

# HAIR BUDGET CHEAT LIST

HAIR ROUTINE STEP	HAIR NEEDS	SUGGESTIONS
<b>PRE-CLEANSING / PRE-POO</b>	<ul style="list-style-type: none"> <li>• 1 Vegetable Oil</li> <li>• 1 Conditioner</li> <li>• Hers for infusion (optional), or</li> <li>• Essential Oil (optional)</li> </ul>	<p><b>Oil</b></p> <ul style="list-style-type: none"> <li>• Extra Virgin Olive Oil (<b>EVOO</b>)</li> </ul> <p><b>Conditioner</b></p> <ul style="list-style-type: none"> <li>• Tresemme Naturals Botanique Conditioner or</li> <li>• Herbal Essences Hello Hydration</li> </ul> <p><b>Essential Oil (Optional)</b></p> <ul style="list-style-type: none"> <li>• Peppermint, Rosemary, Ginger Root, Horsetail herbs or an Essential Oil</li> </ul>
<b>CLEANSER / SHAMPOO</b>	<ul style="list-style-type: none"> <li>• 1 Shampoo</li> <li>• 1 Cleansing Conditioner/Co-Wash</li> <li>• 1 Clarifying Shampoo</li> </ul>	<p><b>Shampoo</b></p> <ul style="list-style-type: none"> <li>• African Black Soap, or</li> <li>• Soap Nuts (DIY), or</li> <li>• Bentonite or Rhassoul Clay, or</li> <li>• Castile Soap. Or</li> <li>• Palmer's Moisture Repair Shampoo</li> </ul> <p><b>Cleansing Conditioner/Co-Wash</b></p> <ul style="list-style-type: none"> <li>• Tresemme Naturals Botanique Conditioner or</li> <li>• Herbal Essences Hello Hydration</li> </ul> <p><b>Clarifying Shampoo</b></p> <ul style="list-style-type: none"> <li>• Herbal Essences Dazzling Shine, or</li> <li>• Pantene Deep Cleanse Purifying Shampoo</li> </ul>

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<b>CONDITIONER</b>	<ul style="list-style-type: none"> <li>• 1 Conditioner</li> </ul>	<ul style="list-style-type: none"> <li>• Tresemme Naturals Botanique Conditioner, or</li> <li>• Herbal Essences Hello Hydration</li> </ul>
<b>DEEP CONDITIONER</b>	<ul style="list-style-type: none"> <li>• 1 Deep Conditioner for Moisture</li> <li>• 1 Deep Conditioner for Protein</li> <li>• 1 Reconstructor (when needed)</li> </ul>	<p><b>Deep Conditioner (Moisture)</b></p> <ul style="list-style-type: none"> <li>• Pantene Repair &amp; Protect</li> </ul> <p><b>Deep Conditioner (Protein)</b></p> <ul style="list-style-type: none"> <li>• Vatika Naturals (Egg Protein Mask)</li> </ul> <p><b>Reconstructor</b></p> <ul style="list-style-type: none"> <li>• Aphogee Two-Step Protein Treatment</li> </ul> <p><b>DIY Alternative</b></p> <ul style="list-style-type: none"> <li>• Protein - Egg, Avocado, Coconut Milk, Gelatine, Mayonnaise</li> <li>• Moisture - Banana, Honey, Milk Cream)</li> </ul>

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<b>MOISTURISER</b>	<ul style="list-style-type: none"> <li>• 1 Liquid</li> <li>• 1 Oil</li> <li>• 1 Crème or Butter</li> </ul>	<p><b>Liquid (DIY)</b></p> <ul style="list-style-type: none"> <li>• Purified/Demineralised Water, or</li> <li>• Demineralised Water &amp; Aloe Vera mix, or</li> <li>• Herb Infused water, <b>with</b></li> <li>• Tresemme Naturals Botanique</li> <li>• Vegetable Oil (EVOO)</li> <li>• Essential Oil (optional), or</li> </ul> <p><b>Oil</b></p> <ul style="list-style-type: none"> <li>• Olive Oil (or any other)</li> </ul> <p><b>Crème/Butter (DIY)</b></p> <ul style="list-style-type: none"> <li>• Raw Shea Butter</li> <li>• EVOO (or any combination of oils)</li> <li>• Essential Oil (optional)</li> </ul>
<b>STYLING / MAINTENANCE</b>	<ul style="list-style-type: none"> <li>• Curling Gel/Butter, or</li> <li>• Whipped Butter</li> <li>• Gel, or</li> <li>• Flaxseed Gel</li> </ul>	<p><b>Curling Gel/Butter (DIY)</b></p> <ul style="list-style-type: none"> <li>• Your Whipped Shea Butter</li> <li>• Eco Styler Gel, or</li> <li>• Flaxseed Gel</li> </ul> <p><b>Whipped Butter</b></p> <ul style="list-style-type: none"> <li>• Your Whipped Butter</li> </ul> <p><b>Gel</b></p> <ul style="list-style-type: none"> <li>• Eco Styler Gel, or</li> <li>• Flaxseed Gel (DIY)</li> </ul>

# HAIR BUDGET SHOPPING LIST

PRODUCT / INGREDIENT	MY CHOICE	VALUE
<b>PRE-CLEANSING</b>		
1 Vegetable Oil		
1 Conditioner		
<b>SHAMPOO</b>		
1 Shampoo		
1 Cleansing Conditioner		
1 Clarifying Shampoo		
<b>CONDITIONER</b>		
1 Conditioner		
<b>DEEP CONDITIONER</b>		
Deep Conditioner (Moisture)		
Deep Conditioner (Protein)		
Strong Reconstructing Treatment		
<b>MOISTURISER</b>		
1 Liquid		
1 Oil		
1 Crème/Butter		
<b>STYLING / MAINTENANCE</b>		
Curling Gel or Whipped Butter		
Gel or Flaxseed Gel		
<b>OPTIONAL ITEMS</b>		
Essential Oil		
Herbs		
Aloe Vera		
<b>TOTAL</b>		