

# Homemade Shampoo

**25 Easy DIY Recipes to  
Cleanse and Moisturize  
Your Natural Hair**

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25 Easy DIY Recipes to Cleanse and Moisturize Your Natural Hair

By **B. CliShea**

The methods and recipes described here are the author's personal thoughts, experience and the product of broad research on the matter. You may discover that there are other methods or materials to accomplish the same end result.

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25 Easy DIY Recipes to Cleanse and Moisturize Your Natural Hair By B. **CliShea**

## **First Edition**

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# FOREWORD

Thanks for downloading our eBook, *Homemade Shampoo: 25 Easy DIY Recipes to Cleanse & Moisturize Your Natural Hair*.

This eBook is designed to share homemade remedies to fix your most-common hair tragedies – grease, frizz, flakes, dryness, breakage and damage!

With these recipes, you will learn how to find the best suited shampoo for your hair type and create all-natural hair care products that will not only make sure that you get healthier and chemical-free hair you always dreamt of.

Each chapter gives short, no non-sense answers and author's tips to your daily hair questions.

**P.S.** As our “thank you” to you, we’re giving away a freebie for this purchase. [Click here to see what awaits you!](#)

**P.P.S.** If you liked this eBook, why not Tweet about it, or email it to a friend or family? I’m sure they would appreciate it!

# PART I

## All About The Hair

### HAIR CARE

*“Invest in your hair. Your hair is the crown that you never take off.”*

Everybody cares about how they present themselves in the world. Our outward appearance is of utmost importance and we focus much of our time and energy to make sure that every strand of your hair to the tips of your toes are groomed and taken care of.

For women, the value of hair is unquestionable. Hair is almost like a social status! It's a statement about yourself that represents your individuality and style, reflects your mood and state of mind plus a great hairdo gives an extra boost of self-confidence.

This value that we put into looking good and having great hair has driven women to seek assistance from hair professionals. Stylists are consulted for any decision re hair – from styling to the latest trends! Women keep regular visits with their personal stylists for trimming, conditioning and the occasional chit-chat.

With the time you spend together, your stylist will become your best friend!

Aside from the obvious aesthetic benefits of having great hair, knowing your hair's status has other advantages. The state of your mane may be reflecting your personal health. If you have brittle and dry hair or a flaky scalp, it usually means that you're lacking in nutrients that keep your scalp and hair follicles healthy.

Health is a priority in today's world and this focus extends to haircare. Through recent studies, consumers have learned the ingredients that goes into

the products they use. They found out that most of the products sold in markets today have chemicals in them that do more harm than good.

Because of this, people started looking for all-natural and organically grown products for their most basic needs – from the food they eat to their personal hygiene needs. For beauty, consumers have become more educated on the ingredients of their routine beauty products and are starting to avoid conventional products and buy organic instead.

Hair and beauty are now multi-billion-dollar industries and an average woman spends approximately \$50,000 in her lifetime for haircare (washing and styling) alone.

But let's face it though – not everyone can afford such luxuries. The cost of buying organic products and maintaining quality hair is too steep for most. This is the reason some people settle for conventional and common products. Their logic is: these products are affordable, can be easily bought and does what it's supposed to do – clean hair. For some, this is enough.

Even though complacency is present with most, there's still a growing movement of individuals that support homegrown organic goods and homemade organic products. These supporters have published multiple reports and studies to highlight the qualities of all-natural products and how these qualities resonate in our day-to-day lives.

This is particularly true for hair care. Multiple sites and writings budded all over the internet promoting the positives of going organic and endorsing the benefits of using homemade products instead of buying them. This gave people alternative lifestyles that are both healthy to their bodies and good to their wallets.

This eBook is in support of that movement. This is designed to show the merits of going organic for hair care and providing helpful information and tips to help you go through the process.

It will be a ride, so hang on and enjoy it!

## Ph Levels + Your Shampoo + Hair Care

To fully understand hair, one needs to have a clear grasp of the relationships between your shampoo, pH levels and hair care.

### What does pH levels mean?

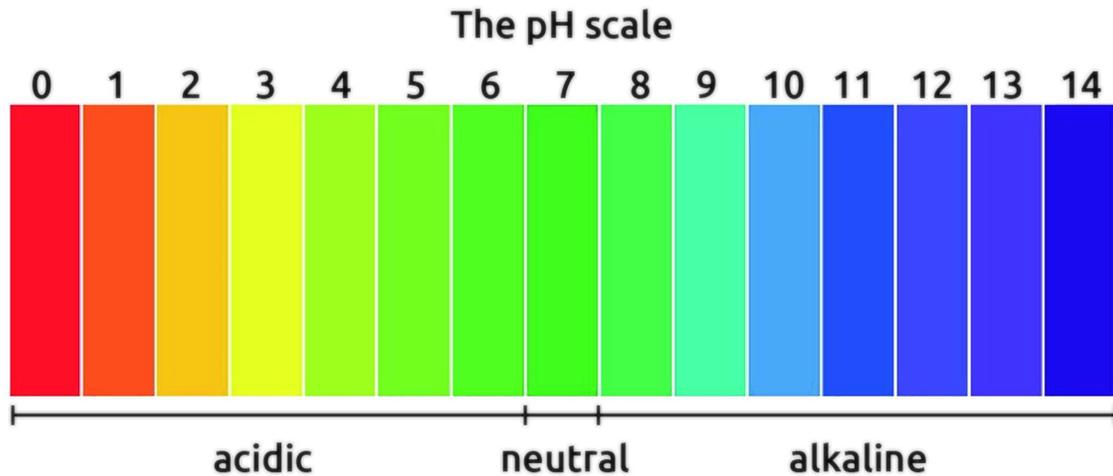
pH levels are words that are being thrown around a lot these days. We normally associate pH levels to the alkalinity of household cleaners, the qualities of distilled water and of other everyday substances. Even our hair has its own natural pH level. This level can get affected by the kind and quality of hair care products you use regularly.

Potential Hydrogen or pH scale is the measurement of the acidity or the alkalinity of a substance measured on a scale of 0-14 with 7 being a neutral solution. The term originates from the French term 'pouvoir hydrogene' or hydrogen power.

Potential or (p) is written in small letter as it simply talks about the amount of the substance while Hydrogen is represented as H as it is a proper word and scientific name of an element.

Blood and water are both examples of things with neutral or pH7 levels. Battery acid has pH level 1 and is very acidic while bleach has pH level 13 and is very basic.

Each level movement, either left to right or its reverse, represents the acidic or basic levels of a substance. The higher the Ph level the more alkaline or basic it is.



Your hair's typical pH balance is between 4.5 and 5.0. Hair is somewhat acidic because of the mantle – a slightly acidic fluid mixture of oil, salt and water found in your hair.

Water, with pH 7, is therefore too alkaline for human hair. Then human hair encountering hard water will mean trouble!

The term “hard water is used to describe water that has high mineral content, usually calcium and magnesium but may also include bicarbonates and sulfates. The degree of hardness becomes greater as the mineral content increases.

When hair encounters high alkaline substances, like hard water, the cuticles of our hair swells, rises and opens. Raised cuticles lead to porous hair that will have difficulty to absorb and keep moisture on. Because of this, hair will become dry, tough and susceptible to frequent breakage.

On the other end, when hair comes into contact with low pH substances, the cuticle contracts and lays flat. This is technically the ideal situation because a compact cuticle better holds moisture which leads to healthier looking hair.

To restore a balanced pH level, one key thing to do is to transition to hair products that are within the 4.5 – 5.5 pH level range. This may be difficult to determine because some manufacturers don't include pH levels in their product labels. However, you can conduct a simple test to identify the pH levels.

If the product you have falls within the happy hair range of 4 – 5.5 then this

product is safe to use as is. Those that have high pH levels can still be used but with additional help of acidifying agent to balance out the range. Some of the more common acidifying agents are aloe vera, lime juice and apple cider vinegar.

Mixing these substances together requires a few tries. Its suggested to mix minute volume of the acidifying agent into the solution and then continuously checking for pH level until you've reached the ideal one.

A detailed explanation on the steps to take to test pH levels of your hair product will be discussed on the next chapter.

## How do you know if your shampoo is pH balanced?

Knowing your hair type and your hair product's pH level is important so that you can give your hair the proper care that it deserves. There are several ways that you can take to do just that.

