



Hibiscus Hair Massage Treatment

Hibiscus has long been used by Indian women to give hair shine, bounce and lessen frizziness. Honey is a natural humectant full of antioxidants and nutrients to help moisturize your hair and scalp. