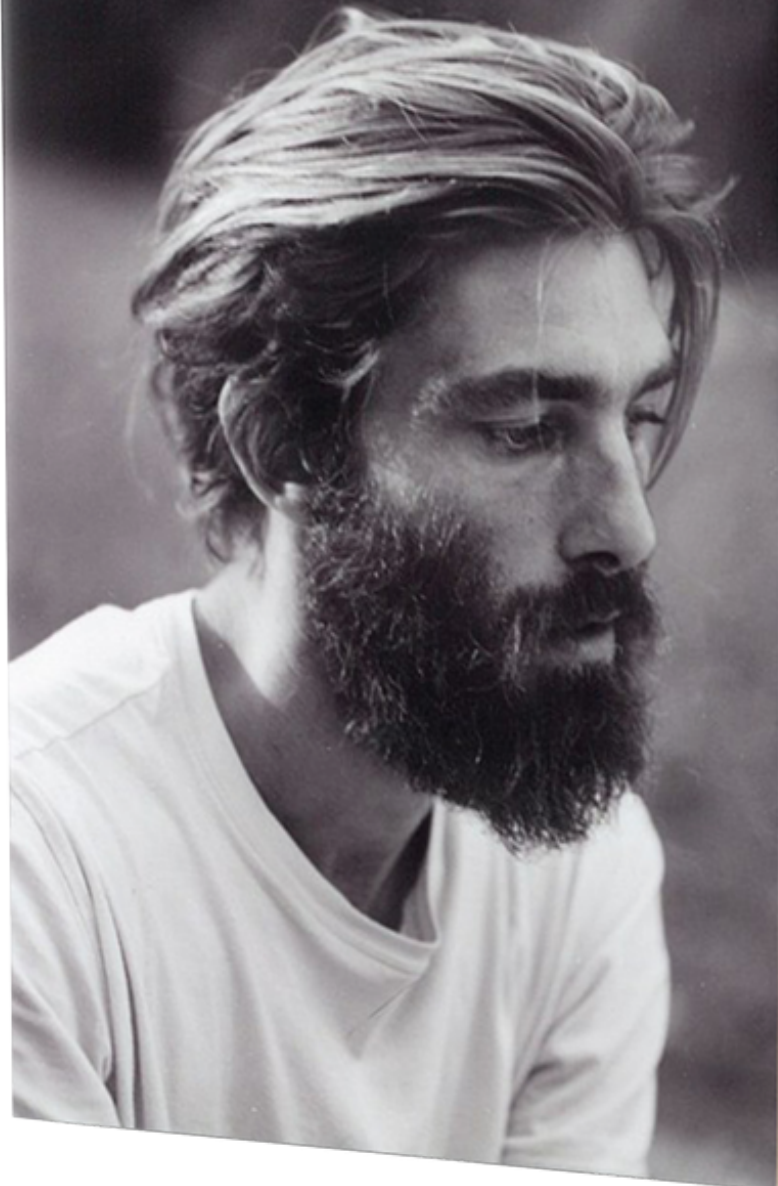


Shampoo Secrets

Part of the *Hair Equilibrium* Program



Shampoo Secrets

Hair Care Recipes For Hair Growth & Protection

Part of the Hair Equilibrium
Program from Hair Loss
Revolution

Introduction

Most shop-bought products are loaded with chemicals and harsh ingredients, which, overtime damage the hair and the scalp.

It is unfortunate that the damaging effects of these chemical laden products are hidden from us over the short term. Mostly because we are distracted by the synthetic smells and texture that these chemicals leave in our hair.

Over time though, the true damage begins to show from all of these chemicals. This leaves our hair vulnerable to hair loss, with an itchy and irritated scalp and dry, brittle hair.

Much like making home-cooked meal, with your own homemade shampoos you will know exactly what ingredients have gone into it. You can tailor the ingredients to suit your needs specifically. And you can save on the cost, just like eating at home rather than eating out.

Most of all, you don't have to worry about the smell and texture of your shampoo, which is how most of us make our buying decisions, but these features require harsh chemicals. As you'll see, you can make your own shampoo that's good enough to eat.

We all have different hair types and different skin types. So why use a one-size-fits-all approach. Why not use just natural ingredients that suit you best?

If the harsh chemicals found in commercial products do one thing that is more damaging than anything else, it is stripping away the natural oils from the scalp and the base of the hair follicle.

These oils are there for a reason – they protect and nourish the hair follicle. Without these natural oils the hair follicles are much more likely to wither and die.

Unfortunately our modern diets can produce an excess of unnatural sebum which comes from a toxic body. That's why in *Hair Equilibrium* I focus so much on dietary techniques.

