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60 NATURAL HAIR GROWTH POTIONS



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About this Book

Are you sick of the challenges that you face with trying to grow your hair long and healthy?

Do you struggle to retain length and seem to be making no progress on your natural hair care journey?

Do you suffer from thin or see through ends?

Do you suffer from uneven hair growth?

If you have answered yes to any of these questions, you are not alone.

Entire sections in beauty supply stores are devoted to potions, tonics, and miracle cures for black hair, both natural and relaxed. Many of these products offer false promises and many can even cause our hair to become more dry and brittle and provide the opposite effect of what it is said to achieve.

In the past many of us resorted to chemicals, magic treatments, pills, and other hair straining methods to attempt to speed up our hair growth.

There is no miracle concoction that can grow hair overnight, but in this book we provide a number of natural hair mixtures that can be made in the comfort of your own home with the use of products you may already have stored or products that are easy to acquire.

These natural hair treatments have serious potential to improve, encourage, and induce natural hair growth. The following sections explore the uses of oils, herbs, and, yes, food, that will allow your hair to grow healthier, giving you the best chance to reach your hair growth goals once and for all.

Oils for Hair Natural Growth Potions

Oils

Often when we think of oil, we may often think of pore clogging oils, or even acne. Oil, depending on the type used, can nourish, clean, strengthen, and stimulate your hair, hair follicles, and scalp, enabling your hair to grow longer and fuller. Oil is often mixed with other ingredients, but can also be used alone. This section will explore the different types of oils, and some choice recipes for natural hair growth.

Almond Oil

Almond oil is loaded with fatty acids that improve the strength and luster of your hair. The oil will also soften hair, which is great news for women with coarser hair. Almond oil is primarily used in hair growth recipes as a secondary ingredient, not the main or base of the recipe, but hair can be treated with almond oil by itself.

Using almond is oil simple. Begin with a tablespoon of the oil and massage into the scalp, working your way down the hair until you reach the tips. Depending on the thickness and existing length of your hair, more oil may be needed.

Once your hair is coated, allow the oil to sit for 15-20 minutes. Rinse thoroughly with cold water (or as cold as you can tolerate), and wash as usual.

Castor Oil

There are hordes of people, and certain generations who live and die by the wonders of castor oil. Strangely, the stuff that makes you gag when Grandma forces you to swallow it to make you "regular", actually works really well on hair, and you don't even have to drink it!

Full of Omega-3 fats, castor oil rebuilds hair, allowing new growth, strength, added shine, and thickness. Castor oil can be run through the hair as a leave-in solution to keep hair smooth, used in a hot oil treatment, or as a base in a hair growth recipe.

Oil Treatment

First of all, forgo fancy designer castor oils and get the cheap stuff. It's not as refined and has more of the good nutrients you're looking for. To treat your hair, warm about a 1/4 cup gently in a saucepan. Do not boil or overheat, or you will be burned!

Use only as much as you need to lightly coat the scalp. Keep in mind that castor oil is sticky and not easily washed out, so too much will be difficult to remove. Once the oil is massaged into the scalp, cover entire head with a shower cap and tuck hair inside. Allow to sit for a few hours, or sleep with the cap on. After removal, wash and condition hair normally. Use this treatment weekly for best results.

Coconut Oil

Coconut oil is huge in Asia and the Caribbean, and is quickly catching on in other countries. Coconut oil is one of the most popular oils to use for hair. The oil begins as a solid and must be warmed, either from the heat of your hands and fingers,

or in a pan. A terrific natural conditioner, coconut oil can be used alone, blended with other oils, or, most often, a base for a hair recipe. For the best results, use virgin coconut oil because it is not as processed, and has more proteins.

The versatile oil softens hair beginning at the shaft, strengthens, promotes hair growth, and keeps the scalp clean and healthy. It also smells wonderful!

Coconut Oil Shampoo

Ingredients :

2 teaspoons virgin coconut oil
1 Tablespoon Castile soap
1/2 cup distilled water

Directions :

Mix ingredients in a bottle. Amounts can be adjusted to make more shampoo. The recipe above is a baseline. Shampoo with mixture as you normally would.

Coconut Oil Conditioner

Ingredients :

2 Tablespoons virgin coconut oil
1 Tablespoon almond oil

Directions :

1) Warm the coconut oil in a pan to melt it. Add the almond oil and stir. Remove from heat.

2) Coat hair from root to tip in the mixture. Tuck hair into a

shower cap and wrap a hot towel around your head. Allow to heat through for 15-20 minutes.

*Tip: A towel warmed in the dryer for 15-20 minutes will be sufficiently heated.

3) Rinse hair thoroughly. Wash and condition hair normally following treatment.

Emu Oil

Popular in Australia, Emu oil is not well known unless you have managed to get a hold of a product containing the oil. Loaded with Omega-3 fatty acids, the oil thickens, strengthens, and heals hair and skin ailments. Your best bet is to find an Emu product via the internet. Be cautious though, unrefined Emu oil can contain bacteria that will make you sick. Stick to refined Emu oil and related products.

If you can get your hands on Emu oil alone, simply use the oil as you would any other for an oil treatment. Coat the hair from root to tip, cover with a shower cap, allow to sit for at least an hour, but overnight would be ideal, rinse thoroughly, and wash hair.

Essential Oils

Essential oils are oils that have been extracted from herbs or flowers and are highly concentrated. These oils nourish, protect, and cleanse hair, stimulating new hair growth. Typically, an essential oil is not applied by itself, but rather mixed with another oil. The most common essential oils used for hair growth treatments are lavender, peppermint, rosemary, and tea tree.

Essential Oil Treatment

Ingredients :

1 cup almond oil
10 drops tea tree or peppermint oil

Directions :

Apply to hair beginning at the scalp and working down to the tips of the hair. Cover hair with a shower cap and leave overnight before washing with shampoo and conditioning.

Due to essential oils having anti-bacterial properties, deep scalp and hair treatments leave the hair healthier and fuller. The following recipe is for an occasional essential oil treatment:

Deep Scalp Conditioner

Ingredients :

1 Tablespoon olive oil
1 Tablespoon dark molasses
3 drops peppermint oil
1 egg
1/2 cup apple cider vinegar

Directions :

1) Combine all ingredients except vinegar. In a squeeze bottle, combine the vinegar and 1 cup of warm water. Set in the shower to use later.

