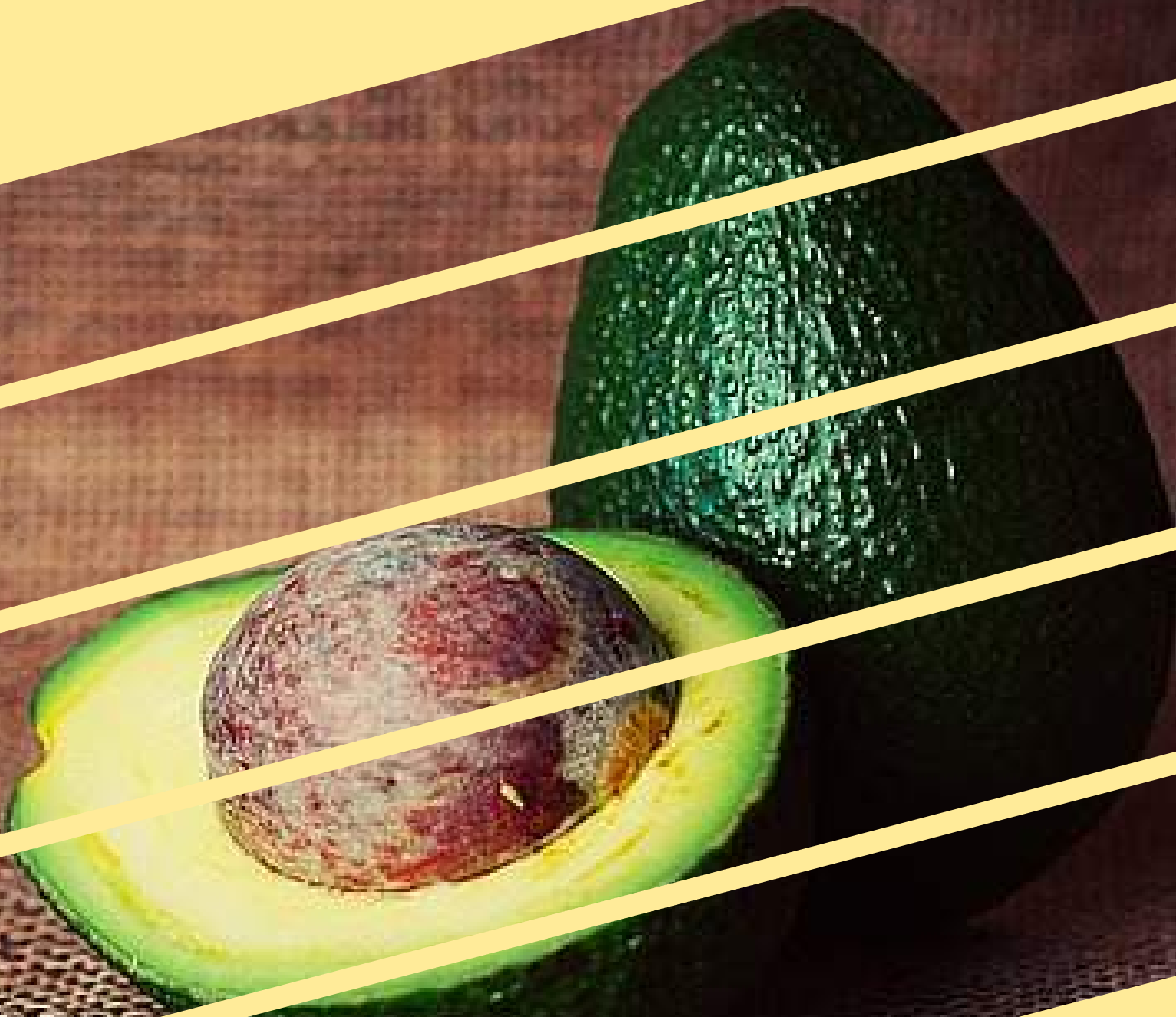


# *Curly Hair Lounge's*

## **DIY BOOK OF**

**Recipes, Hacks & Tips**



*Cheers, curly friend!*

I'm so glad you decided to download Curly Hair Lounge's recipe book. This book contains all the recipes I share with you on the blog, minus the ones I have already created a book for. Yes, these are also available at the Resource Library and you can download them too.

