

Shampoo



Oily Hair

23 oz. Water
8.8 ounces of NaOH
32 ounces Olive oil
18 ounces Coconut oil
6 ounces Tallow or Lard
4 ounces Castor oil
6-12 teaspoons of essential or fragrance oil

Dry to Normal Hair

23 oz. Water
8.4 ounces of NaOH
38 ounces Olive oil
10 ounces Coconut oil
8 ounces Tallow or Lard
4 ounces Castor oil
6-12 teaspoons of essential or fragrance oil

Note: In either recipe above Palm Oil may be substituted for Lard/Tallow if an all vegetable recipe was preferred.

If you prefer a liquid soap for shampoo, a simple method to achieve this end is to grate a few bars and slowly add approximately 150 degree rain or distilled water while gently stirring until the desired thickness is achieved (avoid aggressive stirring to keep from sudsing). That desired thickness should just to the pouring state, not as runny as commercial shampoo. Make just enough to use up in a week or two at a time, keep it in a plastic bottle (use a recycled dish detergent bottle), store in a home environment temperature. Note: It has been said P&G successfully shifted the population away from bar shampoo to liquid shampoo because liquid uses up faster (especially when following directions to lather, rinse, and repeat).

For the spa treatment, apply a diluted lemon juice rinse and massage your scalp.