2) Wet hair with warm water.

3) Apply the conditioner to the hair from the root to the tip.

4) Wrap head in a hot towel. Let sit for 15 minutes.

*Note: be sure you use a towel that is old because molasses can stain!

5) Rinse hair and shampoo thoroughly.

6) Once the water runs cleanly from hair, use the vinegar rinse as a final step in the treatment.

Flaxseed Oil

Yet another oil commonly used as a hair growth treatment for black hair, flaxseed oil contains the magic of Omega-3 fatty acids. Much like the other oils, flaxseed can be applied directly to the hair and scalp or as part of a hair recipe. Flaxseed supplements are also available in pill form to boost the fatty acids in your system, strengthening hair from the inside out.

Jojoba Oil

Jojoba oil is derived from the leaf of the jojoba plant. This oil is more commonly found in health stores or on the internet, but is worth the effort to search for it. Jojoba has impressive hydration capabilities, which soften hair, and help it heal if it's dry and brittle.

Olive Oil

Perhaps the easiest oil to find, and the most familiar to everyone, olive oil is rich in antioxidants. The benefits of olive oil are widely known, as evidenced by the abundance of beauty supplies on store shelves with olive oil as a primary ingredient. Olive oil helps smooth hair, gives hair an

incredible sheen, and stimulates hair to grow.

Olive oil can be used as a treatment by simply warming up an appropriate amount for your thickness and length of hair, applying the oil from the scalp to the tips of your hair, and letting the oil soak in for 20 to 30 minutes before washing hair normally.

The oil can also be used as a leave-in conditioner to help smooth and soften hair, or give it extra shine. Olive oil is also one of the most common bases for hair growth recipes, due to its availability and relative lightness compared to other heavier, or stickier oils.

Vitamin E Oil

Vitamin E is full of antioxidants and healing properties ideal for strengthening hair. In fact, vitamin E oil is often recommended by doctors to help improve or hasten the healing process of certain wounds, because it works faster and soothes the injured area. When it comes to hair, the vitamin improves blood flow and stimulates the scalp, encouraging hair growth.

Vitamin E Oil Treatment

Like other oil treatments, begin with the scalp and work your way down to the tips of your hair. Wrap your head in a hot towel and let sit overnight before showering and shampooing.

*Note: Vitamin E oil can be purchased in gel capsule form. In order to extract the oil, pierce the capsule with a needle and squeeze. Getting enough oil to do your hair may take some time, but the benefits are worth the trouble!

Blended Oil Recipes

Hot oil treatments are soothing and make your hair look fabulous, but combining more than one oil increases the effectiveness of the treatments, thins out the thick oils, or cuts down on stickiness, and, when essential oils are added, provides a pleasant aroma to enjoy during the whole process.

Castor, Coconut, and Olive Oil Treatment

Ingredient :

2 Tablespoons coconut oil
2 Tablespoons olive oil
1 teaspoon castor oil

Directions :

- 1) Mix oils thoroughly in small saucepan. Heat very gently until just warm to the touch.
- 2) Apply to hair, massaging the oil treatment into the scalp.
- 3) Wrap hair in a hot towel, and allow the oil to soak in for at least an hour to overnight.
- 4) Rinse and shampoo hair to remove the oil.

Coconut and Almond Oil

Ingredient :

1/4 cup coconut oil
5-6 drops almond oil

Directions :

- 1) Combine oils in a saucepan to warm. Once melted, pour into a squeeze bottle and shake well.
- 2) Apply to scalp and hair, and let sit for 15 minutes before washing out.

Coconut and Essential Oils

Ingredient :

1 small jar of coconut oil
10-15 drops of an essential oil (lavender, peppermint, or rosemary)

Directions :

- 1) Melt the coconut oil over low heat in a saucepan. Add the essential oil and stir well.
- 2) On dry hair, massage into scalp and shafts of hair from root to tip.
- 3) Comb hair to distribute the treatment evenly.
- 4) Wrap hair in a damp towel and let sit for 2 hours.
- 5) Rinse out the treatment, then shampoo hair.

Coconut Oil with Honey and Lemon Mask

Ingredient :

2 teaspoons coconut oil
1 teaspoon honey

5 drops peppermint oil
1 lemon

Directions :

- 1) Mix oil and honey in a bowl to form a paste.
- 2) Warm until melted and add the peppermint oil.
- 3) Squeeze the juice from the lemon and add to the mixture. Blend all the ingredients together.
- 4) Apply to hair and wrap head in a hot towel. Allow to stand for half an hour before rinsing and shampooing.

*Note: A hair mask is simply a deep conditioning treatment for your hair.

Essential Oil Hair Growth Treatment

Ingredient :

1 cup distilled water
2 Tablespoons dried nettle leaves
2 Tablespoons all-natural aloe gel
10 drops of lavender oil
10 drops of rosemary oil
10 drops of sage oil

Directions :

- 1) Bring the water to a boil in a saucepan. Add the dried nettle and allow it to steep for 15 minutes.
- 2) Strain out the leaves and let the liquid cool completely.

3) Add the aloe and oils and mix well.

4) Pour into a spray bottle and generously spray hair before bed. You might want to wear a shower cap to avoid getting the solution all over the bedding.

*Note: Extra solution can be stored in the refrigerator for 3 months.

Jojoba and Vitamin E Oil Treatment

Ingredient :

1/4 cup jojoba oil

1/4 cup vitamin E oil

15 drops peppermint oil

15 drops rosemary oil

Directions :

1) Combine all ingredients in a bottle and shake vigorously.

2) Massage into scalp and through the hair. Tuck hair into a shower cap and let the mixture work overnight.

3) Rinse and shampoo with cool water.

Herbs and Spices for Hair growth

Herbs and Spices

There is a reason why herbs and spices have been used for centuries for just about anything, but the medicinal properties of herbs and the like are by far their greatest asset. Different herbs have different functions and different strengths. There are wide varieties of herbs that stimulate the growth of black hair.

The biggest advantage to using herbs is that they are all natural, and most are fairly easy to find. As an added bonus, herbs tend to smell really good no matter what type of oil is used as a base for treatments, masks, tonics, serums, and etcetera. The following sections explore the best herbs and spices to use to grow hair, prevent hair loss, and strengthen existing strands. First, a simple infusion recipe:

Oil Infusion of Rosemary and Sage

Ingredient :

1 cup olive oil
1/4 cup rosemary leaves
1/4 cup sage leaves

Directions :

1) Create a double boiler by placing a metal or glass bowl

over a quarter-full pot of boiling water.

