



## HEALTHY HAIR AND LENGTH COURSE – MONTH 2

### Clarifying Shampoo – Every 6 weeks –

- Ingredients to look out for ( Acetic Acid, sodium citrate, ALS, SLS, )
- It does not have to say clarifying – it just must have harsher surfactants as listed in your month 1 other notes.

Examples of clarifying shampoo

- Tresseme Deep cleansing shampoo
- Joico K Pak clarifying shampoo

### Chelating Shampoo – 3 or 4 times a year –

sometimes shampoos labelled as Swimmers shampoos can be used as a chelating shampoo. Please remember that if you don't swim and if you don't live in a hard water area a clarifying shampoo may be good enough.

key ingredient to look for – EDTA, Sodium Citrate, Trisodium Phosphate.

- Mizani Neutralising Chelating Shampoo
- Swimmers shampoo can be used here too

### Co wash

- Should you wish to try this practice, please use a conditioner formulated and called a Co-wash not any conditioner e.g. As I am Co-wash.

### Alternatives to Shampoo

Clay and Shikaka – refer to [www.orilifestyle.com](http://www.orilifestyle.com) for instructions on how to use clay

Shikakai – Mix with water – DO NOT USE ON KIDS AS IT MAY GET IN THEIR EYES AND CAUSE TERRIBLE PROBLEMS. DO NOT LET IT GET IN YOUR EYES.

### Hot oil treatments

Don't just throw oils together think about their benefits? Hair that is dry or damaged will gain the most benefit from oils that penetrate the hair. These oils are able to penetrate the hair cuticle to nourish your hair so they are great for hot oil treatments – there are 100s of oils here are a snippet which wouldn't cost an arm and a leg.

**Coconut oil:** has been used for centuries in Africa due to its abundance. It is the number one oil for prepo – preventing Hygral Fatigue as found in research.

**Olive oil** is another favourite nutrient-rich oil for black hair. It is rich in vitamin E and A and polyphenols that give it antifungal properties. It can also help with dandruff. Olive oil absorbs into

hair and skin and any residual oil will rinse easily from hair. It is an effective treatment for producing soft hair with shine

Avocado oil is also abundant in Africa but not used as much as coconut oil. It contains vitamins, amino acids, that retain moisture, strengthen hair, and promote growth and shine. It is rich in vitamin E and B-5, and antioxidants to repair your hair..

### **Oils that Coat and Seal Hair**

These oils have a higher fat content than oils that will absorb into hair and skin. They cover the hair cuticle, sealing in water, and moisture from other oils that penetrate the hair. I would not use these for hot oil treatments.

**Castor oil** is a thicker oil so great for winter or harmattan and great for sealing in moisture. It is high in Omega 6 fatty acid. Pure castor oil is clear in colour and has no odour. Jamaican black castor oil has the ash of roasted castor beans added to the castor oil which gives it the black colour. It does have a smoky odour. Choosing between the two is a matter of personal preference.

**Jojoba oil** is not an oil but a wax. It closely resembles the sebum that is naturally produced by our skin. It is a good option for sealing the moisture into hair and it is good for those who have thinner hair and find castor oil too thick.

**Grapeseed oil** is a great choice for those with thinner strands or you may choose to switch to it in summer or use it in hotter and humid climates.

### **How to do a hot oil treatment**

You can use one oil or more. Heat the oil. Do not place in a microwave. Put the oil in a little bowl and place the bowl over hot water to heat.

### **Add any essential oil of your choice e.g.**

Peppermint – stimulating

Lavender soothes dry or flaky scalp

Tea tree – fights dandruff

Rosemary – scalp stimulant