The simplest is to **read the labels on your current hair products**. The back label should say pH balanced or low pH in the description flap.

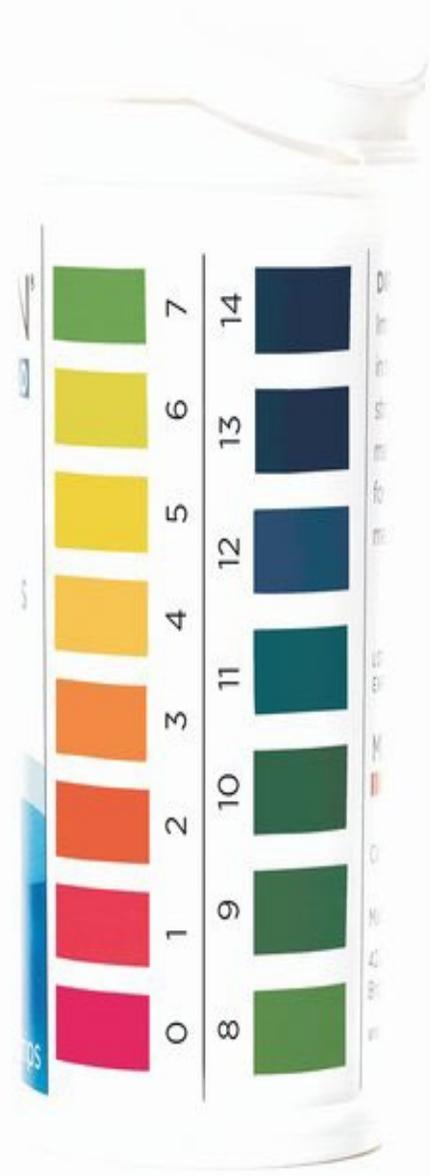
You can **call the company's customer service hotline** for your inquiries. Most product labels display the consumer support toll-free number that customers can reach out for any feedback or inquiries re the product and its features.

Or if you prefer to deep dive and find out yourself, **visit the company website**. As an OSHA (Occupational Safety and Health Administration) requirement, companies create Material Safety Data Sheets (MSDS) and stores them in databases that readily available online. MSDS is a document written to provide health and safety information about products, substances or chemicals.

Another option is to **conduct your own tests at home with pH strips**. It is recommended to use plastic pH strips over paper ones. Paper pH strips are cheaper but don't guarantee accurate results. Surfactants in products can interfere with the indicator dye on the paper strips and give false readings.

Plastic pH strips contain special indicator dyes that won't bleed or dilute which leads to highly accurate results. Most are easy to use and comes in vials that are easily stored in room temperature places.

There are several brands of plastic pH strips available in stores nationwide. But 2 of the most recommended ones for pH testing are pHydrion Spectral 0-14 Plastic pH indicator strips and Fisherbrand Plastic pH strips.



If your shampoo is liquid, pour a small amount into a plate and soak a piece of test strip in it. Wait for a couple of minutes until the color change is complete. If your shampoo is on the creamy end, it is best to let the strip sit for a few minutes more to ensure the most accurate pH level reading.

Use the chart in the strip container and compare the color that the strip gives. Each color represents a pH level and the results will determine which part of the spectrum your shampoo is.

Although this test can be done at home, it is recommended that we consult with the product manufacturers to get the pH level information we need. Consulting hair professionals too can help you understand the health of your hair and recommend what steps you can take to achieve shine, fullness and bounce.

### **Some hair conditions need pH balancing more than others**

There are **common** hair conditions and the table below describes the characteristics that defines each:

**Hair  
Condition**

Texture	Elasticity / breakage
---------	--------------------------

## Appearance

<b>Normal</b>	Soft and smooth to the touch	Highly elastic hair strands and with minimal hair loss
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Lustrous

<b>Dry Hair</b>	Coarse in texture and feels like straw	Little or absence of moisture leads to easy and excessive hair loss and breakage	Appears dull and lifeless Presence of frizz and/or split ends
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**Oily  
Hair**

Greasy to the touch	Medium to high elasticity; the presence of oil lessens threat of breakage	Appears limp and lank Oily scalp and with presence of dandruff
<b>Treated / Heat Damaged Hair</b>		

Coarse in texture	Over processing makes hair fragile and prone to breakage	If maintained properly, can appear good but over processing
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Aside from the condition of your hair, you should also consider your hair type and texture. These are critical in determining the best balancing treatment for you.

Your hair shape talks about your hair strand's **curl pattern**.

**Hair Type  
(Shape)**

## Description

<b>Straight</b>	<ul style="list-style-type: none"><li>• Hangs loose and free</li><li>• Shiny and reflects light easily</li><li>• Difficult to curl and can become easily oily</li></ul>
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<b>Wavy</b>	<ul style="list-style-type: none"><li>• Lies between straight and curly</li><li>• Wavy hair is more susceptible to frizz</li><li>• Has a little bounce and shine than curly hair</li></ul>
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<b>Curly</b>	<ul style="list-style-type: none"><li>• Much tighter curl pattern from spirals, ringlets to corkscrews</li><li>• Full of body but not a lot of sheen</li><li>• Easily frizzes in humid climate and is prone to damage</li></ul>
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<b>Kinky</b>	<ul style="list-style-type: none"><li>• Most African-Americans have this hair type</li><li>• With extremely defined curls that are tightly coiled</li><li>• Driest and most fragile of all hair types</li></ul>
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Hair texture determines the thickness of your hair strand. A simple test to do to find out your texture type is by pulling a strand of hair and comparing it against a piece of thread.

**Hair Type**  
**(Texture)**

## Description

<b>Fine Hair</b>	<ul style="list-style-type: none"><li>• Hair strand is thinner than the thread piece</li><li>• Fine hair when healthy has a natural shine.</li><li>• Fine hair is soft and difficult to style.</li><li>• If unhealthy it appears limp and lank.</li></ul>
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<b>Medium Hair</b>	<ul style="list-style-type: none"><li>• Hair strand is about the same size as the thread piece</li><li>• Medium hair is considered normal hair type as a lot of people have this hair type</li><li>• Medium has lots of body and usually can be easily styled and managed</li><li>• Its softer than course hair but more voluminous than fine hair</li></ul>
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<b>Coarse Hair</b>	<ul style="list-style-type: none"><li>• Hair strand is thicker than the piece of thread</li><li>• Often rough, wiry, heavy, wild and strong</li><li>• It is often dry, difficult to process and resistant to treatment</li><li>• Requires heavy conditioning to keep this hair under control</li></ul>
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## Restoring your hair to an ideal pH

There are several natural solutions available to restore your hair to an ideal pH level. Most of these ingredients are readily available at your homes for use. The list below outlines the more common ones, their uses and sample recipes for each:

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### Aloe Vera Juice

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Aloe vera is an extensively used beauty product and for good reason. It has antibacterial properties and able to treat everything from constipation to diabetes.

It contains proteolytic enzymes that repaired dead skin cells in the scalp. It acts as a great conditioner and leaves your hair smooth and shiny. It promotes hair growth, easily penetrates scalp and hair, relieves scalp itching and lessens scalp redness and inflammation.

To restore your hair's pH balance there are a couple of conditioning masks and treatment that can be used to better your hair.



## **1. Aloe Vera Conditioner**

Ingredients / Materials Needed:

- Aloe Vera
- Essential Oils
- Spray Bottle

Directions to **make**:

1. Cut an aloe vera and extract the gel with a spoon or scooper.
2. Mix water and aloe vera gel in equal parts in a small bowl.
3. Transfer the solution into a spray bottle and shake gently.
4. Add 3 – 5 drops of essential oil of your choice and shake again.

Directions to **use**: Spray and apply to hair when needed.

## **2. Aloe Vera and olive oil Massage**

Ingredients / Materials Needed:

- 2 tbsps. of aloe vera gel
- 3 tbsps. of olive oil
- Mixing spoon and bowl

Directions to **make**:

1. Cut an aloe vera and extract the gel with a spoon or scooper.
2. Mix 2 tbsps. of aloe vera gel and 3 tbsps. of olive oil in a bowl and mix it using a spoon.
3. Directions to **use**:
4. Use this mixture to massage your scalp for 10 minutes.
5. After massaging your scalp, leave it on your hair for another

- 30 minutes and then wash your scalp with mild shampoo.
6. Repeat the process twice every week.