2) Mix the herbs and oil in the bowl over the heat for 30 minutes.

3) Pour into a jar big enough to accommodate the oil with room the spare. Secure a square of cheesecloth over the mouth with a rubber band.

4) Tuck the jar away in a warm, dark place for about 2 weeks. Stir the mixture once a day. This period of time will help the herbs infuse the oil

5) After 2 weeks, strain the oil into a clean plastic or glass jar for permanent storage.

6) Use the oil as a treatment or for styling purposes. Store the oil in a dark place to keep it fresh as long as possible.

Aloe

Aloe is multi-talented. It softens, soothes, cleans, and encourages hair growth. On top of that, it smells good and is easy to find, especially in the summer months when sunburn is prevalent.

Aloe Leave-In Conditioner

Ingredients :

1/2 cup water
1/2 cup Aloe Vera gel
10 drops tea tree oil

Directions :

- 1) Mix ingredients in a spray bottle.
- 2) Spray in hair and comb to distribute. Great for detangling curls!

Catnip

Believe it or not, catnip is a very popular herb used by black women for years to grow hair, and they are justified in their devotion to this ingredient. Catnip helps keep hair healthy and stimulates the hair to grow. To answer your question, catnip is a fuzzy leaf from the mint family.

Catnip Herbal Rinse

Ingredients :

2 cups boiling water
1 Tablespoon catnip

Directions :

- 1) Place catnip in a glass bowl and pour boiling water over it. Allow it to steep for 20 minutes.
- 2) Strain the herb and let the liquid cool until it has reached your desired temperature.
- 3) After shampooing and conditioning your hair, rinse with the catnip liquid. Do not rinse out the rinse.

Cayenne Pepper

The active component in cayenne is capsaicin, which stimulates blood flow enabling the hair to grow freely. Some people may be reluctant to use cayenne on their body, and

that is a reasonable concern. You need to be careful not to get it in your eyes, mouth or nose. This is especially true if you aren't a fan of spicy food!

With a bit of caution, a treatment featuring cayenne can be used safely and effectively. You will feel the capsaicin working once applied, because your scalp will tingle.

Cayenne Pepper Oil

Ingredients :

1 cup olive oil
2 Tablespoons cayenne pepper

Directions :

- 1) Mix the oil and cayenne together in a jar.
- 2) Store the oil mixture in a dark place for 10 days before using.

Cayenne Pepper and Castor Oil Treatment

Ingredients :

16 ounce bottle of castor oil
1/2 large bottle of cayenne pepper
45 black tea bags
30 Biotin pills in powder form
2-4 drops onion seed oil
1-2 drops garlic seed oil

Directions :

- 1) Preheat the oven to 200°F.

- 2) In a 2-quart baking dish, empty the bottle of castor oil and the cayenne pepper.
- 3) Break open the tea bags and pour the loose tea into the dish.
- 4) Pop open the Biotin pills and add the powder to the mix.
- 5) Stir the mixture thoroughly, making sure to scrape sides. The concoction will look like a black sludge.
- 6) Bake in preheated oven for 5 minutes, 30 seconds. Remove from oven and cool enough to handle.
- 7) Use a nylon or cheesecloth to strain the mixture into a bottle.
- 8) Add the onion seed and garlic seed oils and shake to incorporate.

Chamomile

Chamomile softens hair and promotes hair growth. It can also lighten hair somewhat and bring out your hair's natural highlights.

Chamomile Herbal Rinse

Ingredients :

2 cups boiling water
1 Tablespoon chamomile

Directions :

- 1) Place chamomile in a glass bowl and pour in the boiling water. Allow it to steep for 20 minutes.
- 2) Strain the herb and let the liquid cool until it has reached your desired temperature.
- 3) After shampooing and conditioning your hair, rinse with the chamomile. Do not rinse out the rinse.

Cumin Seeds

Cumin seeds sound like a somewhat unusual ingredient, but the seeds are full of rich nutrients and vitamins that revitalize your hair and stimulate the hair follicles, inducing hair growth.

Cumin Seed Oil Treatment

Ingredients :

1 Tablespoon cumin seeds
1/4 cup olive OR castor oil

Directions :

- 1) Soak cumin seeds in the oil of your choice in a glass bowl overnight.
- 2) Apply to scalp and through the hair, paying special attention to spots that are thinning or patchy.
- 3) Let stand for 15 minutes.
- 4) Wash hair gently.

Green Tea

Antioxidants are a key component to keeping your hair healthy. Healthy hair is more likely to grow longer and faster than hair that is ill-kempt, lacking moisture, or devoid of the proper minerals, nutrients, and vitamins it needs. Green tea is mild to use, but has a big impact when used consistently.

Green Tea Rinse

Ingredients :

3-4 green tea bags (without added flavorings)
2 cups boiling water

Directions :

- 1) Prepare tea as you normally would using the specified amounts.
- 2) Allow to cool until just warm.
- 3) Pour tea through hair and over scalp.
- 4) Allow to sit for 1 hour.
- 5) Rinse out the tea with cool to lukewarm water.

Green Tea Shampoo

Ingredients :

1 teaspoon green tea
1 teaspoon rosemary
1 teaspoon lavender
1/4 cup boiling water
1/4 mild baby shampoo

Directions :

- 1) Steep the herbs in the boiling water for 30 minutes.
- 2) Strain the liquid before adding it to the shampoo. Mix the herb water and shampoo in a shampoo bottle to make it easier to use.
- 3) Wet hair and shampoo normally.

Lavender

The curative abilities of lavender when it comes to hair loss and thinning hair is so well known that lavender is included in most top notch hair loss treatments. On top of preventing hair from falling out, lavender also encourages the hair to grow, which is good news for women with thinning hair, or hair that stubbornly refuses to grow longer.

Lavender Oil

Ingredients :

- 3 Tablespoons lavender oil
- 2 Tablespoons rosemary oil
- 2 Tablespoons jojoba oil
- 2 Tablespoons thyme oil

Directions :

- 1) Combine oils thoroughly.
- 2) Apply the oil mixture to the scalp.
- 3) Cover head with a shower cap and keep in place for an

hour.

4) Rinse and wash hair thoroughly.

Parsley.

Perhaps the most mundane and overlooked herb, parsley does wonders for your hair. Full of antioxidants, parsley promotes hair growth, prevents hair loss, and can make the hair shiny.

Parsley Herbal Rinse

Ingredients :

2 Tablespoons parsley
1 Tablespoon sage
2 cups boiling water

Directions :

- 1) Steep the herbs for 30 minutes in the boiling water.
- 2) Cool until the liquid reaches a comfortable temperature.
- 3) Soak hair and scalp and allow to sit for an hour before rinsing with clean water, or strain out the herbs and use as a final rinse following shampooing and conditioning hair.

Peppercorns

It wouldn't occur to most people to use peppercorns for a hair treatment, but the peppercorn helps strengthen and soften hair. This is due to peppercorns being full of essential oils that, when released, improve the health of hair.

Peppercorn Hair Growth Paste

Ingredients :

2 teaspoons whole peppercorns
1/2 cup fresh lime juice

Directions :

- 1) Crush the peppercorns using a mortar and pestle. Add lime juice and combine until a paste is formed.
- 2) Apply the scalp and hair roots. *Note: thicker hair may require a larger amount of paste to cover the whole scalp area.
- 3) Wrap head in a hot towel and let sit for 30 minutes.
- 4) Rinse out the paste completely.

Rosemary.

Rosemary stimulates blood circulation, and has powerful antioxidants, both of which encourage hair growth, strength, and vitality. The herb also cleans the scalp, removing dandruff and other debris that inhibits the hair follicle and prevents growth. *Note: A large amount of rosemary is not suitable for pregnant women or people with high blood pressure.

Rosemary Tea Hair Rinse

Ingredients :

3 teaspoons rosemary
2 cups boiling water

Directions :

- 1) Steep rosemary in water for 20 minutes.
- 2) Strain and allow ample time to cool before use.
- 3) Rinse with the tea, comb hair, and air dry.

Rosemary and Vinegar Rinse

Ingredients :

- 1 cup water
- 1 Tablespoon apple cider vinegar
- 1 teaspoon rosemary

Directions :

- 1) Combine ingredients well.
- 2) Use as a final rinse after showering.

*Note: If the vinegar smell is too strong, try adding a few drops of your favorite essential oil.

Rosemary Oil

Ingredients :

- 1/4 cup olive oil
- 1 teaspoon rosemary
- 5-7 drops tea tree oil

Directions :

- 1) Mix ingredients well.
- 2) Massage into scalp and through hair. Leave in for 20 minutes.
- 3) Rinse and wash hair completely.

Sage

Sage promotes hair growth and actively heals numerous issues. Sage is often used to treat hair loss, acne, skin imperfections, and stomach ailments. The herb is noted for its soothing quality.

Sage Oil and Vinegar Treatment

Ingredients :

- 2 Tablespoon sage oil
- 1 Tablespoon rosemary oil
- 1 Tablespoon apple cider vinegar

Directions :

- 1) Mix all ingredients thoroughly.
- 2) Massage into scalp all the way to the tips of your hair.
- 3) Let sit for 20 minutes to an hour.
- 4) Rinse and wash hair.

Kitchen Staples

Many of us have the desire to make do-it-yourself hair growth recipes for a good reason. Homemade recipes are usually all natural, you can control what you put into them, they are cheaper (in many cases), and you can experiment. However, you may come across recipes that call for ingredients that you don't currently have. These are the recipes you may consider skipping because it means a special trip to the store that you would rather not make.

Don't despair, there are reams of recipes that you can whip up with pantry staples almost everyone has sitting around. Although it may not always be the case, you have a better shot with ordinary kitchen ingredients than the fancier stuff. Keep in mind, the vast majority of ingredients throughout this collection are not overly difficult to find.

On the other hand, it's still more gratifying to be able to simply open a cabinet and find everything you need the second you want it, so in this section we skip to health and beauty stores, shun extra trips to the supermarket, and forbid online shopping. In your kitchen, everything you need awaits.

Baking Soda

Baking soda is a wonder ingredient for homemade recipes of all kinds. From cleaning products to cooking recipes to science experiments, baking soda is the key ingredient that makes or breaks the whole thing. When it comes to using baking soda on your hair, it is just as effective as it is

elsewhere. Baking soda cleans the scalp and hair, ridding the head of build-up and residue from products and everyday life.

The cleansing is accomplished by baking soda's interaction with whatever it is mixed with. The accompanying ingredients determine the type and power of the reaction, which may alter the results. Some hair growth recipes are solely to clean the scalp to create a clean slate so to speak, for hair to grow, others add protein, antioxidants, or other essential components depending on what you use.

*Note: Only use baking soda or recipes with baking soda on your head once a month at most. Baking soda does an excellent job of stripping away the bad stuff from your scalp and hair, but too much of a good thing is possible. Using baking soda too often can lead to hair damage, which is the opposite of what you want.

Baking Soda Shampoo

Ingredients :

3 egg yolks
1 Tablespoon baking soda

Directions :

- 1) Mix the baking soda and yolks well.
- 2) Wash hair with the mixture as you would with regular shampoo.
- 3) Rinse thoroughly.
- 4) Condition hair as normal.

Baking Soda Paste

Ingredients :

1 Tablespoon baking soda
water

Directions :

- 1) It doesn't get much easier than this! Mix the baking soda with just enough water to form a paste.
- 2) Massage the paste into the scalp.
- 3) Rinse the paste out completely.

Eggs

Eggs are basically little balls of protein, which strengthens the hair. Not only do eggs stimulate hair growth, but they also thicken the hair, and help prevent damage to strands. Take full advantage of the yolks! There's no need to worry about cholesterol, because you won't be eating any of it.

Egg Hair Cleanse

Ingredients :

3 eggs

Directions :

- 1) Shampoo and rinse hair as you normally would. Exit the shower and towel dry so hair is damp, but not soaking wet.

2) Beat the eggs in a bowl like you would before you scramble them in a pan.

3) Coat hair from root to tip in beaten egg.

4) Wait 5 minutes and rinse thoroughly.