I believe having all recipes in this digital book makes it easier for you to have access to them. It's much quicker than having to search through the countless blog post already published, wouldn't you say? I'd say so. Also, you can click the exclamation mark on the left top corner to link directly to the posts.

In here you will find, for now, **22 recipes** and this number will grow as I share more DIY recipes, hacks and tips with you. How crazy is that?! Feel free to share your own recipes with all of us. Simply email [admin@curlyhairlounge.com](mailto:admin@curlyhairlounge.com) with your recipe and, if it's new and original, I'll include it in this book for everyone to try and enjoy. Include **eBook recipe contribution** in the subject line.

Be sure to leave your name too, this way I can give you credit for your DIY abilities. Oh, and if your recipe is really epic and fantabulous, I'll definitely share it on the blog too.

**!Reminder!** All measurements are for guidance, you may need to adjust them depending on your hair length. You can also substitute vegetable oils according to your preferences and needs.

Finally, when you do make the DIY recipes in here be sure to **share** with all of us by posting a picture on Instagram and using the hashtag **#CHLdothework**. I may share your images on Curly Hair Lounge's social accounts so that all of us in our tight community can praise your all your accomplishments.

*Don't forget to like and subscribe!*



Is your old time deep conditioner not work so well anymore now that you're transitioning?  
No worries, there is no need to bin it! Try this little fix.

## *Deep Conditioner Fix*

### **For Extra Slip**

#### **Ingredients**

1/2 cup of your Deep Conditioner  
2 Tbsp, EVOO  
1 Tbsp. Castor Oil

### **For Extra Moisture**

#### **Ingredients**

1/2 cup of your Deep Conditioner  
1 Tbsp, EVOO  
2 Tbsp. Raw Honey

### **DIRECTIONS**

#### **For Extra Slip**

Mix your oils in a microwave container and warm them for 15/20 seconds depending on your microwave power, just don't let it boil. A better solution is to heat them in a warm water bath then add the oils to your deep conditioner, mix and apply it on your hair working every section. Leave it for a minimum for 30 minutes and rinse it off.

#### **For Extra Moisture**

Mix your ingredients, and if you want, warm them slightly. This will help to open your hair's cuticles and let all the good stuff in. Apply the mixture to your hair, let it stand for at least 30 minutes and take it off.

Looking for a natural solution for hair growth coming right out of your kitchen? Yes! Then grab some onions.

# Onion For Hair Growth

## Shampoo

### Ingredients

Your Regular Shampoo  
1 Medium Onion  
1 Container

## Scalp Tonic

### Ingredients

1 Onion  
1 Tbsp. Water

## Pre-poo Mix

### Ingredients

2 Medium Onions  
1 Tbsp. Coconut Oil  
1 Tbsp. EVOO

## DIRECTIONS

### Shampoo

Cut the onion into pieces, put into the container and mix in the shampoo. Let it sit for 2 weeks and use the shampoo.

### Scalp Tonic

Cut the onion into pieces and place it in a juicer or food processor, add one tablespoon of water if needed, extract the juice and apply on the scalp. Leave for an hour and wash your hair as normal.

### Pre-poo Mix

Place the onions in a food processor and save the juice. Mix the onions' juice with 1 tablespoon of coconut oil and 1 tablespoon of extra virgin olive oil. Apply on the scalp and hair, leave for an hour and wash hair as you normally would. If the onions are too big apply more vegetable oil.

Exfoliate your scalp and remove build-up with brown sugar.

# *Brown Sugar Hair Scrub*

## **Ingredients**

3 Tbsp. of your Deep Conditioner  
1 Tbsp. Muscovado Sugar  
1 Tbsp. Honey  
1 Tbsp. EVOO  
1 Tbsp. Coconut Oil

## **DIRECTIONS**

Mix all ingredients together and apply on your hair. Work each section gently massaging the scalp and smoothing the mixture on the length of your hair. Once all your hair is covered and you have finished your scalp massage to remove dead skin cells, cover your hair with a plastic cap (or grocery bag) and leave it on for a minimum of 30 minutes. Rinse your hair and style as usual.

