

Body Beautiful Unit 2

Unit 2I-Hair



Unit 2-I Hair Care



Transformations:

1. Naturalize your shampoo experience.

Create a natural shampoo, or add a few drops of essential oils, suited to your hair type to your existing shampoo.

2. Create a hair conditioner using carrier oils and essential oils for your scalp and hair type.

Create A Healthy Hair Elixir(2I)

Hair Care

Shampoo-

It is fine to add essential oils to your existing shampoo. Ensure your shampoo is made from pure ingredients that are not harmful to you.

But, if you wish to make your own shampoo it may take some fiddling. Here is a basic recipe you might start with. It may also take some time to adapt to the way your shampoo works, as it may not have the same de-tangling properties you may be accustomed to.



Basic Shampoo-

Adapted from Erich Keller. pg.
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Ingredients-

1 cup Dr. Brunner's liquid
soap

1/2 cup purified water

1/2 tsp. vegetable oil, (jojoba,
olive, avocado)

10 drops essential oil- check
the hair chart to find out the
types good for your hair type.



How to Make the Shampoo:

Pour the water into a bottle with a spray top.

Secondly add the liquid soap and shake lightly.

Then add the essential oils.

Apply only a little of this shampoo, as it is concentrated.

If you have dandruff or hair loss, Erich suggests replacing the water with
aloe Vera and choose jojoba, as the oil you use.

Rosemary Gladstar's Shampoo Recipe-

8 oz. distilled water
1 ounce herbs-
calendula or
chamomile for dry
hair
rosemary for oily.

3 ounces liquid castile
soap
¼ tsp. jojoba oil
25 drops essential oil-
match to your hair
type.



Procedure:

Bring the water to a boil.
Add the herbs, cover, and let simmer over low heat for 15-20 minutes.
Strain and cool.
Slowly add the castile soap to the tea, then mix in the jojoba oil and
essential oil.
Store in a container with a flip flop lid.
Shake before using.

Transformational Step-Hair Elixir(2I)

Using Carrier Oils to Hydrate Dry, Damaged hair.

If your hair is dry or damaged, you might try this recipe.

It is also good for boosting the resilience of hair.



Healthy Hair Nurturing Blend-

20 mls gently warmed calendula oil, sea buckthorn or jojoba oil.

4 drops rose geranium essential oil

2 drops carrot seed essential oil

Stir the essential oil into the carrier oil as it cools.

Pour into a glass 25 ml bottle with dropper.

Apply to dry, or split hair strands, before it is washed.

Leave on for 1 hour.

Wash hair up to two times with a gentle shampoo, until it is clean.

You may rinse your hair with water and a tablespoon of apple cider vinegar for a final rinse, to remove excessive oil.

Vary the exercise according to your preferences of carrier oil and your hair type.

Thin, fine hair will need only a nuance of oil and will need to be rinsed completely to prevent it from becoming stringy.

Thick, curly, dry hair will need more oil and will retain its body better, even if slightly oily.



How can you personalize this recipe for your own hair?

Scalp Stimulator to Help Hair Growth-



2tsp. grapeseed seed oil.

3 drops rosemary

2 drops thyme

2 drops cedar atlas

Mix the ingredients into a small bottle.

Shake well.

You may gently heat this mixture before applying to your scalp.

Add a few drops before bedtime and put it directly onto your scalp, not your hair.

You may need to rinse it off in the morning.

If you find this mixture stimulating, then you may need to use it in the day-time, instead.

Wash hair well afterwards.

Vinegar Hair Rinse-(2I)

12 oz. distilled water or hydrosol- to suit your hair type- rosemary for oily, orange blossom, or rose for dry.

3 oz. apple cider vinegar

Strain mixture through a coffee filter.

Put in a spray bottle.

Add 10 drops essential oil of your choice, that complement your tastes and hair type.

Shake well.

After shampooing and rinsing pour a little of this mix slowly through the hair and massage into the scalp.

Rinse with warm water.

It is a good mixture to degrease oily hair.