Egg Mask

Ingredients :

1 egg white

1 teaspoon olive oil

1 teaspoon honey

Directions :

1) Mix ingredients until a paste is formed.

2) Apply to hair (more may be needed depending on how much hair you have.)

3) Let sit for 20 minutes.

4) Rise with cool water and shampoo hair.

Egg and Olive Oil Mask

Ingredients :

2 egg yolks

2 Tablespoons olive oil

1/2 cup water

Directions :

- 1) Mix the yolks and oil.
- 2) Add the water and combine.
- 3) Massage into scalp and let sit for 20 minutes.
- 4) Rinse and shampoo, or just rinse and let the hair dry. If the hair has been rinsed well, there is no need to shampoo unless you want to.

Garlic

Garlic encourages blood circulation in the scalp and helps generate hair growth. Using garlic works, but the smell might deter you. Just remind yourself during the treatment that you can wash your hair soon after and get rid of the odor.

Garlic Hair Growth Treatment

Ingredients :

3-5 whole clove of garlic

1/2 cup olive or coconut oil

Directions :

- 1) Peel garlic and partially crush the cloves with the flat side of a butcher knife.
- 2) Add the cloves to the oil in a saucepan and boil for 5 minutes.
- 3) Cool sufficiently before using then coat the scalp only in the oil.

4) Allow to sit for 20 minutes.

5) Wash hair well.

Lemon Juice

Lemons are a citrus fruit, and as such they contain citric acid, numerous vitamins, and, believe it or not, calcium. You've probably heard that lemon juice also lightens hair, but it is an even better hair growth ingredient. The lemon juice not only cleans the scalp and removes build-up and residue, but it helps strengthen hair.

Lemon Juice and Coconut Oil

Ingredients :

1/2 cup coconut oil
1/4 cup fresh lemon juice

Directions :

- 1) Thoroughly mix together the oil and lemon juice.
- 2) Apply to hair, gently massage the mixture into the scalp to the tips of your hair.
- 3) Cover hair with a shower cap and leave for 5 hours to overnight.
- 4) Rinse well.

Lemon Juice and Olive Oil Mask

Ingredients :

2 Tablespoons fresh lemon juice
2 Tablespoons olive oil
2 Tablespoons water

Directions :

- 1) Combine ingredients.
- 2) Wet hair and massage the mask into the scalp.
- 3) Wrap hair in a warm towel and let sit for 20 minutes.
- 4) Rinse hair completely and shampoo.

Mayonnaise

Mayonnaise is a pre-made mask that is easy to use, and there is a strong chance a jar sits in your fridge right now. Mayo is made with eggs, oil (depending on the brand either vegetable, canola, or olive), and vinegar. The manufacturer does all the work for you!

Mayo Massage and Conditioning Treatment

Ingredients :

Mayo (enough to coat all your hair and scalp)

*Note: Use mayonnaise with the full fat content. Do not use the low calorie or low fat versions. You want all the fat to seep into your hair. It's not as if you're going to eat it!

Directions :

- 1) Wet hair, or you can wash hair first, it's up to you. Squeeze out any excess water so that the hair is merely

damp, but thoroughly wet. In other words, no dry spots.

2) Spread the mayo through your hair from root to tip, working your fingers between the locks to coat every strand.

3) Wrap head in plastic wrap.

4) Let the mayo soak in for about 30 minutes.

5) Rinsing alone won't get the mayo out, so wash your hair with a mild shampoo. It might take a couple washings if you have thick hair.

Onion

Onion is by far the least glamorous ingredient, but it is surprisingly effective. Onions possess a high sulfur content, which stimulates collagen cells, promoting hair growth.

Onion Juice Treatment

Ingredients :

4-5 red onions or 10 shallots (more or less may be needed depending on how much juice the onions produce)

Directions :

1) Chop onion into small pieces.

2) Extract liquid using a juicer or another method you are comfortable with.

3) Carefully wet scalp with the onion juice, avoiding your eyes.

*Note: A suggestion for keeping the juice out of your eyes, and defending against the smell which can cause you to tear up, is wear swimming goggles. Sure, you'll look funny, but you will wish you had worn them if your eyes are splashed.

4) Let the juice soak in for 15 minutes.

5) Rinse and shampoo to eliminate any lingering odor.

Potato

The potato is a vitamin rich tuber that is not normally considered an essential beauty aid. Nevertheless, the potato's vitamin-rich juices can add much needed nutrients to hair that needs some assistance.

Potato Juice Treatment

Ingredients :

5-6 medium or 3-4 large russet potatoes

*Note: Make sure the potatoes are in good condition. Potatoes shouldn't be growing "eyes", have a greenish tint, or black or soft spots.

Directions :

1) Peel the potato and chop into small chunks.

2) Juice the potato chunks in a juicer.

3) Stir the juice and apply the scalp.

4) Let the juice soak in for 15 minutes.

5) Wash the potato juice out with a gentle shampoo.

Vinegar

On its own, vinegar can be harsh on hair, but diluted with water, and used only occasionally, vinegar can help keep your hair healthy. Vinegar's acidity restores and maintains the pH balance of your hair, while stripping away residue and build-up, and cleaning dry skin from the scalp.

Apple cider vinegar tends to be the vinegar of choice for this use because its smell is not as strong as other vinegars, but white vinegar would work just as well. Wine vinegar can be used if you suffer from dry hair, but it is a bit more expensive than the apple cider or plain white.

Apple Cider Vinegar Rinse

Ingredients :

1/2 cup vinegar of your choice
1 cup water

Directions :

- 1) Combine the water and vinegar.
- 2) Wash your hair with shampoo as you normally would.
- 3) As a final rinse, pour the vinegar rinse over your hair.

Vinegar and Egg Shampoo

Ingredients :

3 eggs

4 cups of water
2 Tablespoons vinegar
3 drops of any essential oil of your choice

Directions :

- 1) Crack and beat the eggs in a bowl. Set aside the eggs and mix the water, vinegar and oil in a separate container (preferably a pitcher, making it easier to pour.)
- 2) Take both containers into the shower with you. Wash your hair with the egg as a shampoo.
- 3) Rinse out the egg and condition your hair with your regular conditioner.
- 4) Pour the vinegar water over your hair as a final rinse.

