

Natural Hair Care (Part 1)

These days, most people have hair that is 'over-chemicalized'. Be it rebonding, colouring or perms, most of us have had our hair 'done' in our quest for fashionable hair styles. Very often as a result, our hair becomes damaged, brittle and dull.

While it is good to spot the latest hairstyle, it is even more important to take care of our hair. Sometimes, just having healthy, soft and lustrous hair is sufficient on its own for stunning results!

If you examine the ingredients found in many hair care products, you will notice that they tend to contain large amounts of chemicals. For example, alcohol is commonly used in many styling products with conditioning claims. Silicones (usually labeled as dimethicone or cyclomethicone) are found in both rinse off and leave-on conditioners. With long term use, these ingredients could dry out the hair and create build-ups that cause the hair to become dull and lackluster.

Therefore, why not care for your hair with natural ingredients that are packed with fresh, nourishing actives that not only enhance your hair's beauty, but also its long-term health as well?

>>>>>> Shampooing Your Hair <<<<<<<

Shampoo commercials often show the model washing her hair with the shampoo advertised. Her hair would be saturated with rich bubbles and she seemed to love every moment of it.

Well, it may look good in an advertisement but those bubbles are actually very drying to the hair. They are produced mainly by widely-used in shampoos surfactants like sodium laureth sulfate (SLES), sodium lauryl sulfate (SLS), cocamide DEA and cocamide MEA, etc. Therefore, while the bubbles give your hair a clean feeling (as the role of surfactants is to remove grease) they could strip your hair of its natural oils as well.

However, unless we have natural plants like soapnut (a plant that produces mild, natural foam, used as traditional hair and body cleanser in India) at your disposal, most of us find modern shampoos the most convenient and practical way to wash our hair.

Still, while we can't avoid shampoos completely, we could use them in ways that will minimize damage to our hair.

Here's how:

1. Before shampooing, brush your hair gently and thoroughly with a hair brush to remove tangles and any excess dust, debris or dead skin.
2. Wet your hair thoroughly for a couple of minutes with warm water. Warm water will soften the hair and open up follicles. It also helps to loosen the dirt and grease from the scalp.
3. Pour about a 20-cent's size amount of shampoo onto your palm. Dilute the shampoo with approximately 1 tablespoon of water, working up lather at the same time.
4. Massage the diluted shampoo directly onto your scalp. Wash your entire scalp thoroughly for 1 to 2 minutes. There's no need to scrub your hair with the shampoo as during the rinsing process, the shampoo will flow down to the hair and wash the hair just sufficiently in the process.
5. Rinse off thoroughly with warm water.

>> Natural Hair Conditioning Rinse <<

Natural hair conditioning rinse is not going to feel like commercial hair conditioners, i.e. it won't give your hair a slippery feel. Therefore, it will not cause any build-ups.

Natural hair conditioning rinse has three main functions:

1. Remove any shampoo residue.
2. Tone and balance the scalp.
3. Condition the hair shaft.

Formula 1: Rosemary, Basil and Sage Hair Conditioning Rinse

This formula is great for people with dark hair. It'll help to reduce dandruff and balance out oily scalp. At the same time, regular use may even help to minimize hair loss and stimulate hair growth!

Ingredients:

<i>Dried rosemary</i>	<i>2 heap tablespoon</i>
<i>Dried basil</i>	<i>1 heap tablespoon</i>
<i>Dried sage</i>	<i>1 heap tablespoon</i>
<i>Water</i>	<i>20 cups</i>
<i>Apple cider vinegar</i>	<i>1 tablespoon</i>

How to prepare:

1. *Boil water.*
2. *Place dried herbs in a large teapot.*
3. *Add fresh, boiling water and cover to infuse for 30 minutes.*
4. *Strain to remove the herbs.*
5. *Allow to cool completely.*
6. *Add apple cider vinegar when the herbal infusion has cooled.*

How to use:

1. *After shampooing, pour the conditioning rinse slowly over the hair and scalp, stopping every now and then to massage your scalp and hair gently. Take care not to tangle your hair.*
2. *Squeeze excess rinse from your hair and towel dry gently.*

Formula 2: Lavender and Chamomile Hair Conditioning Rinse

This formula is great for dry, sensitive scalp. It is also great for those with light hair colour as it gives beautiful lights to the hair.

Ingredients:

<i>Dried lavender</i>	<i>2 heap tablespoon</i>
<i>Dried chamomile</i>	<i>1 heap tablespoon</i>
<i>Water</i>	<i>20 cups</i>
<i>Lemon juice</i>	<i>2 teaspoons</i>

How to prepare:

1. *Boil water.*
2. *Place dried herbs in a large teapot.*
3. *Add fresh, boiling water and cover to infuse for 30 minutes.*
4. *Strain to remove the herbs.*
5. *Allow to cool completely.*
6. *Add lemon juice when the herbal infusion has cooled.*

How to use:

1. *After shampooing, pour the conditioning rinse slowly over the hair and scalp, stopping every now and then to massage your scalp and hair gently. Take care not to tangle your hair.*
2. *Squeeze excess rinse from your hair and towel dry gently.*