## Apple Cider Vinegar

Apple Cider Vinegar or ACV with its raw enzymes and beneficial bacteria aid in a lot of health aspects of the human body from areas of digestion, cholesterol levels and hair loss.

ACV has pH level 3 and close to human hair levels. Regularly rinsing with this vinegar can help bring your scalp and hair to its ideal acidity, especially if you have oily hair. It also works as a detangler and with regular use it will help your hair become shinier, smoother and softer to the touch.

### **1. Apple Cider Vinegar Hair Rinse**

Ingredients / Materials Needed:

- 1 cup of water
- 2 – 4 tbsp of Apple Cider Vinegar
- Jar and Herbs\* (only when desired)

Directions to **make** Directions to **use**:

1. Mix the apple cider vinegar and water together.
2. After shampooing, pour the mixture into your hair. If you have a spray bottle, better! Spritz your hair with the mixture and massage it into your scalp.
3. Let the mixture sit for a couple of minutes and then do a full rinse with water.
4. Repeat the process from either once a month to twice a week depending on your hair and scalp needs.



### **For the additional pow!**

1. For those that want to address specific hair issues, mix 2 cups of apple cider vinegar and one cup of chopped herbs to a glass jar.
2. Cover and let it steep in a dark place for 2 weeks.
3. After 2 weeks, strain the mixture and decant the vinegar into a clean bottle.
4. Dilute 2 – 4 tbsp of the herbal vinegar with one cup of water and rinse following steps 1 – 4.

### **2. Apple Cider Vinegar Mask**

Ingredients / Materials Needed:

- 1 tablespoon Apple Cider Vinegar
- 2 tbsp water
- 3 tbsp honey
- 1 tablespoon olive oil
- 3 – 6 drops essential oil (optional)

Directions to **make** Directions to **use**:

1. In a bowl, mix all the ingredients until a smooth mask is formed. You can add some aromatic essential oils to make the mixture smell better and have other benefits for your hair.
2. Dilute your hair mask and then apply it onto your scalp and hair.
3. After 10 – 15 minutes, rinse of the hair mask with 2 – 3 washes of water.

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**Lemon**

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Lemon is a trusted ingredient in fighting some of hairs more common enemies – dandruff and hair fall. They're rich in Vitamin C, B and Folic Acid that helps in making the perfect solution for healthy hair.

### **1. Lemon Juice Hair Therapy: Anti-Dandruff Blend**

Ingredients / Materials Needed:

- 2 tbsp of coconut oil
- 2 drops of lemon
- 2 drops of camphor oil

Directions to **make** Directions to **use**:

1. Warm the coconut and mix with the lemon and camphor oil.
2. Gently massage for 5 to 10 minutes into scalp and leave overnight.
3. In the morning, cover with a warm towel for ten minutes.
4. Wash hair with a mild shampoo.
5. Use until dandruff problem subsides.



## **2. Lemon Juice Hair Therapy: Hair Growth Blend**

Ingredients / Materials Needed:

- 1 tablespoon of olive oil
- 3 drops of pure essential lemon oil
- ½ tablespoon of castor oil

Directions to **make** Directions to **use**:

1. Mix lukewarm olive oil with warm castor oil and essential lemon oil.
2. Massage well into scalp and hair for 5 to 10 minutes and leave overnight.
3. In the morning, squeeze the juice of a ripe lemon on hair and scalp for 5 to 10 minutes. Leave for 10 more minutes and then wash off with a mild shampoo.
4. Repeat the procedure once a week.

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## Baking Soda

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Baking soda contains a single, all-natural ingredient – sodium bicarbonate. It's cheaper than any of the commercial shampoos on the market, removes buildup, softens hair and restores shine. Baking soda tends to clump up easily so if you have thick hair, you need to pay a little more attention when rinsing.

### 1. Baking Soda and Vinegar

Ingredients / Materials Needed:

- Baking Soda
- Water
- Bottle

Directions to **make** Directions to **use**:

1. Mix 1-part baking soda with 3 parts water.
2. Apply baking soda and water mixture to dry or wet hair starting at the roots and working to the ends. Let it sit for 1 – 3 minutes and then rinse with warm water.
3. For the best results, use the apple vinegar rinse and massage into hair and scalp. After, rinse with cold water.



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## **African Black Soap**

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African Black soap, also called Anago soap has long been used for healing problem skin. It's a cleanser used to lightly exfoliate and give healthy glow. If used correctly, it can lessen fine lines, even out dark spots, ease blemishes and eczema. It's made from locally harvested African plants such as plantain, cocoa pods, palm trees and shea tree bark.

### **1. African Black Liquid Black Soap**

Ingredients / Materials Needed:

- Raw African black soap
- A few drops of vitamin E oil
- 1 tsp. of jojoba oil
- 2 cups of distilled water
- Vegetable glycerin
- Plastic container
- Measuring spoons
- Grater

Directions to **make** Directions to **use**:

1. Grate the black soap into smaller pieces and place it in the plastic container.
2. Pour the 2 cups of distilled water to the soap shreds.
3. Add 10 drops of vitamin E oil then add 1 tbsp. vegetable glycerin. Stir all ingredients together, cover and let it stay for about 5 – 24 hours.
4. Place the mixture into the empty bottle.
5. When using, shake the mixture every time you use it to

properly mix the ingredients. Some of the ingredients settle at the bottom while other remain on top. Pouring them without shaking will result to an imbalance in ingredients used.

## **2. Black Soap Shampoo**

Ingredients / Materials Needed:

- 50 grams of black soap
- 2 cups filtered water
- 2 tsps. of pure honey
- 2 tsps. of extra virgin oil
- 2 tsps. of vitamin E
- 1 tsp of aloe vera
- 1 tsp of glycerin
- 10 drops essential oil

Directions to **make** Directions to **use**:

1. Grate the soap into small shavings and place them in a spray bottle or applicator.
2. Add all other ingredients and then add warm water.
3. Shake vigorously until the soap is fully dissolved.  
Alternatively leave the solution for about 5 hours to dissolve on its own and then shake gently after.
4. Can be used like a regular shampoo and needs to be kept on a tightly lidded container to avoid wastage.

# PART II

## Homemade Shampoos

### HOMEMADE SHAMPOO

*“Your hair is 90% of your selfie.”*

There are tons of all-natural and organic products out in the market today. Although there are positive benefits to organic living, shifting to all-natural products can be quite steep and hard for the pocket.

This is the reason that most people stick with using conventional shampoos. They're considerably more affordable and easily accessible compared to their organic counterparts. These shampoos also do their jobs and fulfill the basic need of having clean hair. What more do you have to ask for?

This is the question that recent studies are trying to answer. Clinical reviews have shown that conventional shampoos may be cheaper but are also full of toxic chemicals that are harsh to body, hair and scalp.

Say, what?!

If you look at your shampoo's back labels – it will show you the list of ingredients found in your shampoo. Some of these products have potentially carcinogenic parabens, stripping sulfates and harsh lauryl sulfate. Even those that are marketing their products as organic contain harmful ingredients.

Instead of their promise of vibrant, soft and beautiful locks, these shampoos are loaded with ingredients that end up stripping hair of its inherent beauty. Additionally, these chemicals can cause calcium deposits in your shower and clog up your water ways. Let's not forget that some of these products are animal tested too!

Just imagine what they can do to your hair, your body, your shower drain and the environment!

With these, a movement to shift away from commercial shampoos started. Various homemade shampoo alternatives sprouted – from liquid shampoos, shampoo bars and washes made from ingredients readily available at your homes.

Now, the seemingly elusive results you've been dreaming of is now within reach! Do-it-yourself shampoo recipes will allow you to have gorgeous hair without wasting money getting store-bought products again.

## **What Do I Get From Them?**

Homemade shampoos are a great way to be in control of what goes into your family's hair and scalp and your budget too! Instead of spending too much on those branded shampoos, that may not always give desired results, consider shifting to making your own natural shampoos.

There are proven benefits in pursuing the natural way and the list below details those that are there with homemade shampoos.



» ***Free from Harmful Chemicals*** – many salon or store-bought shampoo and conditioners have a lot of artificial and potentially hazardous ingredients in their formulations. The key ingredient in shampoo is frequently a synthetic surfactant, most often sodium laurel sulfate (SLS) and/or sodium laureth sulfate (SLES).

