

Hair Conditioner

Written by Administrator

Wednesday, 25 May 2011 06:01 - Last Updated Wednesday, 25 May 2011 06:38

Deep hair conditioner recipes you can make at home.

Jojoba Hair Conditioner

Ingredients:

- 1 cup rose floral water
- 1 tablespoon jojoba oil
- 10 drops vitamin E oil

Instructions:

In the top of a double boiler, gently warm the rose water. Once rose water is warm, add jojoba oil. For extra conditioning, leave on for several minutes. Rinse thoroughly with warm water. Shampoo and rinse again with cool water.

Honey Conditioner

Ingredients:

- 1 tsp honey
- 2 Tbs olive oil
- 1 egg yolk.

Instructions:

Mix all ingredients in small bowl. Massage on hair in small sections. Wrap head with shower cap for 30 minutes. Rinse and shampoo

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Egg Conditioner

Ingredients:

- 1 egg yolk
- 1/2 tsp olive oil
- 3/4 cup lukewarm water

Instructions:

Beat egg yolk until it is thick and light colored. Add oil beat well. Slowly add and beat the water into the egg mixture. Pour mixture into a container. After shampooing, massage all conditioner into hair and leave on for a few minutes before thoroughly rinsing.

Mayonnaise Conditioner

Ingredients:

- 1/2 cup mayo

Instructions:

Rinse and towel dry. Apply mayonnaise to the hair. Massage in. Let sit for 10-15 minutes, shampoo again lightly and rinse with an apple cider vinegar and water solution. This will help with the smell and remove any residue.

Sesame & Coconut Protein Conditioner

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- 2 tbs olive oil
- 2 tbs light sesame oil
- 2 eggs
- 2 tbs coconut milk
- 2 tbs honey
- 1 tsp coconut oil

Instructions:

Mix ingredients in bowl, apply to hair before shampoo. Let sit for 20 minutes. Rinse, then shampoo.

Avocado Deep Conditioner

Ingredients:

- 1 small jar of mayonnaise
- 1/2 avocado

Instructions:

Peel avocado and remove pit. Mash avocado then mix all ingredients in a medium-sized bowl with your hands until it's a consistent green color. Smooth into hair. Use shower cap or plastic wrap to seal body heat in. Leave on hair for 20 minutes. For deeper conditioning wrap a hot, damp towel around your head over the plastic, or use a hair dryer set to a low to medium heat setting. Store extra in refrigerator.

Strength Building ☐ Deep Conditioner

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- 1 tablespoon virgin olive oil
- 2 tablespoons honey
- 1 tablespoon buttermilk
- 1 tablespoon natural unbleached flour

Instructions:

Blend all ingredients. Microwave the mixture for 30 seconds until hot. Stir in one tablespoon of natural unbleached flour to make a paste. Apply the warm paste to wet hair and allow the conditioner to set for 20 minutes Wash as normal.

Hot Oil Conditioner

Ingredients:

- 1/2 cup olive oil
- 1/2 cup boiling water

Instructions:

Combine ingredients then warm on low heat. Massage mixture into the scalp and hair. Wrap hair in a hot towel for 15 minutes. Shampoo & rinse out

Coconut Honey Deep Conditioner

Ingredients:

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- 4 tbs Coconut oil
- 2 tbs Natural honey

Instructions:

Place coconut oil and honey in a small plastic bag and place the bag in a hot cup of water for 1 minute to warm. Apply to hair, wrap hair in a towel for 20 minutes. Wash then dry hair.

Fruit Salad Deep Conditioner

Ingredients:

- 1/2 a banana
- 1/4 avocado
- 1/4 cantaloupe
- tablespoon wheat germ oil
- 1 tablespoon yogurt

Instructions:

Blend all ingredients. Apply to hair. For extra conditioning, squeeze in the contents of a vitamin E capsule. Leave in hair for 15 minutes. Then rinse.

Hair Regrowth Conditioner

Ingredients:

- 3-4 drops of Rosemary essential oil

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- 1 teaspoon of olive oil
- 1 egg

Instructions:

Blend all ingredients. Apply to hair. Leave in hair for 15 minutes. Then rinse.