With the detox method and the dietary techniques you'll restore the healthy balance in your body and start

producing healthy natural levels of essential oils on your scalp. These will nourish and protect your hair.

So don't go stripping them away with harsh chemicals.

In this ebook we'll use our base ingredients and then add to that a finely tuned mixture of essential oils.

We use essential oils because they are natural and are the perfect ingredients to protect the hair. They are also full of antioxidants which neutralize free-radicals in the scalp, boost hair growth and aid in the cellular repair process.

Essential oils also absorb naturally into your scalp, helping to nourish and protect it. Because they are natural, mostly from plants our body welcomes them.

Unlike harsh chemicals which the body rejects and doesn't want getting inside the body so it reacts and creates a barrier. This barrier caused by the chemicals our own natural oils can't get out and the chemicals just sit on the scalp causing itching. This is why everything must be natural.

Because essential oils are extremely potent it is important to use them sparingly. We can use the techniques of diluting any essential oil in a carrier oil, such as olive oil, coconut oil, jojoba oil so that the concentration of essential oil isn't unnaturally high.

As a rule of thumb, 1 drop of essential oil should be diluted with at least 5ml of carrier oil.

Using The Right Cleansing Agent and Container

You will need a good container to store the base formula in. You can re-use an old shampoo bottle or purchase a squeezable plastic bottle, which makes it extremely easy to apply on your hair.

In each shampoo recipe there is a base-cleansing agent. In these recipes we'll use either baking soda, apple cider vinegar or liquid castile soap. My go-to choice as a cleansing agent is 1 teaspoon of baking soda + 2 tablespoons of apple cider vinegar per wash of my hair. These ingredients are extremely easy to find and cheap to buy.

Liquid castile soap is a gentle cleansing agent made from plant-based oils like olive and coconut. It has a nice foaming effect so is popular for natural homemade shampoos.

How To Use These Shampoo Secrets Effectively

These recipes aren't a magic bullet. They won't re-grow your hair alone. But they are absolutely 100x better than any shop bought product.

I recommend you browse through the recipes and pick one that you like the sound of depending on your hair type (normal, dry or oily) and go from there.

Don't be afraid to create your own as well. Just follow the formula of cleansing agent + carrier oil + essential oil and go from there. The herbs are also a great addition.

Our hair and our bodies need a variation of micro-nutrients and minerals, and the best way to get these is from a large variety of different sources.

Shampoo Recipes For Normal Hair

Recipe 1 For Normal Hair

- Maple syrup (2 tablespoons)
- Carrot seed essential oil (5-10 drops)
- Jojoba oil (10 drops)
- Cleansing agent (1/3 cup)
- Water (1 cup)

Combine all of the ingredients in the container of your choice and shake well until thoroughly mixed. Apply to wet hair and massage into the scalp. Rinse out thoroughly.

Benefits

This is a great shampoo for dandruff. The carrot seed oil purifies, detoxifies and stimulates the scalp with its vitamin content. The carrot also improves circulation and can stimulate hair growth. The jojoba oil adds extra hydration and dilutes the carrot seed oil. Jojoba is similar to our natural sebum so that it adds elasticity whilst protecting the scalp, and without being greasy.

Maple syrup is soothing and nourishing, whilst also having antibacterial properties.

Recipe 2 For Normal Hair

- Coconut Milk (1/3 cup)
- Liquid Castile Soap (1/2 cup)
- Orange Essential Oil (10 drops)
- Castor Oil (10 drops)

Mix the ingredients in your container and shake well. Apply to wet hair and rinse out thoroughly. Store in a refrigerator.

Benefits

This is an amazingly nourishing shampoo with high vitamin and mineral content including E, C, B1, B3, B5, calcium, iron, selenium and magnesium. Coconut milk deeply nourishes the hair, providing nutrition from the outside in which is why it can be so good for hair loss.

Orange essential oil is full of antioxidants, which protect the cells of the scalp and hair from free-radical ageing. Castor oil acts as the carrier oil in this situation and it nourishing and hydrating in itself.

Recipe 3 For Normal Hair

- Water (1 cup)
- Herbs of choice (nettle, sage, chamomile, reishi mushroom)
- Lavender Oil (5 drops)
- Apple Cider Vinegar (1 tablespoon)
- Almond Oil (3 tablespoons)

Boil the water and pour it over the herbs. Let it steep for 20 minutes. Strain the liquid to remove the herbs and make sure it is cool before mixing thoroughly with all the other ingredients.

Apply to wet hair, massage in and then rinse out. Can be stored in a cool place for several months.