These surfactants are detergents used to eliminate dirt and natural oil build up on hair follicles. But excess exposure to SLS and SLES has been discovered to dry out scalp, irritate oil glands and corrode hair follicles. By creating your own shampoo, you can stay away from subjecting yourself to these irritants when washing your hair. Natural shampoos contain beneficial natural plant and herb extracts that provide several positive results for the health and scalp.

» ***Mother Nature Thanks You*** - when you use natural homemade shampoos, you're helping the environment by letting biodegradable substances go down the drain instead of harsh chemicals.

» ***Your Wallet Thanks You too*** – the “going-organic” trend brought out a spurt of store-bought organic products that although beneficial are far costlier than their homemade counterparts. By using homemade products, you're get acceptable expense and products with safe ingredients.

You can also avoid having to make unnecessary purchases to find the perfect shampoo for you and your hair type. Oftentimes, we get enticed by advertisements and other marketing campaigns to buy products that promises results like frizz-free, shinier and thicker hair. These promises though are rarely and at time, never met.

# Different Types Of Homemade Shampoo

## 1. Liquid Shampoo

A liquid shampoo is a homemade shampoo made with potassium hydroxide (KOH). A single bottle purchase of KOH is a bit expensive but is worth it. A bottle can lead to gallons of liquid shampoo!

In shampoo making, using glycerin takes the place of superfatting to provide moisturization. Superfatting, sometimes also referred to as lye discount, means either adding an extra amount of oil into your recipe but keeping the lye amount the same or using the same amount of oil but with lesser lye. Basically, superfatting is an act of balancing your lye to oil ratios in your mixture. The extra oil adds more moisturizing qualities to your product.

There are different ways and products to use when making liquid shampoo. The most common ones are castile soap and **soap nuts**.

Castile soap is a gentle, natural cleanser for skin and hair. It's an all-natural, chemical soap product available in solid and liquid forms. They're originally made with olive oil from Castile, Spain. Nowadays, most castile soaps use coconut oil instead of olive oil but remains to be 100% organic.

Liquid castile soap is a popular liquid shampoo ingredient for its gentle cleansing and light lather. Soap made with liquid castile soaps can be used for sensitive skins – even babies!

Soap nuts or reetha are a berry that grows on the soap berry tree (*sapindus mukorossi*) in the Himalayas. Soap nut shells naturally contain saponins which are natural surfactants.

Soap nuts are known for their strong cleaning capabilities but remaining gentle to your skin. They clean and moisturize scalp naturally, treat itchy scalp and nourishes your hair from root to tip.

### **The good**

- Liquid shampoos are easy to make and can be easily stored for multiple, future use.
- Ingredients can be changed to match your own hair type and personal preferences. You can choose the scent that you want to have for your shampoo.

### **The bad**

- Unlike regular shampoos, homemade liquid shampoos are lesser foaming. This is what you get for letting go of products without the foaming chemicals in it. Although it's not necessarily a bad thing, untangling yourself from this feature may seem challenging to some.
- It is easy to make but takes time and a LOT of patience.

## **2. Shampoo Bars**

- Simply, shampoo bars are shampoo in bar form. It is made of base oils chosen specifically for their hair and scalp properties.



Shampoo bars have 3 main ingredient categories:

**1. Oils and Fats** – the kind of oil you use determines the properties your soap will have

- Hard, stable, long lasting - palm, lard, tallow
- Lathering - coconut, castor, palm kernel
- Moisturizing/Conditioning – canola, olive oil, soybean, sunflower
- Luxury/extra moisturizing - shea butter, almond, cocoa butter, hemp, jojoba

**2. Lye and water base solution** – When lye is used in soap making, it acts as a reagent or it is used in a chemical reaction to create other substances.

- In soap making, water/ Lye mixtures need to be carefully measured. The process of blending lye/water mixtures with natural oils is called saponification. Lye is simply an agent used to create soap from oils and water.

**3. Essential Oils and other ingredients** – these are ingredients added last minute to customize the shampoo's color, smell or texture.

- Essential oils are primarily used for scent.
- Dried herbs and other plants are added to change color or texture.
- Freshly ground coffee, salts and other grains can be used to add texture.

There are 2 known processes in shampoo bar making:

As the name suggests, the difference between the two processes is whether heat is used or not. Common to both methods, a water/lye mixture and oils are used. The two are mixed together in the process of saponification.

The difference comes after saponification.

With **cold processing**, the water/lye mixture is combined with the oil mixture resulting to a mixture poured into insulated molds. Finish products require 6 – 8 weeks to cure before use.

**Hot processing** adds an extra step of slow-cooking the mixture which speeds up the saponification process. Your shampoo bars are ready to use in days instead of weeks.

Both methods work, it depends on how patient you are in the process.



### **The good**

- Shampoo bars are easy to pack and modest in size.
- Compared to liquid shampoos, shampoo bars last longer. But since they use all-natural ingredients it is best to use each shampoo bar within 6 months from making it.

### **The bad**

- Some find transitioning to a shampoo bar to be awkward and those that have tried shampoo bars say that the lather is a bit trickier to rinse out of hair.
- For areas with hard tap water, shampoo bar users report a waxy build up in their hair.
- Since you're dealing with lye, extra safety precautions need to be taken when making shampoo. Lye is caustic and shouldn't be touched in anyway. It's also suggested to stay under a vent or make the soap in an well-ventilated area.

## **3. Dry “No Poo” Shampoo**

The “No Poo” theory is that by washing hair with alternatives to shampoo, such as baking soda and apple cider vinegar, you'll achieve clean hair without the same damage brought out by constant shampooing.

Dry shampooing is one the “no poo” alternatives practiced today.

### **What is it exactly?**

Dry shampoo is just that – a dry substance that cleans hair without the use of water. It works by absorbing oil from your hair and scalp and makes it look and feel freshly washed again. Dry shampoos were not designed to be taken regularly but rather as a buffer in between with-water washes and to use when in

a hurry.

There are 3 kinds of dry shampoos: an actual powder, liquid from a pumped dispenser or liquid from an aerosol.

**The good:**

- Convenient way to have fresh hair without getting wet.
- You can go longer between shampoos.
- Ingredients are easy to find and easy to make. Product also have long shelf life if stored properly.

**The bad:**

- The transition from regular shampoo to dry shampoo may be dreadful. Switching to a “no poo” option leaves your hair oily in the first week while your scalp adjusts to not having its natural oil stripped regularly.

## Basic Ingredients For Homemade Shampoos

What are shampoo bars made from?

At the heart of every bar recipe are two main ingredients: oil and lye, also known as Sodium Hydroxide. Soap making is a simple process of combining these two ingredients into a new compound – soap!

**1. Oils and Fats** – any oil can be used to make soap. Recipes can have anywhere from a single oil to over a dozen. Ideally though, its recommended to start with just three to five. You can experiment with more oil as you get more comfortable with the process.

Each oil you'll use will combine with lye to produce a soap characteristic of that oil. Some provides hardness to the bar while others have cleansing and moisturizing features.

Some of the more common fats and oils used:

<b>Oils and fats</b>	<b>benefit</b>
<b>Beeswax</b>	Adds hardness and scent to your bar
<b>canola oil</b>	Fluffy and stable lather, conditioning and softer soap

<b>CASTOR OIL</b>	Gives extra lathering and moisturizing qualities
<b>cocoa butter</b>	Ingredient that luxuriously moisturizes and protects skin
<b>coconut oil</b>	Hardens bar with good lathering and cleaning properties
<b>hemp OIL</b>	Creates silky bar of soap; prone to spoilage
<b>jojoba OIL</b>	Excellent emollient for skin conditions; makes bar stable and long lasting
<b>kernel oil</b>	Gives extra lathering and moisturizing qualities
<b>olive oil</b>	Sensitively conditions and moisturizes
<b>palm oil</b>	Hardens bar for long shelf-life
<b>soybean oil</b>	Conditioning bar with stable lather
<b>shea butter</b>	Difficult to use compared to other oils; luxurious moisturizing qualities
<b>sweet almond oil</b>	Moisturizes and conditions the skin

**2. Lye and Water** – to make soap, oils must emulsify with lye which begins with the saponification process.

Sodium Hydroxide or lye is an inorganic compound commonly found in household cleaners. It's available in various forms such as flakes, pellets and powder. In soap making, lye is mixed with water to make a lye solution. Mixing water and lye causes a dramatic increase in temperature.

