Fengreek Oil for the Hair Recipe

Ingredients

¾ to 1 cup of Olive Oil or Coconut Oil

½ Cup of Fenugreek Seeds

3 to 5 tbls of Black Jamaican Castor Oil

½ to 1 tbls of Tea (Curly Proverb)

½ to 1 tbls of Aloe Vera Powder (optional)

½ to 1 tbls of Rose Powder (optional)

½ to 1 tbls of Henna ( or Curly Proverb Henna Gloss)

5 to 10 drops of Peppermint Oil

5 to 10 drops of Rosemary Oil

¼ teaspoon of MSM Powder (optional some people are allergic)

1. take ½ cup of Fenugreek seeds and toast for 3 to 4 minutes.

2. warm olive oil for 30 seconds

3. add toasted Fenugreek seeds and warm oil and add to mason jar.

4. Add Jamaican Castor Oil, tea, Aloe Vera Powder, Rose Powder, henna.

5. when cooled, add Peppermint, Rosemary and MSM Powder.

6. Leave for 1 to 2 weeks and use.

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