Benefits

Vinegar is a great for gently cleaning the hair. It is also antibacterial and removes the build up of dirt and oils naturally. The herbs help stimulate hair growth.

The reishi mushroom acts as a 5-alpha-reductase inhibitor so it can help lower the amount of DHT on the scalp. Nettle can be one of the best ways to fortify hair against hair loss.

Almond oil has high quantities of magnesium and is moisturizing and stimulating, and also helps to soothe inflammation and irritation in the scalp.

Lavender oil helps to calm and relax, and reduce tension in the scalp, which can then improve circulation and reduce hair loss.

Shampoo Recipes For Dry & Brittle Hair

Recipe 1 For Dry Hair

- Apple Cider Vinegar (1 tablespoon)
- Orange Blossom Essential Oil (5-7 drops)
- Avocado (1 half)
- Olive Oil (2-3 tablespoons)
- Water (1 cup)

Mix the vinegar with the mashed avocado and add the oils to the mixture. Blend if necessary. Apply to wet hair and massage in.

Benefits

This recipe is extremely high in vitamin E and B and helps to stimulate hair growth, especially if you have dry, brittle hair. The olive oil and orange blossom oil combine to hydrate dry hair.

Recipe 2 For Dry Hair

- Water (1/2 cup)
- Liquid Castile Soap (1/2 cup)
- Aloe Vera Gel (1/3 cup)
- Glycerin (1 teaspoon)
- Almond Oil (2-3 teaspoons)
- Geranium Essential Oil (10 drops)

Mix all of the ingredients thoroughly in your container of choice until well combined. Lather into wet hair and massage in for 2-5 minutes. Rinse out thoroughly. Use within 1 month.

Benefits

Perfect for dry hair, the glycerin deeply nourishes dry scalp and follicles. Almond oil is packed with natural vitamins and minerals.

The aloe vera contains enzymes and alkalizing properties that help to naturally balance the pH level of your scalp, which helps to promote hair growth and combat baldness.

Geranium oil is excellent at improving circulation.

Recipe 3 For Dry Hair

- Water (1/2 cup)
- Olive Oil (1/2 cup)
- Comfrey Root (a few small chunks)
- Herbs of your choice (sage, nettle, reishi, elderflower, dandelion)
- Cedarwood Essential Oil (5-7 drops)

Boil the water and add the comfrey root and herbs that you decide to use. Steep until cool then strain the water and mix in the other ingredients. Apply to wet hair and let it sit for 5 minutes. Rinse out thoroughly.

This is a very nutritive balm that helps to regulate the production of sebum whilst applying large quantities of hair-growing nutrients directly to the scalp and hair follicles.

The comfrey root helps improve hair growth with high mineral content and antioxidants. It also contains beneficial and rare micronutrients like allantoin, rosmarinic acid and mucilage, which help with hair growth. It is also anti-inflammatory which is great for the hair follicles.

The dandelion herb has a high amount of vitamin A, which promotes hair growth. Elderflower soothes the damaged scalp and helps repair damaged hair.

Recipe 4 For Dry Hair

- Argan Oil (3-5 teaspoons)
- Maple Syrup (2-3 teaspoons)
- Thyme Essential Oil (7 drops)

Mix until thoroughly combined and lather on to your hair. Let it rest on the hair for maximum absorption (5 minutes) then rinse out with cool water.

Argan oil is extremely nourishing and rich in vitamin A, E and antioxidants, which reduce cellular ageing. Thyme helps to boost circulation.

Shampoo Recipes For Oily Hair

Recipe 1 For Oily hair

- Warm Water (1 cup)
- Baking Soda (1 tablespoon)
- Cornstarch (2 tablespoons)
- Citrus Essential Oil (5 drops)
- Grapefruit Juice (1/3 cup)
- Grapeseed Oil (2-3 teaspoons)

Combine all the ingredients in your chosen container and shake well until mixed thoroughly. Apply like a normal shampoo and rinse out well. Don't use overly hot water in the shower.

Benefits

The citrus essential oil is perfect for cleansing oily hair and removing the oily sebum from an unhealthy diet. Citrus contains antioxidants, magnesium, potassium and folate.

Grapefruit juice cleanses and revitalizes with high vitamin content and gentle acidic structure. Cornstarch helps to regulate sebum production and mops up excess oils. Grapeseed has been known to reduce hair loss and provide omega-3 fatty acids, which protect the scalp and hair follicles.

Recipe 2 For Oily Hair

- Water (1 cup)
- Castile liquid Soap (1/2 cup)
- Herbs (watercress and lemongrass)
- Strawberries (3)
- Lemongrass Essential Oil (4-5 drops)
- Grapeseed Oil (2-3 teaspoons)

Boil the water and steep the herbs until cool, then strain. Blend the other ingredients, except the soap, until smooth. Add the soap at the end, shake and add to container. Apply to wet hair, massage in and then rinse out. Use within 2 weeks and store in a refrigerator.