It's highly caustic and has the potential to burn the skin. The mixture of water and lye also creates fumes, which should not be inhaled. With all these, it therefore becomes very important to take every safety precaution when dealing with lye.

Outlined below are some basic lye safety tips that we can follow:

1. **Always wear proper safety gear.** This includes eye goggles, gloves, long sleeved shirt and long pants. Some even use surgical masks to avoid breathing in any fumes.
2. **Mix lye in well ventilated areas.** You can mix either outdoors if the weather permits it but if not, make sure to open windows and the fan on when mixing is done indoors. Its recommended that your kids or pets are not in your soaping space to prevent distractions.
3. **Always add lye into water and not the other way around!** Adding water to lye is potentially disastrous! Doing this can cause the lye to expand or erupt out of the container.
4. **Measure the correct amounts.** It's important to know the correct amounts of lye and water to be used when making soap. It used to be a trial and error methodology to identify these ratios but nowadays, there's a number of lye calculators online to help you get your measurements correctly.
5. **Use an appropriate mixing container.** It is best to make your lye solution in a sturdy, heat-resistant glass or plastic containers. Avoid metal containers as lye reacts to these metals

and produces harmful reactions.

6. **Store lye properly.** Make sure that your lye containers are properly labeled with readable signs. Warnings should be clearly visible to remind people not to tamper with the lye. They should also be kept in shelves or cabinets that are out of reach of children.
7. **If you get lye on your skin.** Remove all contaminated clothing and flush immediately with running water for about 15 – 20 minutes. Then seek medical attention. It is best to still be looked at by specialists.

3. **Essential Oils and other ingredients** – these are ingredients added last minute to customize the shampoo's color, smell or texture.



1. **Essential Oil** – these are natural plant or flower extracts that are used to customize your soap's scent and color plus add other properties that help moisturize and nourish your hair and scalp.

1.

Essential  
Oil

1.

**Benefit**

1.

<b>Almond Oil</b>
-----------------------

1.

Soothes and moisturizes the scalp

1.

<b>Cedarwood Oil</b>	Stimulates the scalp and promotes hair growth
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1.

<b>Chamomile Oil</b>	Adds shine and softness to hair, and soothes the scalp
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1.

<b>Clary sage Oil</b>	Promotes hair growth and stimulates the scalp
---------------------------	---

1.

<b>Coconut Oil</b>
------------------------

1.

Softens hair and increases  
shine

1.

<b>jojoba oil</b>	Moisturizes the hair, add nutrients and stimulates the scalp
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1.

<b>lavender oil</b>	Deep conditions the hair, keeps it shiny and helps control dandruff
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1.

<b>moroccan argan oil</b>	Nourishes, moisturizes, and provides antioxidants to the hair
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1.

<b>rosemary oil</b>	Improves hair growth, stimulates the roots, and increases circulation in the scalp
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1.

<b>sandalwood oil</b>	Helps with dry ends and adds fragrance to the hair
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2. **Dried Fruit and Spices** – dried lemon and orange slices, peppercorns and cinnamon sticks add themed scent to your soap. Turmeric powder adds a natural vibrant color.
3. **Grains** – rolled oats and ground almond can be added in small amounts to make exfoliating shampoo bars.
4. **Herbs and Flowers** – herbal infusions with herbs, flower and water can be used to color, decorate and give scent to your soap. You need to be cautious when doing so because flower petals can easily discolor and may impact your products life-span.
5. **Roots** – some roots have medicinal values while others are used for coloring only. They're usually used either by adding a powdered version of the root directly to the soap base or infusing the root in liquid oils.

## **Basic Equipment You Need To Make Homemade Shampoo**

Most people think that you need to spend a lot of money to get started with homemade shampoo making. This may ring true but a lot of people were able to turn this hobby into a money-making business!

Hold it right there!

Before you start ordering from specialty shops, check your kitchen first. You might already have most of the tools you need in it.

The list below is what I would say as essentials in soap making.



1. **Molds** – in making shampoo bars, molds are essential! They come in all shapes, sizes and are made of a variety of materials too. Silicon molds are a favorite because unlike other molds, they don't require prepping and soap comes out easily after cooling. No cutting down is required as each mold already has cavities that are set to size.

For beginners, the traditional mold or a **wooden box lined with wax paper** is suggested for use because people will always have a box around the house. Box style molds create a loaf of soap that you can cut into individual bars.

2. **Digital Kitchen Scale** – like baking, soap making requires accurate ingredient measurements to keep consistencies with your soap products.
3. **Stick Blender** – also called an immersion blender helps your oil and lye solution to chemically bond in a shorter amount of time.
4. **Utensils** – you'll need various utensils for soap making. Make sure that these utensils are either silicone or stainless steel.
  - **Stainless steel spoon** for stirring liquid oils and lye water
  - **Stainless steel whisk** for blending essential oils and minerals
  - **Stainless steel strainer/colander/sieve** to sift through your lye water as you pour it into your oils.
  - **Silicone spatula** for getting soap out of your pan and into your mold.
5. **Containers** – you'll need a variety of containers for the process. Its highly recommended to use sturdy and heat-resistant plastic or glass ware. It's also best to separate these

containers and be kept for soap making only.

6. **Protective Gear** – safety first! To ensure that your soap making activity is hazard-free, its recommended to have the following protective gears: goggles, gloves and surgical masks. This is to prevent lye contact to your skin and inhalation of harmful lye solution fumes.



**PART III**  
**DIY RECIPES FOR PERSONAL USE**

**LIQUID SHAMPOO**



# Diy Liquid Shampoo With Castile Soap

## 1. Liquid Herbal Homemade Shampoo

Ingredients / Materials Needed:

- 2 tbsp dried herbs
- 1 cup hot water
- 1/8 cup liquid Castile soap
- 5 drops vitamin e oil or jojoba oil
- Bottle or jar

Directions to **make**:

1. Pour gently simmering water over the dried herbs in a jar and cover. Let it steep for about an hour.
2. Strain the herbs out and pour the water into a clean bottle or jar.
3. Add the liquid Castile soap and the drops of oil. Gently mix ingredients together.



Directions to **use**: When showering, pour straight on to your hair and massage into your scalp. After a few minutes, rinse thoroughly and you're done!

This shampoo is ideal for those with oily hair and can be used daily.

Once made, a bottle can be easily stored and has long shelf-life.

## 2. Homemade Coconut Shampoo

Ingredients / Materials Needed:

- ¼ cup coconut milk (homemade or canned)
- ¾ cup liquid Castile soap
- 2 tsp. vegetable glycerin
- 10 - 15 drops of essential oils
- Measuring cup (Pyrex)
- Bottle or jar

Directions to **make**:

1. In the measuring cup, add vegetable glycerin and drops of lavender oil. Stir well.
2. Then add in the coconut milk and liquid castile soap in the mixture. Stir well with a spatula.
3. Pour the completed mixture in a bottle or jar for storage.

Directions to **use**: When showering, use it as regular shampoo. Pour it straight on to your hair and massage into your scalp. After a few minutes, rinse thoroughly and you're done!

This shampoo is ideal for those with dry hair and can be used daily.

For the best results, it's a good idea to use an apple cider vinegar rinse to prevent build up and promote shiny hair.

Once made, a bottle can be easily stored and has long shelf-life if refrigerated. If kept at room temperature, the shampoo will expire in a month.

### 3. Baking Soda Castile Shampoo

Ingredients / Materials Needed:

- ½ - 2/3 cups of water
- 1/3 cup liquid Castile soap
- 2 tsps. Baking soda
- 1 tsp. melted coconut oil
- 5 – 15 drops of essential oil, if desired

Directions to **make**:

1. In an old shampoo container, combine baking soda and castile soap. Shake thoroughly.
2. After a few minutes, add the rest of the ingredients into the mixture and shake some more.

Directions to **use**: When showering, gently pour or spray over wet hair.

Massage into your scalp and rinse thoroughly after a few minutes.

