

Hair Rinses and Scrub

Written by Administrator

Wednesday, 25 May 2011 06:43 - Last Updated Thursday, 26 May 2011 04:05

Make your own hair rinses. Restore the ph balance to your hair, remove dandruff and buildup.

Rosemary Hair Rinse

Ingredients:

- 3 tablespoons rosemary
- 1 1/2 quarts water

Instructions:

Boil ingredients together for 15 minutes. Strain; let come and refrigerate. Pour over clean hair after shampooing and let it sit for 2 minutes. Rinse, then condition.

Chamomile hair rinse

Ingredients:

- 1 ounce apple cider vinegar
- 1 quart of distilled water.

Instructions:

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Combine the apple cider with the water, stir. Pour through hair to get rid of buildup and soften hair at the same time. Rinse with tap water.

Apple Cider Build Up Remover

Ingredients:

- 1 ounce apple cider vinegar
- 1 quart of distilled water.

Instructions:

Combine the apple cider with the water, stir. Pour through hair to get rid of buildup and soften hair at the same time. Rinse with tap water.

Nettle Tea Hair Growth rinse

Ingredients:

- 2 handfuls of nettle roots
- 2 quarts of cold water

Instructions:

Wash and dry nettle roots. Soak 2 handfuls of roots in 2 quarts of cold water overnight.

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Next day bring mix to a boil and then simmer for 15 minutes; strain roots; use remaining liquid as a hair rinse. Hair growth stimulant and when used overtime, will reduce grey.

BROWN SUGAR HEAD SCRUB

Ingredients:

- 4 tbs of Brown Sugar
- 2 tbs of your favorite conditioner

Instructions:

Combine brown sugar and conditioner in a bowl and mix well. Apply to scalp only with fingers! Scrub scalp in a circular motion for a few minutes. Rinse, then shampoo and condition as normal.

Rosemary Hair Rinse

Ingredients:

- 1/4 cup apple cider vinegar
- 1 quart of distilled water.

- 15 drops rosemary essential oil

Instructions:

Combine the all ingredients. Pour through hair to get rid of buildup and soften hair at the same time

DANDRUFF MINT RINSE

Ingredients:

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- 1 cup water
- 1 cup apple cider vinegar
- 1 handful of fresh mint leaves

Instructions:

Boil ingredients. Strain and pour into a container. Massage solution into the scalp, let dry without rinsing out

DANDRUFF POWDER

Ingredients:

- Baking soda

Instructions:

Massage handfuls of baking soda into the hair and scalp to absorb oil and to loosen dead skin on scalp. Rinse thoroughly, use no other shampoos. While initially the hair may seem dry, after several weeks, dandruff will be gone and hair will be smooth and shiny.

Lavender Hair Rinse

Ingredients:

- 1/4 cup apple cider vinegar
- 1 quart of distilled water.

- 15 drops Lavender essential oil

Instructions:

Combine the all ingredients. Pour through hair to get rid of buildup and oil.

Special hair rinse for scalp problems

Recommended:

Apple Cider Vinegar is used as an acidic rinse. An acidic rinse is so wonderful for your hair in many ways: It restores the natural PH balance of your hair and to close the cuticle (great to use after chemical services such as hair coloring or perms). Since it closes the hair cuticles, this creates smoother, shiner hair. Apple Cider Vinegar also removes shampoo, conditioner and styling product buildup on the scalp or hair shaft, going one step further than regular shampoo. It also kills bacteria that causes dandruff, itchy scalp and has been known for an effective lice treatment. Regular Vinegar does all the same as above.

Dark Brown Sugar or fine grated oatmeal make perfect head scrubs. You can mix these with conditioner for easy scrubbing. Use before you shampoo!

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Ingredients:

- 4 tbs of Brown Sugar or fine, ground oatmeal
- 2 tbs of your favorite conditioner
- and the added ingredient below for your scalp problem. **Use 15-20 drops of one of the following:**

Jojoba oil: Use for a dry scalp. Jojoba oil helps to rebalance sebum

Tea Tree oil: Use for oily or dry scalp, dandruff psoriasis or dermatitis. Tea tree oil is an Antiseptic, Anti bacterial, and Anti fungal.

Chamomile: Chamomile has been clinically proven to have anti-inflammatory and repairing properties. Great for scalp sores or broken out scalp.

Lavender essential oil: Balances the production of sebum from the oil glands making it beneficial for dry or oily skins for psoriasis, acne, eczema, seborrhea and spots.

Nettle Leaves, Nettle Roots: Very rich in Vitamin A and C. It's flesh is rich in minerals and plant hormones and it stimulates hair growth and softens the hair.

Instructions:

Combine all ingredients in a bowl and mix well. Wet hair. If you have styling products, you might want to shampoo first. Apply to scalp only with fingers! Scrub scalp in a circular motion for a few minutes. Rinse, then shampoo and condition as normal.

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