Strawberries contain antioxidants and are high in magnesium, omega 3s and copper. They are soothing and

can help regulate over production of sebum and reduce hair loss. Lemongrass regulates oil production, fights greasiness and has an astringent effect. Watercress is full of minerals that revitalize your hair. The high biotin and zinc composition of watercress are perfect for fighting hair loss.

Recipe 3 For Oily Hair

- Water (1 cup)
- Lavender (1 handful)
- Black Tea (2 teaspoons of powder)
- Ginger Root (2 pieces)
- Maple Syrup (3 teaspoons)
- Lavender Essential Oil (4-5 drops)

Add all of the ingredients to a blender and blitz until smooth. Massage on to your hair and allow it to sit for 5 minutes. Rinse out thoroughly with medium-warm water and towel dry.

Benefits

Ginger energizes your scalp and can promote better circulation and blood flow to the hair follicles. It also has natural antiseptic properties. Black tea can be very effective at reducing hair loss and thinning hair.

Tannic acid from the black tea can help to control the production of excess oil. Lavender also helps to regulate sebum buildup and helps de-stress. It is also anti-inflammatory which reduces the rate of hair-follicle miniaturization which can cause pattern baldness.

Maple syrup hydrates and provides minerals. This is a great shampoo recipe for oily thinning hair and damaged scalp that needs soothing.

Recipe 4 For Oily Hair

- Apple Cider Vinegar (1/2 cup)
- Apricot Oil (2-3 teaspoons)
- Cypress Essential Oil (4-5 drops)

Mix well in the container of your choice. Apply to damp hair and leave on to rest for 5 minutes or so. Rinse out after use.

The balancing properties of cypress essential oil and vinegar are a great combination for oily hair. Cypress oil

can help to remove excess oil that could be causing hair loss.

Anti-Dandruff Shampoos

Anti-dandruff Recipe 1

- Apple Cider Vinegar (1 cup)
- Water (1 cup)
- Rosemary (1 bunch)
- Grapeseed Oil (2-3 teaspoons)
- Tea Tree Essential Oil (6-8 drops)

Boil the water and steep the rosemary bunch until the water is cooled, then strain and throw away the rosemary. Add the other ingredients to the rosemary tea in a container and shake well. Apply to wet hair and rinse out thoroughly.

Benefits

The vinegar in combination with the tea tree oil works wonders for dandruff where they heal and cleanse the scalp. Remember though, diet comes first when it comes to the health of your scalp, whether that's dryness or too much oil, your diet is the root cause.

Grapeseed oil and the rosemary tea add moisture and sooth flakiness. Tea tree oil contains eucalyptol, which is a powerful antiseptic and antiviral, it is also a great choice to stimulate hair growth by increasing the amount of blood flowing to the hair follicles.

Anti-dandruff Recipe 2

- Jojoba Oil (1/4 cup)
- Peppermint Oil (10 drops)
- Maple Syrup (2 teaspoons)

Add the three ingredients to a container and shake well until completely mixed. Apply to wet or dry hair and let it sit for 5 minutes. Rinse out thoroughly.

Benefits

Peppermint is a powerful way to fight dandruff because it helps to regulate the pH of your scalp. It has a soothing, cooling effect that helps with an irritation. Jojoba adds volume to the hair without being greasy or leaving residue

that can block the pores. Maple syrup hydrates and provides nutrients and minerals. Peppermint and Jojoba together accelerate hair growth by stimulating circulation. This recipe is also highly anti-inflammatory, perfect for a sensitive scalp.

Shampoos For Stimulating Hair Growth

Hair Stimulating Recipe 1

- Avocado (1)
- Nettle (2-3 bunches)
- Olive Oil (1/4 cup)
- Clary Sage Oil (10 drops)

Boil the nettle bunches and let them steep until the water cools then strain the leaves and add the rest of the ingredients to the cooled nettle tea. Blend until smooth. Gently massage onto your scalp and let it sit for 15-20 minutes. Rinse out after.

Benefits

Stinging nettle is extremely rich in hair growth boosting vitamins A, B, C, D and K, which also help to stimulate the scalp. Clary sage is also full of powerful scalp stimulants, whilst the olive oil and avocado moisturize and provide nutrition to the hair and scalp.

Hair Stimulating Recipe 2

- Cranberries (1 cup)
- Rose Petals (1 handful)
- Coconut Oil (1/4 cup)
- Rosemary Essential Oil (10 drops)

Blitz together the ingredients until smooth and apply to your hair for 15 minutes before rinsing out.