This shampoo is ideal for those with dry hair and flaky, imbalanced scalp. When first using this shampoo, your hair might feel greasier or drier than usual. This is a natural response as your body adjusts to baking soda shampoos. But as soon as your body has adjusted, your hair will feel better and stay clean longer.

Since its pretty to do, it's not a problem to do a new batch per use. A quick shake of ingredients and you're ready to jump in the shower.

## 4. Homemade Rosemary Peppermint Shampoo



### Ingredients / Materials Needed:

- ½ cup water
- ½ cup liquid Castile soap
- 16 drops rosemary essential oil
- 2 drops peppermint essential oil
- Jar or bottle

Directions to **make**: Simply mix all the ingredients together in your container. Start with the castile soap, then the essential oils and lastly the water.



Directions to **use**: When showering, gently pour or spray over wet hair. Massage into your scalp and rinse normally.

This shampoo is ideal for those with fine and voluminous hair.

It is ideal to make a batch per use. But for a big batch, they need to be stored in a cool place to last for a month or so.

## **5. Homemade Aloe Vera Shampoo**

Ingredients / Materials Needed:

- ¼ cup distilled water
- ¼ cup liquid Castile soap
- ¼ cup aloe vera gel
- 1 tsp. glycerin

- ¼ tsp. avocado oil or jojoba oil
- Flip cap bottles to dispense

Directions to **make**: Simply mix all the ingredients together in your container.

Directions to **use**: Always shake well before use. When showering, apply to wet hair and allow to sit for a few minutes. Then rinse well after a few minutes.

This shampoo is ideal for those with dry hair.

It is ideal to make a batch per use. But for a big batch, they need to be stored in a cool place to last for a month or so.



## **Diy Liquid Shampoo With Soap Nuts**

# 1. All-natural soap nuts shampoo

Ingredients / Materials Needed:

- 6 – 8 deseeded soap nut berries
- 2 cups of water
- 1 tsp. sweet almond oil
- blender

Directions to **make**:

1. Place nut berries in a pot with 2 cups of water.
2. Bring to a boil over medium-high heat. Then reduce heat to medium and simmer for 15 minutes.
3. Set aside for a few hours or overnight to completely cool the mixture.
4. Pour the soap nut mixture into a blender, add sweet almond oil and give 3 pulses to break up the soap nuts even further. It will foam but using the pulse option instead of blend will minimize suds that occur.
5. Strain into a bottle over a strainer to catch all the soap nut pieces.

Directions to **use**: When showering, pour 2 – 3 tbsp directly onto hair and massage well. Rinse hair with running water after a few minutes. Its suggested to follow with a vinegar rinse for conditioning but is not necessary.

## 2. Soap Nut Shampoo Dandruff Treatment

Ingredients / Materials Needed:

**Pre-Wash**

- 1 tbsp. soap nuts liquid
- 3 tbsp. coconut oil
- Wash
- 3 tbsp. soap nuts liquid
- 3 drops tea tree essential oil
- 1 tbsp. liquid castile soap

Directions to **make**:

1. For the **pre-wash**, mix the soap nuts liquid and the coconut oil.
2. For the **wash**, mix the soap nuts liquid, tee tree oil and castile soap

Directions to **use**:

1. Start with the mixed pre-wash, massage into your scalp and let it sit for 15 – 20 minutes.
2. After 20 minutes, wash your hair with the wash mix and use like regular shampoo.
3. Repeat the procedure 3 times a week until the dandruff is gone.
4. Since creating the mixture is simple and easy, it is suggested to make a new batch per use.

### 3. Hibiscus Soap Nut Shampoo

Ingredients / Materials Needed:

- 6 hibiscus flowers
- ½ cup hibiscus plant leaves
- 10 pieces of soap nuts
- 4 cups of water

Directions to **make**:

1. Heat the flowers and leaves in the water.
2. Remove seeds of soap nut and add the shells to the water.  
Reduce the mixture in half.
3. Switch off gas and let it cool.
4. Once cooled down, mash the pulp and strain.



Directions to **use**:

When showering, apply it onto wet hair and let it sit for a few minutes. Rinse thoroughly after a few minutes.

Each batch can easily be stored. It needs to be refrigerated for further use.

This shampoo is ideal for thick hair and can be used daily.

#### 4. Soap Nut Honeyquat Shampoo

Ingredients / Materials Needed:

- 5 soap nuts deseeded (you will only use the shells)
- 3 cups of distilled water
- 1 tbsp. of honeyquat\*
- 3 drops of essential oil (recommended lavender, tea tree or peppermint)
- Medium sized sauce pan
- strainer

Directions to **make**:

1. In the saucepan, bring 2 cups of water and the soap nut shells into a boil.
2. Reduce the heat and simmer for about 20 minutes.
3. After 20 minutes, add the final cup of water and let simmer for 8 -10 minutes more.
4. After 10 minutes, remove the pot from the heat and let steep like tea. When the liquid is cool, strain to remove the soap nuts.
5. Add your essential oil and the honeyquat.
6. Pour into a clean glass jar to store inside a fridge until ready to use.

Directions to **use**:

When showering, apply liquid soap nut shampoo into your wet scalp and leave for 5 – 10 minutes. Rinse hair thoroughly.

Remember to close your eyes as you wash your hair as soap nut shampoos can sting quite a bit if it gets into your eyes.

Also, remember that soap nut shampoo do not lather like your regular shampoos. They don't have the chemicals that make those shampoo suds.

**Note:** Honeyquat is a natural, active ingredient that's made from pure honey best used for water based, leave-on and wash-off products.

## 5. Moisturizing Homemade Soap Nut Foaming Shampoo

Ingredients / Materials Needed:

### Soap nut concentrate

- 50 whole soap nuts
- 2 cups of water
- Jar
- blender
- cheesecloth

### Foaming Shampoo

- ¼ cup soap nut concentrate
- ¼ cup aloe vera gel
- 1 tbsp. raw honey
- ½ tsp. guar gum\*
- 10 drops lemon essential oil
- 5 drops rosemary oil
- 10 drops lavender oil

Directions to **make** (soap nut concentrate):

1. Fill jar with soap nuts and water. Let it sit for 24 hours.
2. Pour both soap nuts and water into a blender and blend high for a minute or so.
3. You'll get a stiff foam with soap nuts in it. Wait for the foam to liquify. This can take up to 2 hours!
4. After 2 hours, strain the liquid from the soap nut bits using a cheesecloth. Store in the fridge.

Directions to **make** (foaming shampoo):

1. Combine the soap nut concentrate, aloe vera and raw honey in the blender and low blend for 1 – 2 minutes.
2. Add in the essential oils and blend for a few seconds more.
3. Add in the guar gum and blend for 30 seconds or so.
4. Transfer the shampoo to an applicator bottle for storage.

Directions to **use**:

When showering, use it as like a regular shampoo. Pour it straight on to your hair and massage into your scalp. After a few minutes, rinse thoroughly and you're done! Its suggested to rinse with apple cider vinegar rinse instead of water for extra shiny hair.

The soap nut concentrate can last up to two months if refrigerated.

**Note:** Guar gum, also called guaran, is a substance from guar beans which is usually used as a thickening and stabilizing agent for various products like yogurts, soups, lotions and the like.

## 6. Ree-Shi Homemade Shampoo

Ingredients / Materials Needed:

- 10 grams of shikakai (acacia) pods

- 10 grams reetha (soap nut) berry
- 5 grams amla (gooseberry) pieces (can be replaced with orange or lemon peels)
- 750 ml of water

Directions to **make**:

1. Take all the ingredients in a pan, add the water and let them soak for 8 – 24 hours. The length of time depends on how strong you want to shampoo to be.
2. Heat the mix until it starts to boil, reduce the flame slightly and let it boil for 5 minutes more. Then let it simmer for 15 – 30 minutes.
3. Remove from the heat and let it cool. When it comes to room temperature, crush the reetha, shikakai and peels with your hands.
4. Strain thoroughly before use.
5. Suggested to freeze the mixture into ice trays to prevent immediate spoilage.

Directions to **use**:

Thaw 2 – 3 ree-shi cubes a few hours before you want to use it. The number of cubes to use will depend on the length of your hair – the longer the hair, the more cubes to use.

Use like a normal shampoo but remember that this mix hardly lathers. But it cleans your hair well.

