

DR. CHRISTOPHER'S *Herbal Legacy Newsletter*

Homemade Natural Shampoo



1/4 cup coconut milk (Homemade usually works better than canned.)

1/3 cup Liquid Castile Soap (Like Dr. Bronner's. Don't use mint on color treated hair.)

1/2 of a teaspoon (or several capsules) of Vitamin E or Jojoba oil (completely optional)

20 drops of Essential Oils of choice

1 Tablespoon raw honey (optional)

1-2 Tablespoons witch hazel (optional)

For dry hair: add 1/2 tsp olive or almond oil (optional)

For oily hair: add 1-2 Tablespoons of baking soda dissolved in 1/4 cup water (optional)

How to Make Natural Shampoo:

1. Combine all ingredients in an old shampoo bottle or jar of some kind. Pump soap dispensers and even foaming dispensers work well for this. (If you use a foaming dispenser, add 1/4 cup of distilled water)
2. Shake well to mix.
3. Keep in your shower for up to a month.
4. Shake before each use.
5. Use about a teaspoon every time you shampoo.
6. If you use a foaming dispenser, it also makes a great shaving cream!