

Homemade Shampoo

edited from diyNatural.com

You will only need 2 ingredients and one of them is free. Never mistake simplicity for ineffectiveness.

- 1 Tbsp baking soda
- 1 cup water

We mix ours in double batches into an old shampoo bottle. Feel free to use whatever container you like doubling up on ingredients until it's full.

How to use

Simply shake the bottle before each use and gently massage into the hair and scalp for a minute or two and rinse.

Safe for all hair types

This shampoo is completely safe for all hair types and will not strip your hair of its natural oils, unlike most commercial shampoo. But if you color your hair it may strip the dyes out.

Tips for controlling static

- Be sure you're trimming your ends every 6-8 weeks, less split ends = less static.
- Try shampooing less often (maybe 3x/week).
- Use less heating elements (blow dryers, flat/curling irons, etc.).
- Try massaging in a Tbsp of olive oil once/week then rinsing.
- Another treatment to try is Avocado w/lemon juice – mix, smash into hair, let sit 30 mins and rinse.

Tips for controlling oily hair

- Do occasionally – mix 2 egg yolks with 2 tsp lemon juice or vinegar. Work it into hair and let set a few minutes while showering. The egg binds with the hair oil. Rinse with lukewarm water.
- Be sure to shake the mixture vigorously to ensure the baking soda is completely dissolved into the water.
- Massage baking soda shampoo into your scalp for at least 2 minutes.
- Give your hair a few weeks to adjust to the change (like 2-3 weeks or more).

Tips for thickening shampoo

- Blend up some whole oats in a GOOD blender then mix with baking soda and water. Different people like different consistencies so add oat flour slowly until desired thickness is reached.
- Mix corn starch with the baking soda and water (add enough for desired thickness).
- Use both oats and corn starch, try this mixture: 1 c. warm water, 1 Tbsp. baking soda, and equal parts cornstarch & oatmeal flour to thicken (approx. 3/4 Tbsp each).