# *Carrot Deep Conditioner*

## **Ingredients**

1 Big Cooked Carrot  
2 Tbsp. EVOO  
2 Tbsp. Honey  
1 Tsp. Glycerin

## **DIRECTIONS**

Put the honey, EVOO and glycerin in a food processor with a large cooked carrot and blend well to achieve a smooth consistency. Make sure everything is well blended as any bits of carrot will be difficult to remove from your hair.

How about making your DIY hair recipes with some delicious ingredients?! Oats, Cocoa, Gelatin and Beetroot sound good to you?

## Deep Conditioner Recipes With Unusual Foods

### Oats

#### Ingredients

Oats  
3 oz/100 ml Milk  
Honey  
Coconut Oil  
Banana

### Cocoa

#### Ingredients

2 Tbsp. Dark & Unsweetened  
Chocolate Powder  
3 Tbsp. Greek Yogurt  
1 - 2 Tbsp. Aloe Vera Gel  
1 Tbsp. EVOO  
1 Tbsp. Castor Oil

### Gelatin

#### Ingredients

2 Tbsp. Unflavoured &  
unsweetened gelatin  
powder  
1 Cup Hot Water

### Beetroot

#### Ingredients

1/2 Beetroot  
1 Banana  
1 Tbsp. Honey  
2 Tbsp. EVOO

## DIRECTIONS

### Oats

Hydrate the oats in 100 ml/3.3 oz of milk for 2 hours. Strain the oats and mix the liquid with the honey, coconut oil and banana. Apply on hair, leave for an hour and rinse.

### Cocoa

Mix 2 tbsp. of chocolate powder with Greek yogurt, aloe vera and the vegetable oils. Apply the mixture to your hair and let sit for an hour. Rinse and wash your hair as usual.

### Gelatin

Mix 2 tbsp. of unflavoured and unsweetened gelatin with a cup hot water (not boiling) and apply the liquid on your hair. Leave it on for 30 minutes, cleanse and condition your hair and follow with a moisturising conditioner. For those of who are vegan or vegetarian instead of animal-derived gelatin, you can use agar-agar which comes from algae.

### Beetroot

Place the beetroot in your food processor and reduce it to a paste. Strain everything into a container and add the banana, honey and EVOO blend into a smooth consistency and apply on your hair. Leave for 1 hour.

Care to try a gentle natural hair gel with flax seeds? It will help control your edges, fly away hairs and help curl definition.

# Flaxseed Hair Gel Recipe

## Ingredients

1 Cup of Flaxseeds  
3 - 4 Cups of Water  
Extra Virgin Olive Oil (EVOO)  
Tea Tree Essential Oil (a few drops)  
Wooden spoon  
Strainer or stockings

## DIRECTIONS

Place the water in a pan with the flaxseeds and let it come to a boil at a medium-high temperature. Once it's boiling, reduce the temperature to medium-low and stir with wooden spoon. Keep stirring, you will notice the water will start to form a white froth that will become gelatinous and thick over time. Test this with your the spoon as if you were testing for sugar stages. The more you wait, the more gelatinous and thick it will become, making it hard to separate the seeds from the gel. The whole process, once it starts to boil, will take about five minutes. It might look a bit runny, but as soon as it cools down it will set into a gel consistency.

At this point, turn off the fire and place your strainer on top of a container, pour the gel over and mix with your spoon to help separate the gel from the seeds. I prefer using stockings that I place over a big cup, then I pour the gel, close the stocking and with some tongs press the gel out. I find it quicker and easier, but be careful because it will be very hot. Don't wait for it to cool down as it will be harder to split up the gel from the seeds. Once you have all the gel mix in the EVOO and a few drops of the tea tree essential oil. If the gel is still very hot, wait for it to cool down a bit before mixing the essential oil because it loses its effectiveness if the gel is too hot. Store the gel in your fridge and it will hold for two weeks if you let it last that long.