Yogurt

Yogurt is a well-known health food loaded with nutrients like calcium and a laundry list of vitamins. Your hair will soak up this vitamin rich goo like a sponge. Now, it should be noted that plain yogurt is generally what would be called for when it comes to hair growth recipes, not a flavored variety. It may be optimistic to assume that plain yogurt is a staple in most kitchens, but, even if it's not, there's a chance you have picked some up for a dinner recipe and didn't know what to do with the leftover yogurt. Well, here's the solution!

Yogurt and Egg Mask

Ingredients :

1/4 cup plain yogurt
1/4 cup mayonnaise

1 egg

Directions :

- 1) Beat the egg until foamy.
- 2) Add the yogurt and mayo and stir until fully incorporated. The mixture should be smooth.
- 3) Massage into the scalp and slick through the hair from root to tip.
- 4) Tuck hair into a shower cap and let sit for 1 hour.
- 5) Rinse hair and wash using a gentle shampoo.

Grocery Store Ingredients

If you are writing out a grocery list for your next shopping expedition, any of the items featured in this section could be picked up at the supermarket, saving you a special trip. Most of these items would probably not reside in your kitchen at all times. A few depend on the ripeness, while others may be considered items you buy only when needed.

The vast majority of ingredients for hair growth recipes can be found in the grocery store. In addition, *most* are inexpensive. As you pick up these additional items, it might also be beneficial to replenish your supply of kitchen staples. That way you have everything you need on hand without needing to venture out to the store again.

Avocado

Avocados are a natural conditioner for hair due to the abundance of good fats and nutrients in their flesh. An

avocado doesn't have to be ripe in order to work in a hair growth recipe, but a softer avocado is much easier to work with than an unripe one.

Avocado Conditioner

Ingredients :

2 avocados

Directions :

- 1) Scoop out the meat and mash the avocado with a fork. Bring it with you into the shower.
- 2) Shampoo and rinse have normally.
- 3) Work the mashed avocado into the hair. Let sit for 20 minutes.
- 4) Rinse hair thoroughly.

Avocado and Coconut Oil Hair Massage

Ingredients :

1/4 - 1/2 cup coconut oil (depending on hair length and thickness)

1/2 mashed avocado

Directions :

- 1) Warm the coconut oil gently for 15 minutes.
- 2) Cool if necessary before massage the oil into the scalp and down the hair shafts.

3) Mash the avocado further until it is a fine paste and massage into the scalp and along the hair.

4) Let sit for 20 minutes.

5) Rinse and shampoo hair.

Avocado Shampoo

Ingredients :

1 ripe avocado (must be ripe!)
1 Tablespoon baking soda
splash of water

Directions :

1) Scoop the avocado flesh into a blender and puree.

2) Add the baking soda and a splash of water. Blend until combined,

3) Wash hair using the mixture as you would a regular shampoo. Rinse well.

Bananas

Bananas are a terrific source of potassium and other vitamins that keep hair strong and healthy. Strangely, the best way for hair to benefit from banana isn't to eat it, but smash in into your hair. Bananas need to be ripe to use, and it's a great way to use overripe bananas for something other than filling up your trash can.

Banana Mask

Ingredients :

- 1 ripe banana
- 1 Tablespoon almond oil (optional)

Directions :

- 1) Remove peel and mash banana until it forms a paste.
- 2) Add the oil to make the paste smoother (it is also easier to rinse the mashed banana from your hair if you use the oil.)
- 3) Massage onto the scalp and through the hair.
- 4) Wrap hair in plastic wrap.
- 5) Wrap a hot towel around the plastic wrap.
- 6) Let sit for 20 minutes.
- 7) Rinse well and shampoo hair.

Beer

Due to the yeast used in the fermentation process to make beer, vitamin B is prominent among its components. Beer also contains naturally occurring sugars, which lend to the thickness and healthy appearance of hair.

Beer Rinse

Ingredients :

Any bottle or can of flat, room temperature beer

Directions :

- 1) Pour the beer through hair as a rinse.
- 2) Shampoo and rinse hair normally.
- 3) Rinse with water.

Coconut Milk

Coconut milk is made up of nothing but good stuff. Good fat, iron, protein, and potassium make coconut milk a health food for your hair, encouraging growth and strength.

Coconut Milk Treatment

Ingredients :

1/2 coconut milk

Directions :

- 1) Massage the coconut milk into the scalp and run the milk through your hair down to the tips.
- 2) Tuck hair into a shower cap and leave on overnight.
- 3) Rinse with cool water.

Gelatin

Hopefully, this won't turn you off of gelatin as a dessert, but telling you what is in gelatin will explain how it helps grow hair. Gelatin is basically derived from dead collagen cells extracted from horses, pigs, and cows. The collagen is reconstituted when liquid is added, allowing it to form a gel.

Gelatin protects hair, moisturizes, and prevents breakage.

Gelatin Shampoo

Ingredients :

1 Tablespoon plain gelatin powder
2 egg yolks
water

Directions :

- 1) Mix the tablespoon of gelatin with about the same amount of water in a small bowl and let set for 30 minutes.
- 2) Place the bowl in a warm water bath until gelatin dissolves.
- 3) Let cool until the temperature is comfortable, but not hot.
- 4) Add the yolks and mix until well combined.
- 5) Lather hair with the mixture and let stand for 10 minutes.
- 6) Rinse out the shampoo completely.

Honey.

Honey is an emollient and antioxidant, meaning it conditions as it fortifies the health of the hair. Healthier hair is more likely to grow out longer and quicker. In fact, hair that is damaged or prone to build-up on the scalp may stop growing altogether. Honey cleans the scalp and acts as an anti-bacterial agent to keep away possible infections of the hair follicles.

Honey and Coconut Oil Mask

Ingredients :

- 1 Tablespoon honey
- 1 Tablespoon coconut oil

*Note: The amounts can easily be adjusted to meet your needs.

Directions :

- 1) Warm the oil and honey in a saucepan gently just until melted.
- 2) Apply generously to scalp and hair.
- 3) Place shower cap over hair and keep on for 45 minutes.
- 4) Wash hair with shampoo and condition.

Honey and Egg Shampoo

Ingredients :

- 3 Tablespoons honey
- 3 egg yolks

Directions :

- 1) Mix together the honey and egg yolks.
- 2) Lather into wet hair while massaging the scalp.
- 3) Rinse thoroughly.

4) Condition hair as you normally would.

