Hair Care Natural Options

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Hair Care Natural Options

- Sea moss (mineral balance)
- Biotin
- Vit D weekly for 1-2 courses
- MSM
  Click for Link !
- Nioxin shampoo and conditioner system
  Click for Link !
- Ethan Thomas energising system
- Castor oil + coconut oil : Leave for at least 7 hrs.
- Thyroid check up.
- Braggs apple cider vinegar with the mother.

- **Rosemary hair rinse** :

The recipe is to slow cook a bunch of fresh rosemary or one cup of dried rosemary in a crockpot on low for 6 hours. Then put in refrigerator. It should be good for six months if refrigerated in an airtight container. Use the hair rinse as a leave in conditioner. Warning, it can cause your hair to darken. Rosemary contains ursolic acid which helps to increase scalp circulation – this means more oxygen and nutrients will be sent right to your hair follicles, and that in turn promotes healthy hair growth. This aromatic herb has been traditionally known to darken gray and also slow the appearance of grey hairs. Due to its high antioxidant content, it scavenges free radicals and hydrogen peroxide, which are responsible for greying as well as hair thinning. Rosemary also revitalizes hair, removes product/cal build up to leave your hair shiny and soft.

- **Organic coconut oil**
  Treatment once every 2 weeks and then once a month.
- **Diatomaceous earth**
- **Virgin coconut oil : drink 1 tbsp, twice a day**
- **Few drops of coconut oil in the navel, before sleeping**
- **Don't use Monday shampoo**
- **Zinc supplements**
- **Make sure you not using SLS in your shampoo**
  Get a wood quality rosemary essential oil add around 10 drops to a 500ml bottle shake well before each use.
- **Bondi boost hair growth : Made in Australia**