## **7. Basic Soap Nut Shampoo**

Ingredients / Materials Needed:

- 10 soap nuts
- 1.5 cups of water

- Container to “brew” the solution
- Cheesecloth
- jar

Directions to **make**:

1. Put together soap nuts and water in the brewing container. Let it sit for 24 – 36 hours.
2. Strain the liquid with cheesecloth into a cup or jar.
3. Use or store in the fridge. Can last for a week.

Directions to **use**:

Just use like a regular shampoo. Soap nut shampoos are best for dry to normal hair types. Can be used with daily use.



# SHAMPOO BARS

## Cold Processed Shampoo Bars

### 1. Foamy Shampoo Bars

Ingredients / Materials Needed:

- 8.5 oz. coconut oil
- 8.5 oz. olive oil
- 5.1 oz. hemp seed oil
- 3.4 oz. palm oil
- 3.4 oz. castor oil
- 3.4 oz. sweet almond oil
- 1.7 oz. jojoba oil
- 4.6 oz. sodium hydroxide
- 11.22 oz. distilled water
- 0.5 oz. citric acid
- 0.3 oz. DL-Panthenol
- 1.05 oz. 10x orange essential oil
- 0.7 oz. tea tree essential oil
- 0.35 oz. patchouli essential oil
- 12 bar square silicon mold

Directions to **make**:

#### **Ingredient Prep**

1. Mix essential oils prep by combining orange, tea tree and patchouli essential oil in a glass container and set aside.

2. Make additive prep by combining 4 tbsp. of distilled water with DL-Panthenol and citric acid. Set aside.

### **Making Soap**

1. Slowly and carefully add the lye to the water and gently stir until the lye has fully dissolve and the liquid is clear. Set aside to cool.
2. Melt and combine the coconut and palm oils. Make sure to fully melt then mix your entire container of palm oil before portioning.
3. Add the olive, castor, hemp seed, jojoba, and sweet almond oils, and stir until combined.
4. Once the oils and lye water have cooled down to 130 degrees or below, add the lye water to the oils and stick blend until thin trace.
5. Whisk in the additive prep mixture. You need to work quickly after adding the mixture as doing so accelerates trace.
6. Add the essential oils prep and stick blend into the batter.
7. At this point, the batter should be at a thick trace. Pour into the mold and spray the top of the soap with 91% isopropyl alcohol.
8. Cover and insulate the soap for 24 hours and let it sit in the mold for 8 – 12 days. Allow the bars 8 – 10 weeks.

Directions to **use**:

## **2. Avocado Shampoo Bar**

Ingredients / Materials Needed:

- 10 oz. water
- oz. sodium hydroxide

- 8 oz. coconut oil
- 3 oz avocado butter
- 3 oz shea butter
- Immersion blender
- 4 oz castor oil
- 8 oz olive oil
- 5 oz rice barn oil
- 2 tbsp. lemongrass essential oil
- 12 cavity rectangle silicone mold

Directions to **make**:

1. Prepare the lye solution by gently stirring lye into the water with a heavy-duty plastic or silicone spatula until the lye is completely dissolved. Once done, set it aside to cool down. Cooling down usually takes about 30 – 40 minutes.
2. Weight out the solid ingredients – coconut oil, shea butter and avocado butter and melt them over low heat.
3. Weigh out the other liquid oils and place them in your soap making container.
4. Pour the melted butters and coconut oil with the other oils.
5. Pour the lye solution into the warm oils. Using a stick or an immersion blender stir the solution with the motor on and off alternately every 30 seconds until trace is reached.
6. Add essential oils and then pour the soap batter into the mold. Cover with a sheet of wax paper and then a piece of cardboard. Lay a towel or quilt to keep the heat contained.
7. Let it sit for 24-48 hours, remove from the mold and cure the bars in open air for 4 – 6 weeks before using.

Directions to **use**: When using a shampoo bar, it is best to follow it up with a

vinegar hair rinse to help restore your hair's pH and remove any soap residue. This is especially true if you have hard water.

### 3. Tea Tree Shampoo Bar

Ingredients / Materials Needed:

- 10 oz. coconut oil
- 10 oz. palm oil
- 8 oz. castor oil
- 8 oz. olive oil
- 12 oz. distilled water
- 5 oz. sodium hydroxide
- 1.5 oz. tee tree essential oil
- 9 bar birchwood mold

Directions to **make**:

1. Prepare the lye solution by gently stirring lye into the water with a heavy-duty plastic or silicone spatula until the lye is completely dissolved. Once done, set it aside to cool down. Cooling down usually takes about 30 – 40 minutes.
2. Weight out the solid ingredients – coconut oil, shea butter and avocado butter and melt them over low heat.
3. Weigh out the other liquid oils and place them in your soap making container.
4. Pour the melted butters and coconut oil with the other oils.
5. Pour the lye solution into the warm oils. Using a stick or an immersion blender stir the solution with the motor on and off alternately every 30 seconds until trace is reached.
6. Add essential oils and then pour the soap batter into the mold. Cover with a sheet of wax paper and then a piece of cardboard.

Lay a towel or quilt to keep the heat contained.

7. Let it sit for 24-48 hours, remove from the mold and cure the bars in open air for 4 – 6 weeks before using.

Directions to **use**: When using a shampoo bar, it is best to follow it up with a vinegar hair rinse to help restore your hair's pH and remove any soap residue. This is especially true if you have hard water.

#### 4. Vanilla-Scented Shampoo Bar

Ingredients / Materials Needed:

- 19 oz. olive oil
- 12 oz. coconut oil
- 12 oz. castor oil
- 16 oz. mint-infused rain water
- 6 oz. lye crystals
- 1 oz. vanilla / sweet pea or other scent fragrance oil
- 9" x 10.5 x 2" deep soap mold

Directions to **make**:

1. Mix lye solution by measuring the water first then sprinkling the measured lye crystals on top of the water. Stir the wooden spoon until the lye is completely dissolved. Mixture will heat up, so allow to cool to about 100 – 110 degrees.
2. While cooling, measure liquid oils and add them to the coconut oil. Pour into a porcelain lined pot and heat to 110 – 100 degrees.
3. When both mixtures are of the same temperature, carefully pour the lye water and gently stir until fully blended. Using a stick or an immersion blender stir the solution with the motor on and off alternately every 30 seconds until trace is reached.

4. Once you've reached trace, stir in the essential oils.
5. If using a wooden mold, carefully line it with plastic to aid easier removal once the soap hardens.
6. Pour the thickened soap into the mold, smooth out the top with a spatula and cover the top of the soap with a piece of plastic. Then top the whole thing with thick towels to keep it all insulated and allow it to cool slowly and harden. Leave undisturbed for 24 – 48 hours.
7. Carefully remove soap from the mold and place the soap block on a wire rack to air dry for another 24 – 48 hours.
8. Cut into smaller bars and place the bars in a wire rack exposed to the air to fully cure for 6 – 8 weeks.



# SHAMPOO BARS

## Hot Processed Shampoo Bars

### 1. Coconut oil and Olive Oil Shampoo Bar

Ingredients / Materials Needed:

- 16 oz. coconut oil
- 16 oz. olive oil
- oz. lye
- 12.16 oz. water
- 1 oz. of essential oil of choice
- Crock pot / Slow-cooker
- A digital scale
- Glass jars and bowls
- Stick blender
- Metal and wooden spoons
- Plastic spatula
- 12 cavity silicon soap mold
- Gloves, sunglasses or eyewear

Directions to **make**:

1. Pour coconut and olive oil into the slow-cooker. Turn on high just until oils heat up and then reduce to low heat.
2. While heating, carefully measure lye and water. Place weighed ingredients in different plastic containers.
3. Pour the water into a larger glass jar and then slowly add lye to the water. Be careful to stir slowly with a metal spoon, making sure not to let the liquid come in direct contact with your body.

4. As you stir, this will create a cloudy white mixture that gets really hot. Let this mixture to cool for about 10 minutes. It should become clear and not cloudy after cooling.
5. When the oils in the crockpot have reached about 120-130 degrees F, slowly pour in the water and lye mixture and stir.
6. Continue stirring until evenly mixed. Then, use the stick blender to blend for about 4 – 5 minutes or until is opaque and starting to thicken.
7. Cover and keep on low heat to thicken. After about 35 – 55 minutes, the mixture will thicken enough that the entire surface is bubbly and the sides collapsed in,
8. Turn heat off and remove the crock. Add essential oils into the mixture.
9. Quickly and carefully spoon into molds. Cover the molds with parchment paper and set it in a cool, dry place.
10. After 24 hours, pop the soap out of the molds and can be used right away.