Frizzy Hair Hot Oil Hair Recipe

Ingredients:

- 3 tablespoon Coconut oil
- 1 tablespoon Castor oil
- 5-10 drops Essential oil of choice for smell

Instructions:

Melt coconut oil in a double broiler on low. Add other castor oil, allow to cool then add EOs. Apply to hair, wrap hair in a towel for 30-45 minutes. Wash then dry hair.

Dry Hair Hot Oil Conditioner Recipe

Ingredients:

- 15 drops Rosewood
- 5 drops Geranium
- 5 drops Sandalwood
- 5 drops Lavender

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- 1/2 ounce jojoba oil

Instructions:

Place oils in a small plastic bag and place the bag in a hot cup of water for 1 minute to warm. Apply to hair, wrap hair in a towel for 20 minutes. Wash then dry hair.

Rosemary Hot Oil Treatment

Ingredients:

- 1/2 ounce Fractionated coconut oil
- 1/2 ounce Castor oil
- 1/2 ounce Emu oil
- 1/2 ounce Jojoba, natural
- 1/3 ounce Broccoli seed oil
- 1/2 ounce Arnica oil
- 15 drops Rosemary essential oil

Instructions:

Massage mixture into damp hair. Wrap hair in a hot towel or cover with shower cap for 20 minutes. Shampoo & rinse out.

Hair Regrowth Hot Oil Conditioner

Ingredients:

- 3 drops of essential oil of thyme
- 3 drops of essential oil of lavender

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- 3 drops of essential oil of rosemary
- 3 drops of essential oil of cedarwood
- 1/8 cup of grapeseed oil
- 1/8 cup of jojoba oil

Instructions:

Apply at night, to scalp in thinning areas. Do not rinse out till morning.

Tropical Conditioner

Ingredients:

- 1 peeled and mashed avocado
- 1 cup coconut milk

Instructions:

Combine mashed avocado with some coconut mil in a small bowl. Heat in microwave for approx. 45 seconds. Stir. Test temperature. Massage mixture into hair. Wrap hair in a hot towel or cover with shower cap for 15 minutes. Shampoo and rinse out.

Herbs, ingredients and oils you can add to you conditioner

- **Jojoba oil** is similar to sebum, which is secreted by human sebaceous glands to lubricate and protect skin and hair. Jojoba oil conditions hair and prevents it from becoming brittle and dull.

- **Avocado oil** Softens skin, helps skin and hair retain moisture and fights the aging process

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- **Coconut oil** is one of the best natural nutrition for hair. It helps in healthy growth of hair providing them a shinny complexion. Coconut oil prevents dandruff, lice, and lice eggs, even if your scalp is dry. It is an excellent conditioner and helps in the re-growth of damaged hair and provides the essential proteins required for nourishing damaged hair.

- **Honey** is high in vitamins and minerals, and has wonderful benefits for the skin and hair. Honey is a good humectant and emollient, serving as a good moisturizer and conditioner

- **Basil**: Oily hair. Promotes hair growth, eczema, psoriasis

- **Bay**: relieves scalp conditions and to act as a hair tonic

- **Cedarwood**: Aids in Dandruff, relieves itching

- **Chamomile**: Fine to normal hair. Gives golden highlights

- **Geranium**: deters head lice

- **Grapefruit oil**: Promotes hair growth, astringent for balancing oily skin and hair

- **Juniper Berry**: an astringent for the skin and hair

- **Lavender**: Normal to oily hair. Scalp treatment for itchiness, dandruff, and even lice! Controls oil production, reduces itchy/flaky scalp

- **Lemon**: Oily hair. Gives golden highlights; treatment for dry scalp, dandruff, lice, and underactive sebaceous glands

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- **Myrrh**: Dry hair. Treatment for dry scalp, dandruff, lice, and underactive sebaceous glands
- **Neroli**: balancing oil for the skin and hair, and can help control overproduction of sebum
- **Orange Oil**: Oily Hair. regulates the production of sebum, the hair's natural oil
- **Palmarosa**: helpful for balancing oily and dry skin.
- **Patchouli**: Oily hair. Dandruff treatment
- **Peppermint**: Dry hair. Promotes hair growth. reduces itching and irritation
- **Clary sage**: All types of hair. Dandruff treatment. Adds Shine. Good for weak hair, has antioxidants
- **Cypress**: Use in treating hair loss, alopecia. clears oil

When using fresh herbs or teas for your shampoos, remember these will not last as long as when using essential oils. Make smaller batches.