERBOT VIA FLICKR

Dog shampoo

A spa treatment for your pooch. Shelf life: 1 month.

- ¾ cup distilled water
- ¼ cup unscented or scented liquid castile soap (or vegetable glycerin)
- 1 tbsp aloe gel

OPTIONAL:

5-10 drops any combination of anti-flea essential oils including rosemary, lavender, peppermint, eucalyptus, spearmint, and citronella. Add a drop of each or purchase an anti-flea essential oil blend from a local herbalist or health food store.

Add all ingredients into an old squirt bottle. Shake before each use. Rinse well and avoid the eye area.

DID YOU KNOW?

Try finishing off your dog's bath with an apple cider vinegar rinse. Add 1 part vinegar to 5 parts water. Be prepared for compliments at the dog park.