Honey and Olive Oil Mask

Ingredients :

5 Tablespoons olive oil
honey

Directions :

1) Pour olive oil into a small bowl and add several drops of honey (about the size of a pea.)

2) Begin whisking the oil and honey, adding more drops of honey until the mixture is smooth and consistency that is not too thin, too thick, or too sticky.

3) Dampen hair with water and massage the mixture into the scalp and through the hair from root to tip.

4) Wrap hair in plastic wrap and let the mask set for 1 1/2 - 2 hours.

5) Rinse well and shampoo hair.

Oatmeal

Oatmeal is full of vitamins, including Biotin, which is one the best vitamins for hair. Oats can also cure an itchy scalp or dandruff, clean the scalp and hair of residue and build-up, and feeds hair nutrients to revitalize and improve the appearance of hair. The vitamins present in oats can also prevent hair loss while promoting new hair to grow.

Oatmeal Mask

Ingredients :

1/2 cup oats
1/4 cup milk (more may be needed)
2 Tablespoons almond oil

*Note: Adjust measurements to accommodate your amount and thickness of hair.

Directions :

- 1) Mix all the ingredients together, making sure the oatmeal is not too thick. The consistency should be spreadable, but not so thin it will drip everywhere.
- 2) Comb hair to detangle any knots or snarls.
- 3) Apply the oatmeal from the roots to the tips of the hair.
- 4) Leave the mask on for 20 minutes.
- 5) Rinse the mask out of your hair with warm water and shampoo.

Vodka

Much like vinegar, vodka can restore the pH balance to your hair. This will make your hair softer, fortify the hair follicles, and reduce frizz. Though vodka is listed under the grocery section, the liquor may not be found in your local grocery store depending on your state's laws, so a quick trip to the liquor store may be required. Keep in mind, you can always fix yourself a cocktail with any unused vodka. You wouldn't want it to go to waste.

Vodka and Egg Shampoo

Ingredients :

2 eggs
2 teaspoons vodka
1/2 teaspoon lemon juice

Directions :

- 1) Beat eggs thoroughly and add the vodka and lemon juice.
- 2) Wash your hair as you would with any shampoo.
- 3) Rinse with warm water, then again with cold water.

Vodka and Baking Soda Shampoo

Ingredients :

2 Tablespoons vodka
1 egg
1 Tablespoon baking soda
splash of water

Directions :

- 1) Mix all ingredients together well.
- 2) Shampoo your hair with the mixture and rinse thoroughly.

Specialty Ingredients for Length retention

The majority of home hair growth recipes call for familiar, easily accessible ingredients, but sometimes wildcards pop up. Specialty ingredients run the gamut from exotic to unusual to slightly bizarre. Some specialty ingredients can simply be found at a health store or specialty market, but others need to be hunted down over the internet.

In addition to being somewhat bothersome to find, specialty ingredients can also be a bit more expensive. However, some of the most dramatic results occur with the use of the more exotic or limited ingredients. If you are adventurous or curious about these items, this section is for you.

Don't allow unusual ingredients to intimidate you if you want to make any recipe calling for something you have little knowledge about, or have never even heard of. Trying new things makes life fun, and your hair will thank you for giving it a chance to experience the potency of ingredients that are often commonplace in other parts of the world, but work wonders on the hair of black women and men. All it takes is a bit of research to track down where to find the ingredient.

Amla

Amla is simply another name for the Indian gooseberry. It is well-known for its wealth of antioxidants and vitamins. The Indian gooseberry is a very common ingredient among ethnic hair products, but is not a widely available on its own.

Amla can be purchased at Indian food markets or on the internet. Indian gooseberry comes in many forms, including fresh, frozen, oil, powder, and pills. Be aware of what the recipe calls for, or what form would work best with a recipe.

Amla can also alter hair pigmentation, making it a highly sought after remedy for graying or dull hair. The amla brightens the color of your hair and makes it more vibrant. Better color is an extra incentive to track down this ingredient.

Amla Scalp Treatment

Ingredients :

2 teaspoons amla juice or powder
2 teaspoons lime juice

Directions :

1) Mix together the amla and lime juice.

*Note: Make as much or as little as you need for your hair, using the recipe measurements as base guidelines.

2) Coat entire scalp and allow the treatment to completely dry.

3) Rinse off the treatment using warm water, massaging the scalp as you do.

Amla and Coconut Oil Treatment

Ingredients :

1 Tablespoon dried amla

2 Tablespoons coconut oil

Directions :

- 1) Bring the oil to boil in a saucepan. Add the amla and simmer gently for 10 minutes.
- 2) Strain out the amla and let the oil cool until it can be easily handled.
- 3) Massage oil into scalp, and tuck hair into a shower cap.
- 4) Leave the treatment on overnight.
- 5) Shampoo hair to remove the oil residue.

Caffeine

Caffeine is stimulating in many ways. It can liven up dull hair and encourage growth, while preventing damage to the hair follicles and strands. Now, there are many articles, blogs, and tips available on the web that suggests simply pouring a pot of cooled coffee over your head while you shower. That's just one way your hair can get a caffeine fix. Many health shops sell caffeine powder that allows you to adjust the amount of caffeine you want to use. It is also great for the people who are not coffee drinkers and wouldn't have the product in their kitchen.

There is a warning, however, be careful how potent you make the following recipe! You can experience headaches from the potency or frequency of use, so cut down on both if you are having headaches.

Caffeine Shampoo

Ingredients :

8 ounce bottle of your favorite shampoo OR an 8 ounce spray bottle of water
4 teaspoons caffeine powder

Directions :

- 1) Add the caffeine powder to the shampoo bottle or spray bottle and mix very well.
- 2) Use the shampoo as you normally would, or spray hair as a leave-in revitalizer for your hair.

Curry Leaves

Curry is technically a spice, but curry leaves are not easy to find in a regular store, so it has been moved to the specialty item section. Indians have reaped the benefits of curry for centuries. Curry leaves stimulate hair growth, slow down the spread of gray hair, and help trap moisture in the hair. Curry leaves can often be found in Indian food stores, or if one is not near you, the internet sells it in tins.

Curry Leaves and Coconut Oil Treatment

Ingredients :

Fresh curry leaves
coconut oil

Directions :

- 1) Melt a jar of coconut oil.
- 2) Bring to a boil and add a handful of curry leaves. Simmer

until the oil forms a black residue. Be careful that the oil isn't too hot or it will fry the leaves.