Directions to **use**: When using a shampoo bar, it is best to follow it up with a vinegar hair rinse to help restore your hair's pH and remove any soap residue. This is especially true if you have hard water.



## 2. Horsetail Shampoo Bar

Ingredients / Materials Needed:

### Horsetail Water Infusion

- Follow herb to water ratio of 1 tbsp dry/ 2 tbsp fresh herbs: 1 cup water

### Shampoo Bar

- 8 oz. coconut oil
- 8 oz. olive oil
- 8 oz. palm oil
- 4 oz. shea butter
- 2 oz. cocoa butter
- 3 oz. castor oil
- 10 ounces of horsetail water infusion
- oz. of lye
- 1 tbsp. of horsetail powder
- 2 oz. argan oil
- 2 oz. essential oil blend of ylang ylang, bay, clay sage, sweet orange and cedarwood
- Standard loaf pan

Directions to **make** (horsetail water infusion):

1. Boil water following the herb to water ratio above.
2. Pour boiling water over horsetail leaves (dried or fresh). Let it steep for 10 to 45 minutes. The longer the steeping time the more beneficial components of the herbs are released into the bottle.

3. Make sure to cover your container while steeping to keep the medicinal properties from evaporating.

Directions to **make** (shampoo bar):

1. Place both lye and herbal infusion in separate bowls and measure using a kitchen scale.
2. Carefully combine the lye and herbal infusion by pouring the lye into the liquid. Stir liquid until lye is completely dissolved.
3. Allow the lye mixture to stay under a vent and cool down while you prepare the oils.
4. Measure the oils (without the essential oils) by weight and then place in a crockpot to melt on low heat. Once melted, add the lye/water mixture to the oils in the crock pot and stir.
5. After a brief stir, grab you stick blender and get to work! Blend the oils and liquid in the crockpot for at least 1 – 2 minutes.
6. After 1 – 2 minutes, add the horsetail powder. Using a wire whisk, whisk until well combined.
7. Continue whisking until the mixture becomes a thick, pudding like consistency or trace. Once you've reached trace, cover the crock pot and "cook" the soap on low heat for approximately 1 hour.
8. Prepare your mold pan and line it with parchment paper.
9. After an hour, remove the crock from the heat and quickly add the essential oils and argan oil into the mix. Stir until well combined.
10. Spoon soap mixture into molds and allow to cool for 24 hours.
11. After 24 hours, remove from mold on a cutting board and cut into bars.
12. Place bars into a tray with good airflow so that the soap can

harden further.

### 3. Apple Cider Vinegar Shampoo Bar

Ingredients / Materials Needed:

- 8 oz. canola oil
- oz. coconut oil
- 1.12 oz. castor oil
- 0.8 oz. mango or cocoa butter
- 0.8 oz. sunflower oil
- 6.08 oz. apple cider vinegar
- 2.39 oz. lye
- 0.8 oz. sodium lactate\*
- 0.48 rosemary infused olive oil

Directions to **make**:

1. Melt the canola, coconut, castor, sunflower oil and cocoa butter. Stir and set aside to cool.
2. Slowly add lye to 4.08 oz. room temperature apple cider vinegar. Stir to thoroughly dissolve the lye. Set aside to cool. Once cooled down, add sodium lactate and stir.
3. Add lye mixture to the oil mixture and stir.
4. Before molding, add olive oil and the 2 oz. of apple cider vinegar left.
5. Mix thoroughly and pour mixture into the mold. Cut and unmold when it cools off.

### 4. Dark Beer Shampoo Bar

Ingredients / Materials Needed:

- 8 oz. canola oil

- oz. coconut oil
- 1.12 oz. castor oil
- 0.8 oz. cocoa butter
- 0.96 oz. hemp oil
- 6.08 dark beer
- 2.393 oz. lye
- 0.8 sodium lactate
- 0.32 apricot oil
- 1 egg yolk

Directions to **make**:

1. Melt the canola, coconut, castor, cocoa butter and 0.8 oz hemp oil. Stir and set aside to cool.
2. Open a 12 oz bottle of beet and simmer for about 10 minutes or until volume is reduced to half. Cool and measure the beer. Make the weight up with distilled water to reach 6.08 oz.
3. Slowly add lye to the cooled beer. Stir to thoroughly dissolve the lye. Set aside to cool. Once cooled down, add sodium lactate and stir.
4. Add lye mixture to the oil mixture and make soap!
5. Before molding, combine the remaining help oil, olive oil and egg yolk. Mix with a frother until fully incorporated.
6. When the soap is done cooking, add the hemp oil mixture into the trace.
7. Mix thoroughly and pour mixture into the mold. Cut and unmold when it cools off.

## **“No Poo” Shampoo**

## 1. Basic Dry Shampoo Recipe

Ingredients / Materials Needed:

- ¼ cup arrowroot\* powder or organic cornstarch OR
- 2 tbsps arrowroot/cornstarch + 2 tbsbs. Cocoa powder
- 5 drops of lavender essential oil
- Old make up brush

Directions to **make** and **use**:

1. Mix the drops of essential oil into the arrowroot or cornstarch. Store the mix in a jar or old powder container.
2. Apply with a make-up brush to the roots or oily parts of your hair. Applying with the brush is optional but it removes the need to comb through as mush and is better for styled hair.
3. If you'd rather have a spray wet shampoo that works as a dry shampoo, add some water and edible alcohol to the recipe above.

**Note:** Arrowroot powder is a white, flavorless powder made from the starch of the arrowwood. It is normally used as a thickening agent for jams and sauces.

Arrowroot powder is readily available at supermarkets.

For the next 4 recipes, you can refer to the general directions to make and use the following shampoo types: for dark hair, light hair, red hair and clay recipes for both dark and light hair.

General Directions to **make** and **use**:

1. Combine arrowroot powder and cocoa powder in a jar.
2. Add essential oils (optional)
3. If you're ready to apply it, first brush out your hair.
4. Apply by sprinkling on top of your head, paying close attention to your most oily spots.

5. Rub it in, wait for 5 minutes and then turn your head over and brush the excess powder off.

## 2. Dry Shampoo for Dark Hair

Ingredients / Materials Needed:

- ¼ cup Arrowroot powder or baking soda
- 2 tbsps. Cocoa powder
- 5 – 10 drops essential oil (optional – peppermint, orange and grapefruit)

## 3. Dry Shampoo for Light Hair

Ingredients / Materials Needed:

- ½ cup Arrowroot powder or baking soda
- 5 – 10 drops essential oil (optional – geranium, lavender, patchouli or ylang ylang)

## 4. Clay Recipe for Light Hair

Ingredients / Materials Needed:

- ½ cup white Kaolin clay
- ¼ cup arrow root powder or baking soda
- 5 – 10 drops essential oil

## 5. Clay Recipe for Dark Hair

Ingredients / Materials Needed:

- ½ cup white Rhassoul clay
- ¼ cup arrow root powder or baking soda
- ¼ cup cocoa powder
- 5 – 10 drops essential oil

# END NOTE

So, there you have it. Now that you've read this eBook, you're better informed on the basics of hair, importance of hair care and more importantly, how you can easily do your personal homemade shampoo.

## **HAIR IS IMPORTANT!**

The pages of this book have:

- Introduced you to pH levels and shown why keeping your hair's pH levels is important.
- Taught you that most shampoos today are chemically laden but that there are organic and homemade alternatives that you can do. The steps are easy and inexpensive
- Shown you the value of regular ingredients to better hair care – derived essential oils from flower and plant extracts; herbal qualities from dried leaves and other everyday ingredients like honey and baking soda that are readily available in your home.
- Shared the different ways to make homemade shampoo, the ingredients that you can use to make them, and the tools needed to make it happen.
- Given tips to safely make shampoos and;
- Shown 25 simple do-it-yourself shampoo recipes that you can easily and confidently do at the comfort of your home!

Having this knowledge has given you control on what goes into your hair and at the same time, shown a fun and engaging way to explore the wonderful healing qualities of natural products for your hair.



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