



Making simple shampoo

What you will need

500ml of very hot spring water
3 level tablespoons of pure soap flakes
1 teaspoon of borax
20 drops of lavender essential oil **
20 drops of rosemary essential oil **
1 tablespoon of hemp seed oil
500ml squeeze bottle

Extras you can add

You can also add selected essential oils for special situations.

You will need to add 40 drops of each kind of oil as follows:

for anti-dandruff: add eucalyptus and lemon essential oils
for blonde hair: add chamomile and lemon essential oils
for dark hair: add rosemary and sage essential oils

How to make the shampoo

- 1 Dissolve the soap and borax in the hot water, allow to cool slightly.
- 2 Add all essential oils and stir well.
- 3 Add hemp seed oil and stir again to distribute through mixture.
- 4 Pour into squeeze bottle.
- 5 Best left to stand for 2-3 days as consistency of mixture will thicken.
- 6 Use as described below.

** Another way to do it

As an alternative to using the essential oils you can also make a herbal infusion by covering 3 tbsp of dried lavender + 3 tbsp of dried rosemary in 500ml of boiling water and letting it stand for about 4 hours.

Strain and then add soap and borax as above to this herbal water over a low heat until soap has dissolved. Take off heat and add hemp seed oil.

How to use the shampoo

- Give your hair a good brush (especially if you have long or curly hair).
- Thoroughly drench hair in water.
- Shake or up-end shampoo in bottle and then squeeze straight onto scalp or into hand first whichever is easier - please note that home made shampoo does not contain any chemicals so will not be as frothy or as thick as commercial shampoo.
- Make sure hair is covered and then massage well into scalp.
- Rinse thoroughly with water.
- Towel dry and follow with vinegar rinse spray.