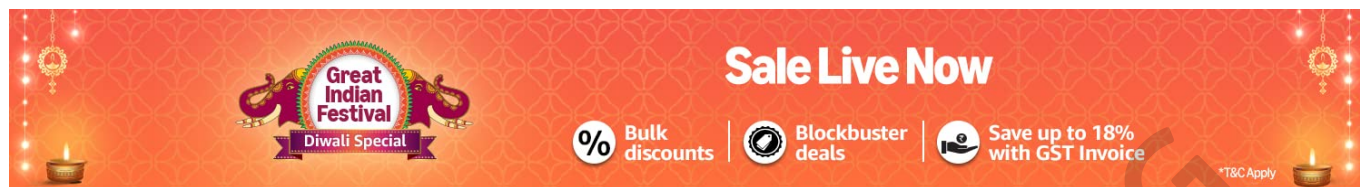


## 14. Organic DIY Hair-Care Recipes

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### Organic DIY Hair-Care Recipes

(100 % plant-based, no preservatives; scale up or down as needed)

Formulation & Best For	Ingredients (all organic)	How to Make & Use	Shelf Life
<b>1. Strength-Boost Scalp Oil</b> <i>Thin / shedding hair</i>	<ul style="list-style-type: none"> <li>4 Tbsp cold-pressed <b>sesame oil</b></li> <li>2 Tbsp <b>black-seed (kalonji) oil</b></li> <li>1 Tbsp dried <b>bhṛṅgarāj</b> herb</li> <li>3 drops <b>rosemary Essential Oil</b></li> </ul>	<ul style="list-style-type: none"> <li>Warm oils in a water-bath (&lt; 45 °C).</li> <li>Stir in powdered bhṛṅgarāj; keep on lowest heat 30 min.</li> <li>Cool, strain, add EO; store dark glass.</li> <li>Massage 1 tsp into scalp 3x/wk, leave 2 h or overnight.</li> </ul>	3 months (cool, dark)
<b>2. Curl-Quench Banana Mask</b> <i>Dry / curly / frizzy</i>	<ul style="list-style-type: none"> <li>1 ripe <b>banana</b> (mashed)</li> <li>1 Tbsp <b>raw honey</b></li> <li>1 Tbsp <b>avocado oil</b></li> <li>1 tsp <b>aloe-vera gel</b></li> </ul>	<ul style="list-style-type: none"> <li>Blend until creamy.</li> <li>Apply mid-lengths → tips on damp hair; cover 20 min under shower cap.</li> <li>Rinse lukewarm, co-wash if sticky.</li> </ul>	Use fresh; discard leftovers
<b>3. Green Tea &amp; ACV Rinse</b> <i>Dull / product-coated</i>	<ul style="list-style-type: none"> <li>1 cup strong <b>green-tea</b> infusion (cooled)</li> <li>2 Tbsp raw <b>apple-cider vinegar</b></li> <li>3 drops <b>peppermint EO</b></li> </ul>	<ul style="list-style-type: none"> <li>Combine, pour over freshly washed hair; massage scalp 1 min.</li> <li>Leave 2 min, quick cool rinse.</li> </ul>	1 week refrigerated
<b>4. Ayurvedic Herbal Shampoo Powder</b> <i>Oily scalp / dandruff</i>	<ul style="list-style-type: none"> <li>2 Tbsp <b>reetha</b> (soap-nut) powder</li> <li>1 Tbsp <b>shikakai</b> powder</li> <li>1 Tbsp <b>neem leaf</b> powder</li> <li>1 tsp <b>moringa</b> powder</li> </ul>	<ul style="list-style-type: none"> <li>Mix dry; store airtight.</li> <li>For each wash, whisk 2 Tbsp mix with warm water to paste; rest 5 min for saponins.</li> <li>Massage scalp, rinse thoroughly.</li> </ul>	6 months dry
<b>5. Hibiscus-Rose Leave-In Mist</b> <i>Color protection / shine</i>	<ul style="list-style-type: none"> <li>1 cup <b>hibiscus petal</b> infusion</li> <li>½ cup <b>rose water</b></li> <li>1 tsp <b>vegetable glycerin</b></li> </ul>	<ul style="list-style-type: none"> <li>Combine in spray bottle; shake before each use.</li> <li>Lightly mist on towel-dried hair; do not rinse.</li> </ul>	10 days refrigerated
<b>6. Flaxseed Curl-Defining Gel</b> <i>Waves + curls</i>	<ul style="list-style-type: none"> <li>¼ cup <b>flaxseeds</b></li> <li>2 cups water</li> <li>¼ tsp <b>vitamin E oil</b></li> </ul>	<ul style="list-style-type: none"> <li>Simmer water + seeds 8 min until mucilage forms.</li> <li>Strain through muslin while hot.</li> <li>Cool; whisk in vit-E.</li> <li>Scrunch 1-2 Tbsp into wet hair.</li> </ul>	2 weeks chilled
<b>7. Clay Detox Scalp Scrub</b> <i>Heavy build-up</i>	<ul style="list-style-type: none"> <li>2 Tbsp <b>rhassoul clay</b></li> <li>1 Tbsp <b>ground oatmeal</b></li> <li>Enough <b>cucumber juice</b> to paste</li> </ul>	<ul style="list-style-type: none"> <li>Apply to damp scalp in sections, circular motions 60 s.</li> <li>Rinse; follow with conditioner on lengths only.</li> </ul>	Make fresh each use
<b>8. Overnight Cocoa-Shea Butter Cap</b> <i>Very brittle / split ends</i>	<ul style="list-style-type: none"> <li>1 Tbsp <b>cocoa butter</b></li> <li>1 Tbsp <b>shea butter</b></li> <li>1 tsp <b>jojoba oil</b></li> </ul>	<ul style="list-style-type: none"> <li>Melt butters on low heat; blend in jojoba.</li> <li>Cool to soft balm; massage ends, braid loosely, cover with silk scarf overnight; shampoo next morning.</li> </ul>	6 months

### Quick Tips

- **Infusions:** Always cool herbal teas before adding acids or essential oils.
- **Essential oils:** Max 1 % of total blend; patch-test 24 h.
- **pH:** ACV rinse keeps cuticle closed → extra shine.
- **Storage:** Use sterilised jars; label date & contents.
- Preservatives may be added to increase shelf life.

Feel free to swap carrier oils to match your doṣa: sesame (Vāta), coconut (Pitta), mustard or jojoba (Kapha). Enjoy vibrant, organically nourished hair!

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