Benefits

Cranberries are bursting with antioxidants and vitamin C, which helps to regenerate cells on the scalp, leading to a more healthy and robust environment for the hair follicles to grow from.

Rose petals provide natural moisture and hydration and can boost blood flow through the scalp. The rosemary essential oil has antiseptic properties and can aid new hair growth.

Hair Stimulating Recipe 3

- Powdered Turmeric (1 teaspoon)
- Coconut Milk (1/4 cup)
- Ylang Ylang Oil (10 drops)

Mix all the ingredients thoroughly and gently massage onto the hair, let it sit for 5-10 minutes. Rinse out thoroughly and be careful that the bright orange turmeric doesn't stain anything.

Benefits

Turmeric is a well known and powerful spice that has long medical history. The turmeric in this recipe will rejuvenate and soothe your scalp whilst providing rare nutrients and minerals that are essential for hair growth. It is also a powerful anti-inflammatory and helps with itching and irritation.

Ylang-Ylang oil stimulates hair growth, cures dandruff and helps to regulate the production of oil.

Hair Stimulating Recipe 4

- Powdered Cinnamon (1 teaspoon)
- Coconut Oil (1/3 cup)
- Maple Syrup (3 teaspoons)
- Cedarwood Essential Oil (10 drops)
- Patchouli Essential Oil (10 drops)

Mix all the ingredients together until creamy and gently massage into your scalp for 5-10 minutes. Rinse out the mixture thoroughly after the time is up.

Benefits

Cinnamon improves circulation, which in turn helps with hair growth. Maple syrup deeply hydrates whilst the essential oil, cedarwood stimulates the scalp and hair follicles and can help reduce dryness. Patchouli helps regulate the scalp reducing oiliness.

Ultra Nourishing Hair Masks

Hair Mask Recipe 1 For Normal Hair

- Avocado (1 half)
- Vanilla Essential Oil (10 drops)
- Cherries (6, peeled and pitted)
- Water (1/2 cup)
- Herbs (nettle, chamomile, reishi)

Boil and steep the herbs until the water is cool. Strain the water and mix in the other ingredients. Blend the ingredients until smooth with a high-speed blender.

Apply the mixture to your hair and scalp and let it sit and absorb for 15 minutes. Thoroughly rinse out the mixture using mild water.

Benefits

This mask will nourish and moisturize your hair, whilst providing essential minerals and nutrients from the avocado. The cherries provide antioxidants and vitamin C. Vanilla essential oil stimulates hair growth.

Hair Mask Recipe 2 For Normal Hair

- 1 Banana
- Sandlewood Essential Oil (10 drops)
- Coconut Oil (1/4 cup)
- Water (1/4 cup)
- Herbs (chamomile and/or nettle)

Boil the water and herbs and steep until cool. Strain the water and mix in the other ingredients. Blend at high speed until smooth. Apply to dry hair and massage into the roots and scalp. Let the mixture absorb into the roots and scalp for 15 minutes then rinse out.

Benefits

The banana will help to regulate the production of oil in the scalp, it also strengthens the hair follicles by boosting the amount of potassium, vitamin C, B6, magnesium and zinc. Sandlewood oil nourishes and treats dry hair. The coconut oil conditions and moisturizes the hair.

Hair Mask Recipe 3 For Dry Hair

- Coconut Milk (1/2 cup)
- Papaya (2-3 slices)
- Almond Oil (2-3 tablespoons)
- Rosemary Essential Oil (5-7 drops)

Blend the coconut milk and the papaya together until smooth and then add the oils. Apply to dry hair and massage in. Let it sit for 20 minutes and then rinse out.

Benefits

Papaya provides large amounts of vitamins and minerals. There is an enzyme in papaya called Papain, which is known for removing old cells and activating the production of new ones, which in turn helps prevent hair loss.

Almond oil has a high vitamin and mineral content and rosemary oil stimulates hair growth.

Hair Mask Recipe 4 For Oily Hair

- Frozen Berry Medley (1/2 cup)
- Watermelon (1-2 slices)
- Rosehip Oil (2-3 teaspoons)
- Orange Essential Oil (4-5 drops)

Blend all the ingredients at high-speed in your blender. Massage into your scalp and leave to absorb for 20 minutes. Rinse out thoroughly.

Benefits

Antioxidants from the berries and refreshing and hydrating properties from the watermelon combine to stimulate and protect hair. Rosehip oil contains plenty of vitamin A that helps with hair repair, meaning less hair turnover and therefore thicker, longer hair.