

Natural Basic Shampoo Recipe

By Janice Cox

Give your hair the luster it deserves in cold, dry winter weather. This recipe includes enhancers for oily, dry, and normal hair.



Photo by Getty Images/Ekaterina Morozova

You can easily create a shampoo containing simple, natural ingredients that'll give your hair added body, bounce, and luster. *Yield: 8 ounces.*

Ingredients:

- 1/2 cup water

- 1/2 cup liquid castile soap
- 1/2 teaspoon light natural oil (omit if you have very oily hair)

Directions:

1. Mix together all ingredients listed at right.
2. Pour the shampoo into a clean squeeze bottle or plastic container.

To use: Shampoo your hair as you would normally, and rinse well with cool water.

Shampoo Enhancers

For Normal Hair

- **Beer.** Place 1 cup of beer in a saucepan and boil until reduced to 1/4 cup. Add this to 1 cup of Basic Shampoo and stir well.
- **Egg.** Mix together 1 tablespoon of Basic Shampoo and 1 raw egg. Use this mixture to shampoo your hair.

For Oily Hair

- **Lemon juice.** Add 2 tablespoons of fresh lemon juice to 1 cup of Basic Shampoo and stir well.
- **Aloe vera gel.** Add 1/4 cup of aloe vera gel to 1 cup of Basic Shampoo and stir well.

For Dry Hair

- **Honey.** Mix together 1 tablespoon of honey and 1 tablespoon of Basic Shampoo.
- **Jojoba oil.** Add 2 tablespoons of jojoba oil and 1/2 cup of water to 1 cup of Basic Shampoo and stir well. Shampoo as usual, and rinse well with warm water. If hair seems too oily afterward, shampoo once more with 1 teaspoon of Basic Shampoo.

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