# Henna Hair Dye Recipe

## Ingredients

1 1/2 Cup BAQ Henna  
1 Tbsp. Brahmi Powder  
1 Tbsp. Bringraj Powder  
1 1/2 Tbsp. Hibiscus Powder  
1 cup Yogurt  
Warm (not hot) Strong Black Tea  
Juice of 1/2 Lemon

## DIRECTIONS

Boil water and make some strong black tea with 3 or 4 tea bags and let it cool down. In a plastic or ceramic bowl/container (never use a metallic bowl) place your body art quality (BAQ) henna and other plant powders and mix them with the yogurt. Squeeze half a lemon into your tea and slowly pour it over the henna, mix until you reach the consistency of mashed potatoes or yogurt. Cover your bowl/container with cling film or a lid and let it rest overnight or for 12-16 hours. The acidic liquid will help release the red-orange dye

Wash and condition your hair, then use a microfiber towel to remove excess water just enough to leave your hair about 70% dry. Henna makes a pretty good mess especially if you're not used to it, so you should always cover the area where you intend to make the henna application as it stains everything. Don't forget to also use some old clothes and a pair of gloves. Part your hair in two or four sections and start applying the henna mix on your hair from back to front making sure you cover all hair strands, especially if you have grey hairs. Place a plastic cap on your hair and cover it with a scarf. Leave this on your hair for 4-6 hours.

Rinse your hair thoroughly with water to remove the henna then wash, condition and deep condition.

Save some money and make your own version a very popular hair mask. Get all the benefits and spend less.

# *DIY Maroccoil Restorative Hair Mask*

## **Ingredients**

1/2 Tbsp. - Argan Oil  
1/2 Tbsp. - Canola Oil  
1 Tbsp. - Shea Butter  
1/2 Tbsp. - Pequi Oil  
2 or 3 Tbsp. Protein Deep Conditioner (no mineral oil or silicone)

## **DIRECTIONS**

Combine all your oils and place the shea butter in a mixer (or use kitchen whisk and a bowl). Make sure your shea butter is soft if not try breaking it into smaller pieces and soften it over a hot water bath. Don't melt it, just soften it the mixer will do the rest! When you feel it's good enough, place shea butter in the mixer and add the oils slowly then add your mask/deep conditioner. Once you feel you have a homogeneous mixture it is ready to use! Apply it on your curly hair as a regular deep conditioner. If you want you can add in a few drops of your favourite essential oil.

Many naturals and transitioners don't exercise because it's not possible to do both. If you exercise and get a sweaty scalp here are a few solutions to refresh it without the need to wash your hair.

## *Workout Refreshing Scalp Solutions*

### **Plantain**

#### **Ingredients**

Plantain Herb  
Vegetable Oil  
Essential Oil

### **Tea Tree**

#### **Ingredients**

Distilled Water  
Aloe Vera Juice  
Tea Tree Essential Oil

### **Witch Hazel**

#### **Ingredients**

Thayers' Rose Petal  
Witch Hazel Alcohol-  
Free Toner with Aloe  
Vera

## **DIRECTIONS**

### **Plantain**

Make an herbal tea with the plantain, add a vegetable oil of your preference (not too much) and a few drops of an essential oil. perhaps peppermint or eucalyptus. Grab a cotton ball and dab it on your scalp or use a spray bottle.

### **Tea Tree**

Mix distilled water with some Aloe Vera juice, add a few drops of Tea Tree essential oil and perhaps a vegetable oil, put in a spray bottle, shake and it's ready to use.

### **Witch Hazel**

Wet a cotton ball with Thayers' Witch Hazel and dab it on your scalp. Alternatively, you can use a spray bottle.

Your hair needs protein whether it's damaged or not, why not make a simple protein treatment with mayonnaise? It's quick and easy. Add a few extra bits and your hair will love it!

## *DIY Protein Hair Treatment*

### **Ingredients**

Mayonnaise q.b.

2 Tbsp. Extra Virgin Coconut Oil

2 Tbsp. Honey

1 Tbsp. Extra Virgin Olive Oil

### **DIRECTIONS**

Place all ingredients in a container, take a fork or a spoon and combine them into a homogeneous cream. Use the necessary amount of mayonnaise to cover your hair length, if you feel you don't have enough after you mixed everything, don't worry you can always add a bit more and give a good stir.

