Scalp and Hair Mask

Ingredients:

½ of a ripe avocado, very well mashed (if no avocado, you can substitute yogurt or coconut yogurt for a vegan version... both are naturally nourishing!)

1 Teaspoon of castor, jojoba, marula or olive oil

3 drops of peppermint essential oil

3 drops of patchouli essential oil

That's it!

Mix them together, and apply to either freshly cleaned hair, or to dry hair. Cover in a shower cap, or plastic wrap and a towel, and go about your business. Keep the natural hair mask on for a minimum of 15 minutes and up to an hour or so. Remove by rinsing your hair with gentle shampoo in warm water.

Peppermint Oil is beneficial for your hair and scalp, it helps clean your scalp, is antifungal and antibacterial, stimulates blood supply to the hair follicle, soothes the scalp and stimulates hair growth. Patchouli can help treat dandruff without damaging your hair. It is also known to strengthen your hair and make it healthy and if you have oily hair it is a great natural treatment!