



Making vinegar spray conditioner for hair

What you will need

- 20ml of organic apple cider (or white wine) vinegar
- 10 drops of lavender essential oil **
- 10 drops of rosemary essential oil **
- 5 drops of geranium essential oil (or lemon essential oil for oily hair)
- Spring water
- 150ml spray or spritzer bottle

How to make the conditioner

- 1 Mix vinegar and essential oils in the spray bottle
- 2 Fill to the top with spring water
- 3 Shake well
- 4 Leave for about 2-3 days so oils can infuse
- 5 Use as described below.

** Another way to do it

The alternative is to infuse 3tbsp dried lavender + 3 tbsp dried rosemary + 2 tbsp of dried geranium in 130ml of boiling water for about 4 hours. Strain and add 20ml of apple cider/white wine vinegar.

How to use the conditioner

- Spray towel dried hair thoroughly with vinegar rinse after shampooing.
- Work the rinse through hair and scalp
- Towel dry ends gently
- Leave in; do not rinse out - the vinegar smell will quickly evaporate and leave your hair free from any traces of shampoo (and your head won't smell of fish and chips either!)