

# How to make SHAMPOO

Than makes hair curly or straight.

Are you loosing your hair? What make hair grow. All information here.



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### Ingredients for Curly Hair Shampoo

- ✓ A Jar or container
- ✓ 1 cup of Baking Soda
- ✓ 3/4 cup Canned Coconut milk
- ✓ 2 tsp Sweet Almond / Vitamin E Oil
- ✓ 30 drops of Tea Tree Essential Oil
- ✓ 30 drops of Peppermint Essential Oil
- ✓ Some Distilled Water (*Note: This is however thick or thin you want it or you need it to use a pump*)

### Ingredients for Straight Hair Shampoo

- ✓ A Jar or container
- ✓ 1 cup of Baking Soda
- ✓ 3/4 cup Canned Coconut milk
- ✓ 2 tsp Sweet Almond / Vitamin E Oil
- ✓ 30 drops of Tea Tree Essential Oil
- ✓ 30 drops of Lavender Essential Oil
- ✓ Some Distilled Water

### Various essential oils

Each oil listed below have its peculiar smell:

- Peppermint oil
- Lavender oil
- Roman chamomile oil
- Hyssop oil
- Myrrh oil
- Vetiver oil
- Frankincense oil
- Grapefruit oil
- Cedarwood oil
- Spearmint oil
- Basil oil
- Melaleuca oil
- Lemon oil
- Arbovitae oil
- Orange oil
- Helichrysum oil
- Cassia oil

### Steps to make the Shampoo

**STEP 1:** So start by pouring the coconut milk into the bottom of the jar.

**STEP 2:** Add the oils, and then baking soda goes on top.

**STEP 3:** Use as little or as much distilled water as you would like for the consistency that you like,

**STEP 4:** Screw on your lid and SHAKE!

**STEP 5:** Pour your Shampoo into a jar or any other container.

**STEP 6:** Put in your shower as usual for storage and discard after about 6-8 weeks if unused.

**Note:**

- Remember to shake each time you use it.*
- This Shampoo is not going to be like commercial detergent-style shampoos. It will not lather up or anything like that, so be aware before you use it.*

### Causes and control of hair loss and breakage

The most common causes of hair breakage and the remedies are listed below:

#### 1. Diet

There's a lot to the old saying, "you are what you eat," especially when it comes to hair and skin health. Certain nutrients help your hair grow and stave off breakage from damage. Make sure you're getting enough zinc, iron, and folic acid in your daily diet. Adequate protein and antioxidants (found in plant foods) can also keep your hair damage-free. Here are the five best vitamins for hair growth.

#### 2. Stress

It's also known that stress can lead to hair breakage. Telogen effluvium is the type of stress most likely linked to hair damage. This type of stress makes your follicles go dormant, so hair that's in the middle of a growth cycle may break off. You might notice old hair fall out, too. Managing your stress may result in healthier hair.

#### 3. Dryness

Dehydrated hair is one of the precursors to damage and breakage. Breakage is also caused by various factors, including dry weather, low humidity, and too much heat. Be sure you use warm and not hot water when you wash your hair; hot water leads to further drying.

#### 4. Heat damage

One way to prevent overall heat damage is to give your strands a break from all styling tools at least once a week. To reduce the actual heat damage from your styling tools, select ceramic versions; these heat up more evenly, so you don't have to repeatedly use them on the same sections of hair. It's also essential to protect your hair before you apply the heat. Check out this heat-protecting spray to minimize damage.

#### 5. Over-processing

Perms, relaxers, the professional straightening, and coloring can all make your hair seem like it's healthier, after the first session or two. But if you do these services too often, the cuticle can break down and cause hair damage. In the meantime, try a hair mask to extend your results, such as this color-protecting mask.

#### 6. Over-washing

If you have oily skin, you're also more likely to have excess sebum (natural oil) production in your scalp. This can lead to the temptation to wash your hair more often than you need to. While daily washes are useful if you have oily hair, you shouldn't wash your hair multiple times per day. On the flip side, dehydrated hair may only need weekly shampooing. Also, be sure you shampoo gently at the scalp and apply conditioner smoothly from your ends to your roots.

#### 7. Improper towel drying

The towel's rubbing on hair motion damages your hair when it's most vulnerable (after being wet). Instead of rubbing water out of your hair, blot an absorbent towel around your hair instead. You can also leave a towel in your hair as a temporary measure to absorb excess water.

#### 8. Elastic hair ties

Elastic hair ties are must-haves for keeping your hair out of your face while working out. The problem with hair ties is they pull on your scalp or your hair tighter. You can fix this by wearing your hair down once in a while or making your hair looser, so it doesn't pull on your hair so much. Also, make sure you're wearing real hair ties and not just rubber bands that can damage your hair.

#### 9. Incorrect brushing and combing

AAD recommends that you should only brush and comb when styling your hair. Make sure you used wide-tooth combs to prevent breakage. You should also only use a brush when your hair is dry and avoid using plastic bristles. Try a brush with natural bristles instead.

#### 10. Lack of hair trims

It may seem like cutting your hair can damage it. Ironically though, hair trims help keep your hair healthy and free of split ends. You can think of a hair trim like you would exfoliate your skin — in both instances, you need to remove some of the old cells to help new ones grow.

When you have split ends, these splits in the cuticle can travel up the rest of the length of your hair and lead to breakage.

### Ways to Make Your Hair Grow Faster

Below are some ways to make your hair grow faster

- Distribute your hair's natural oils.
- Eat the right foods.
- Avoid heat styling tools.
- Skip the daily Shampoo (two to three times per week is preferable).
- Add a vitamin to your A.M. routine.
- Finish your shower with a cool rinse.
- Be careful when you brush wet hair.
- Stop doing trendy "cleanses."
- Sleep on a silk pillowcase.

### Benefits of Shampoos

There are many benefits to using Shampoo. Typically hair needs to be washed with products that help the PH balance. Here are the benefits of using shampoos:

- Using Hair shampoos helps improve the condition of their hair so that it feels better to the touch.
- Hair Shampoos that contain the proper vitamins, oils, minerals, and botanical extracts can stimulate the hair follicles and scalp. These shampoos also have natural fragrances.
- Hair shampoos fight dryness and oiliness
- Hair shampoos relieve itch and irritation
- Hair shampoos remove the redness (In this case, people with sensitive skin can quickly get inflamed skin, which eventually leads to many other hair related problems)
- Hair shampoos keep your hair beautiful and blossomed: