



**My Natural Hair**  
*RECIPES*

# HONEY & COCONUT OIL PRE-POO

## *Ingredients*

- 3 Tbsp. Honey
- 3 Tbsp. Coconut Oil
- 2 Tbsp. EVOO (Extra Virgin Olive Oil)

## *Directions*

- Take the honey, extra virgin olive oil and coconut oil and mix well with a spoon or a fork .
- Once everything is blended you can slightly warm the honey paste in a bain-marie (double boiler) if you want to.

## *Application*

- Place a towel on your shoulders or some old t-shirt to prevent getting your clothes dirty.
- Devide your hair into sections and apply the pre-poo section by section making sure to cover all hair strands.
- Cover your hair with a plastic cap, leave for 30 minutes to 1 hour and shampoo and continue with your washing routine.

# SOAP NUTS SHAMPOO

## *Ingredients*

5 to 6 Soap Nuts  
3 cups of Distilled Water  
1 Tbsp. of Flaxseeds (for slip)  
1/4 cup Aloe Vera Juice or Gel  
Essential Oils

## *Directions*

- Place the soap nuts and distilled water in a container and leave them overnight for at least 12 hours.
- Mash the soap nuts in the water with a spoon or a masher to help release the saponins (surfactants) and place everything in a pan on the oven.
- Once it's simmering add the tablespoon of flaxseeds, let it boil for 15 minutes and switch off the oven. You will see that the mixture forms a froth on top and has a jelly consistency.
- Strain everything and once it's cooled off pour the aloe vera juice/gel into a container, follow with the strained liquid and add some essential oil of your choice. As a suggestion, you can use a few drops of vitamin E to help preserve the shampoo or some drops of rosemary essential oil to help with thinning and brittle hair. Another possibility is lavender for a more calming experience.
- Shake the container and it's ready to use. Keep this in the fridge.

## *Application*

- Wet your hair and massage your scalp under water to release excess dirt and grease.
- Shake the shampoo, apply and continue massaging and cleaning your hair as usual. You will notice that this shampoo doesn't lather like a regular shampoo, however, it's still cleaning your hair perfectly well but in a more gentle way.
- Rinse, repeat if necessary and continue with your washing routine.

# HONEY DEEP CONDITIONER

## *Ingredients*

Your Regular Conditioner or Banana  
1 Tbsp. EVOO  
1 Tbsp. Coconut Oil  
1 to 2 Tbsp. Honey

## *Directions*

- Mix all ingredients in a container until you have a uniform paste.
- Adjust quantities to your hair length and try using a conditioner that doesn't have any proteins in it.
- If you choose to use a banana as your base make sure that it's ripped and well blended so it doesn't leave any bits on your hair.
- If you want to make this a protein treatment just add an egg or an avocado and reduce the conditioner in the recipe.

## *Application*

- Divide your hair into sections and apply the concoction on each one making sure to really work the deep conditioner on the hair so that no hair strand is left behind.
- Once you're finished cover your hair with a plastic cap or bag and leave for 30 minutes or apply some heat for 15 minutes (if doing a protein treatment with egg don't use heat).
- Rinse and style your hair



# ALOE VERA LEAVE-IN CONDITIONER

## *Ingredients*

2 cups of Distilled Water or Black Tea (cold)  
2 Tbsp. Conditioner or Aloe Vera Gel  
1 to 2 Tbsp. of a Vegetable Oil  
5 to 10 drops Essential oil(s)

## *Directions*

- Place all ingredients in a mixer and blend them into a uniform paste.
- Use a vegetable and an essential oil of your preference.
- If you decide to make a smaller batch adjust quantities especially the essential oil, in excess it can cause allergies.

## *Application*

- Divide your hair into sections and apply your leave-in conditioner to each one.
- Make sure you work the leave-in well as it is your hair's first line of moisture.
- Follow with your creme moisturiser, vegetable oil, butter, styler or any other product you normally use.

# SHEA BUTTER CREME

## *Ingredients*

1 Cup Shea Butter  
1 to 3 Tbsp. EVOO  
1 to 3 Tbsp. Coconut oil  
1/2 Tbsp. Castor Oil  
10 drops of Vitamin E  
Essential Oil for fragrance (optional)

## *Directions*

- Make sure the shea butter you're using is at room temperature or it will be very hard to blend the ingredients.
- Place everything in a glass or plastic container, take a hand mixer and blend well.
- Take a glass container and place the shea butter cream inside.
- This creme will set and after a while it will solidify a bit more. If you find you like the consistency to be less solid add more oils or even some aloe vera gel the next time you do it.

## *Application*

- Apply whenever you need to braid, twist, and smooth or as part of your LOC method. The great thing about this cream is that you can also use it as a body lotion.
- Don't forget to moisturise your hair before applying the crème or your hair will become dry.

# CURLING CUSTARD CREAM

## *Ingredients*

1 Cup Shea Butter  
2 Tbsp. EVOO  
2 Tbsp. Coconut oil  
2 Tbsp. Aloe Vera  
3 Tbsp. Ecostyler Gel  
15 drops of Vitamin E  
Essential Oil for fragrance (optional)

## *Directions*

- Make sure the shea butter you're using is at room temperature or it will be very hard to blend the ingredients.
- Place everything in a glass or plastic container, take a hand mixer and blend well.
- Take a glass container and pour the curling custard cream inside.
- This creme will set and after a while it will solidify a bit more. If you find you like the consistency to be less solid add more oils or even some aloe vera gel the next time you do it.

## *Application*

- Apply whenever you need to braid, twist, and smooth or just set any style you want.
- You can play around with the consistency of the custard by adding more oil, aloe vera or Ecostyler gel.

# MY RECIPE

*Ingredients*

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*Directions*

*Application*



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