Apply the mayonnaise cocktail over your unwashed hair making sure to cover every single strand of hair. I find that if I section my hair into four or more parts it makes the task easier. Don't forget to pay special attention to the ends of your hair as they are the most fragile part. Make a high bun and place a plastic cap on it. Let the treatment rest for 30 minutes or you can add some heat for 15 to 20 minutes to make more effective

Rinse the mayonnaise treatment with abundant water and once you feel it's clear take a gentle shampoo or dilute a regular one and wash your hair as usual. If you're using a cleansing conditioner, you may need to repeat the process a few times because the oil content in the mask will make it harder to remove. Don't remove it completely or you'll be taking all benefits out. Follow with your conditioner, detangle and style your hair. As this isn't a strong protein treatment you won't need to follow with a moisture treatment, but I always like to.

Protein helps repair your hair's structure. You can use gelatin to make a simple protein hair moisturiser and give your hair a little va-va-voom!

# *Moisturising Hair Treatment With Gelatine*

## **Ingredients**

1 3/4 Tsp. of Colourless/Unflavoured  
Gelatine Powder or 1 - 2 sheets of  
gelatine  
1 Tbsp. Coconut Oil  
8 Tbsp./120ml of Distilled/Filtered Water  
250/300 ml of your moisturiser

## **DIRECTIONS**

If using gelatine powder, mix it with the water and stir to blend, then microwave the mixture for 30 seconds and stir again. Let it cool down. If using gelatine sheets, soak the sheets in water for 5 minutes and in the meanwhile warm the 120ml of distilled water. When it's hot, squeeze the gelatin sheets to eliminate excess water and stir them into the hot water until completely blended and let it cool down.

When the mixture has cooled down a bit, blend it with your moisturiser and then add the vegetable oil. Your protein moisturiser is ready to use.

To achieve good results, the best way to use this moisturiser is to section your hair into how many parts you want (4 is enough), take a small amount of hair from one section and work the moisturiser through. Once you finish one section move to the next one. Style your hair in whatever way you want and you're finished.

Pre-poo's are your hair's first line of defense against external aggression, do you have yours ready to go?

## Moisturising Pre-Poo Recipes

### Coconut & Honey

#### Ingredients

3 Tbsp. Coconut Oil  
2 to 3 Tbsp. Honey

### Coconut & Castor Oil

#### Ingredients

3-2 Tbsp. Conditioner  
2 Tbsp. Extra Virgin Coconut Oil  
1 Tbsp. Castor Oil

### Aloe & Coconut

#### Ingredients

4 Tbsp. Aloe Vera Gel  
3 Tbsp. Coconut Oil

## DIRECTIONS

To make **all three recipes** the instructions are the same. Take your ingredients and mix them in a container. Make sure that everything is well mixed. Set aside and prepare your hair. Section your hair into as many sections as you want and start working your preferred pre-poo on your hair, making sure that all hair strands are covered. If you want, for the coconut and honey pre-poo, you can lightly spray your hair with water to make the application easier.

Once you finish the application, cover your hair with a plastic cap or bag and let it work its magic for no less than 30 minutes. Rinse and wash your hair as usual.

It is very important to regularly clean your hair brushes and combs, they trap in them dirt, dust, oils and product residue.

# Hair Brush and Comb Cleaning

## Step 1

### Tools

1 Pen or  
1 Hairbrush Cleaner or  
1 Denman Cleaning Brush and  
1 Scissor

## Step 2

### Tools & Ingredients

Water q.b.  
Washing Bowl  
Spray Bottle  
Clarifying Shampoo  
Old Toothbrush

## Step 3

### Ingredients

Water  
Apple Cider Vinegar  
Sodium Bicarbonate

## DIRECTIONS

### STEP 1 - HAIR REMOVAL

Use your pen, hairbrush cleaner or Denman Cleaning brush to lift the hairs trapped on your brush.

Start at the base of your brush and pull the hairs up. For a comb, just use your hands to remove all the hair, it quite easy you know.

Now, grab your scissor and cut across the hairs. Using the scissor will make removing the hairs easier, but you can also pull them out with your hands.

### STEP 2 - TOOL CLEANING

#### SOAKING METHOD (Plastic & Metal Tools)

Place the warm water in your washing bowl. Pour some clarifying shampoo to make a soapy/foamy liquid to place your tools in. Alternatively, you can use dish soap, vegetable soap or a baby shampoo. Place all your plastic and metal tools inside and let them rest for 5 minutes to soften all the gunk and any remaining hair.