3) Collect the residue, make sure it is not too hot and distribute throughout hair and scalp.

4) Wash hair using a mild shampoo.

Fenugreek

Fenugreek or Methi seeds are actually a spice used primarily in Indian cuisine. The spice also possesses medicinal qualities. In fact, fenugreek seeds have compounds similar to steroids, which help ramp up hair growth and strength. Fenugreek can be found at specialty food stores, and, sometimes, your own grocery store.

Fenugreek Hair Growth Treatment

Ingredients :

1 teaspoon fenugreek paste
2 teaspoons coconut milk

Directions :

- 1) Mix the ingredients thoroughly, adjusting the measurements as needed.
- 2) Apply to scalp and through hair.
- 3) Let sit for 30 minutes.
- 4) Wash hair with a gentle shampoo.

Floral Rinses and Pastes

Hibiscus Flower

The hibiscus flower has the amazing ability to prevent shedding, strengthen hair, cleanse the scalp, thicken hair follicles, delay signs of aging in the hair, and promotes hair growth. Fresh hibiscus plants can be found at your local plant nursery, some health stores sell dried hibiscus petals and/or leaves, or in the form of tea. The dried versions may be easier to find on the internet.

Hibiscus Flower Hair Growth Paste

Ingredients :

1/4 cup dried hibiscus flower
coconut oil

Directions :

- 1) Place the dried hibiscus into a bowl and add as much or as little coconut oil as you need to form a workable paste.
- 2) Spread the paste over the scalp and through the hair, allowing for little to no build-up of excess.
- 3) Let sit for 10 minutes.
- 4) Rinse and wash hair with a mild shampoo. Conditioning should not be necessary.

Stinging Nettles

Stinging nettles have a bad reputation that is entirely deserved. There is a good chance you are familiar with nettles, but weren't even aware of what they were called. If you have ever walked through brush with bare legs, and encountered a weed that fought back in the form of prickly, itchy thorn-like little needles, you've encountered stinging nettles.

The knowledge that this ingredient is a loathsome weed may be enough to turn some people off from using it, but keep in mind that stinging nettles are used to grow hair for a good reason. They work like a charm. However, like with a few of the other ingredients already explored, precautions should be taken when handling this ingredient.

The richness of vitamins and minerals present in the nettles is what fortifies hair for extra strength, brightens your hair's color, softens hair, stimulates hair growth, ironically cures itchy scalp, and gets rid of dandruff.

The drawback to using stinging nettles is that they will sting if touched with a bare hand. The best suggestion given is to use gloves whenever you need to touch fresh nettles. If you are really concerned, it probably wouldn't hurt to double-glove your hands as long as they don't inhibit your mobility.

Stinging Nettle Rinse

Ingredients :

1 cup fresh or dried stinging nettles, chopped
4 cups boiling water

Directions :

- 1) Boil water in a medium-sized pot. Add the nettles and continue to boil for 20 minutes.
- 2) Turn off burner, cover the pot with a tightly fitting lid and let the liquid steep for 1 hour or until completely cool.
- 3) Strain out the nettles before using the rinse.
- 4) Pour into a bottle for use.
- 5) Shampoo and condition hair as you normally would.
- 6) As a final rinse, pour the nettle water over your hair and massage gently into scalp. Do not rinse, but leave in the nettle water.

Stinging Nettle Vinegar Rinse

Ingredients :

- 1 cup fresh nettles
- 2 cups apple cider vinegar
- 1 cup water

Directions :

- 1) Bring the vinegar and stinging nettles to a boil in a saucepan and simmer for 30 minutes.
- 2) Allow the vinegar to cool completely.
- 3) Strain out the nettles and pour the vinegar into a storage bottle.
- 4) For the rinse, combine 1/2 cup of the vinegar and the 1

cup of water.

5) After shampooing and conditioning hair, pour the rinse over your hair.

6) Rinse out with water if the vinegar scent is too strong.

Conclusion

It may seem simpler and more convenient to purchase pre-made beauty products in order to speed up hair growth, but it may not be as effective as the products you can use at home. All those bottles and jars lining the shelves contain chemicals, preservatives, and scores of other ingredients that you shouldn't apply to your bodies.

Creating your own hair growth recipes at home can be a lot of fun, it saves money, the ingredients are all natural, and you get to pick and choose what recipe works for you. The "fun" aspect may not be so obvious to some, but view whipping up a hair treatment like conducting a science experiment or cooking a meal. Only you get to put the stuff on your head and get messy in the end!

On the money front, you could shell out quite a bit of money for a name brand product, or have some expensive treatment at a salon. The alternative is to pay a fraction of the price to gather the ingredients you will need to make your own, and you get to do it when it's convenient for you.

One of the most positive factors to creating your own hair growth treatments is that the ingredients are all natural. You can pronounce every component of the recipe and not have to wonder if you are doing more harm than good to your hair. Doing it yourself also give you the freedom to choose, discard, and tweak whatever recipe you use. You can try anything you would like, and if it doesn't work out, you're only out a couple of bucks.

Scent is another incentive to an all natural, homemade recipe. Some store brands smell fine, but nothing beats the smell of a home brewed concoction, especially one that allows you to pick a scent that appeals most to you. Finding a tonic, potion, or serum that works for you and helps hair to grow is the end goal. That doesn't mean you need to sacrifice good ingredients for a designer label.

Getting your hair to grow longer and fuller will not happen overnight. There is no miracle recipe that will magically lengthen your hair in just a few days. The key to growing out your hair is to find a combination that works for you. A regimen of several recipes will likely be the best way to go, but cracking the code and figuring out *which* recipes may be a case of trial and error.

As you journey through your trial and error process, discovering new ingredients and experimenting with recipes you will eventually find the ones that are right for you, and work for your hair type, and specific hair needs. When it comes down to it, all you really need is some patience, perseverance, and a grocery store.

Thank you

One last thing....

If you enjoyed this book or found it useful, we would be very grateful if you'd post a short review on Amazon. We strive to help encourage natural hair care and practices and your support really does make a difference.

If you would like to leave a review, all you need to do is click the review link below and you will be taken to this book's page on Amazon here:

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We wish you the best on your long natural hair journey!

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