**Simple DIY clarifying hair treatments**

2 recipes

**Apple cider vinegar clarifying rinse**:

The pH of ACV when diluted is between 4.5-5, which helps to balance the hair and scalp pH.

ACV is an antimicrobial that gets rid of dirt, grease and debris, while also attacking the fungi and bacteria that contribute to dandruff.

Rosemary is known for its antibacterial quality and will make a great addition to any hair treatment due to its ability to cleanse, stimulate growth, increase shine and relieve scalp issues.

Tea tree oil has been used medicinally for hundreds of years. It is a common ingredient in shampoos because of its proven antimicrobial and antifungal properties making it an excellent cleaning agent.

All you need:

- ACV (Organic and unfiltered)

- Applicator or spray bottle

- Water

- Rosemary and or tea tree (optional) \*always do a patch test before using any oils\*

Start by washing your hair with your regular shampoo or wet hair thoroughly if it isn’t wash day. Mix water and ACV using a 1-3 ratio (ex:1 cup acv to 3 cups water.) Add your essential oils and shake well. Apply throughout damp or wet hair from root to tip. Massage your scalp to assist with exfoliation and blood circulation. Allow this to sit for 5-7 minutes and rinse out thoroughly. Proceed with your favorite moisturizing conditioner.

\* ACV is not for everyone. Pay attention to how the treatment affects your hair\*

**Bentonite clarifying mask**:

Bentonite clay is an absorbent aluminum phyllosilicate sourced from volcanic ash and has been known to rid of toxins. It has been used throughout history in various countries as a go-to hair cleanser and conditioner as well as a face mask. When combined with water and ACV, it becomes negatively charged. Allowing it to draw out toxins from the hair, which is positively charged. Bentonite clay contains many natural minerals that are essential for hair growth such as sodium, potassium and calcium. This mask will gently cleanse your scalp while providing deep conditioning and intense moisturization to your hair.

\*Do not use a metal bowl, measuring cup or utensils when dealing with bentonite clay\*

All you need:

- Bentonite clay

- Warm water

- ACV

- Rosemary, tea tree and or lemon essential oil

Measure and pour your clay into the bowl. If using oils, add to your powder and mix with a wooden spoon. Add the ACV next to the mix. Let the mixture aerate for 15 second and proceed to add warm water stirring vigorously. Mixture should form a smooth, yogurt-like consistency.

When the mask is ready, wet and section your hair. Evenly saturate your hair with the mask from root to tips. I your hair starts to dry, dampen I with a spray bottle. Once your hair is fully coated, cover it with a plastic cap to trap in the heat for extra penetration. Leave in for 20-30 minutes prior to rinsing out with warm water. Shampoo and condition after treatment is done.