Once the soaking time is over remove any residual hairs, grab your brush or comb and with a toothbrush or your Denman Cleaning Brush work to remove all dirt, oil and product. Brush at the base of the brush/comb, around the bristles/comb teeth. Rinse your tools under running water and let them rest while you prepare a sanitising wash.

It is very important to regularly clean your hair brushes and combs, they trap in them dirt, dust, oils and product residue.

## *Hair Brush and Comb Cleaning (cont.)*

### Step 1

#### Tools

1 Pen or  
1 Hairbrush Cleaner or  
1 Denman Cleaning Brush and  
1 Scissor

### Step 2

#### Tools & Ingredients

Water q.b.  
Washing Bowl  
Spray Bottle  
Clarifying Shampoo  
Old Toothbrush

### Step 3

#### Ingredients

Water  
Apple Cider Vinegar  
Sodium Bicarbonate

## DIRECTIONS

### STEP 2 - TOOL CLEANING (cont.)

SWIRL METHOD (Wood, Rubber Cushion, Natural or Combination Bristles)

Prepare cleansing water as in the soaking method. If you prefer using a more gentle shampoo that's perfectly fine. Now, grab your hair tool from the handle and swirl it in the soapy water, don't immerse it! Dip it enough to have the bristles wet and do it for 1 to 2 minutes, if you leave it for too long the bristles will absorb the water in.

If you still have any trapped hairs remove them and then use your fingers, toothbrush or the Denman Cleaning Brush to "massage" the bristles and facilitate the release of gunk. Rinse bristles under running water or in a bowl with clean water (swirl). Repeat if you think it's necessary. Rest your comb or your brush face down on a towel and let it dry. It will take longer to dry than a plastic brush with synthetic bristles.



It is very important to regularly clean your hair brushes and combs, they trap in them dirt, dust, oils and product residue.

## *Hair Brush and Comb Cleaning (cont.)*

### Step 1

#### Tools

1 Pen or  
1 Hairbrush Cleaner or  
1 Denman Cleaning Brush and  
1 Scissor

### Step 2

#### Tools & Ingredients

Water q.b.  
Washing Bowl  
Spray Bottle  
Clarifying Shampoo  
Old Toothbrush

### Step 3

#### Ingredients

Water  
Apple Cider Vinegar  
Sodium Bicarbonate

## DIRECTIONS

### STEP 3 - SANITISING

#### SOAKING METHOD (Plastic & Metal Tools)

In a washing bowl, mix warm water with 1 cup of Apple Cider Vinegar and 1 tsp. of sodium bicarbonate. Immerse your tools and let them rest for 20 minutes. Rinse under water and shake to remove excess water. Rest your tool face down on a towel and let them dry

#### SWIRL METHOD (Wood, Rubber Cushion, Natural or Combination Bristles)

Mix water with 1 cup of Apple Cider Vinegar. Swirl your bristle brush in this water for a few minutes (don't wet the rubber cushion). Rinse under water massaging the bristles.

Rest your brush face down on a towel until dry and shake to remove excess water. If you don't like the smell of ACV, rinse (swirl) your tools on a bowl with water and a few drops of your essential oil.

Activated charcoal is the new hit thing in beauty care, but did you know you can use it on your hair too?!

# Activated Charcoal

## Topical Applicaton

### Ingredients

Activated Charcoal q.b.

## Cleansing Shampoo

### Ingredients

Shampoo

1 Tablet of Activated Charcoal or  
1/4 tsp. of Activated Charcoal

## DIRECTIONS

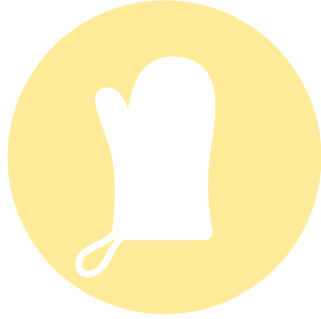
### Topical Application

Take some activated charcoal and massage it on your scalp. Leave it there for 10 - 15 minutes, or as long as you can and continue with your washing routine.

### Cleansing Shampoo

Mix a capsule or 1/4 tsp. of activated charcoal in your shampoo or cleansing conditioner bottle, shake the bottle to mix well and use as normal. You can also make the mixture on a need basis and use it immediately, just use a smaller dosage. Continue with your hair wash routine.

*Try!*



*Enjoy!*



*Share!*

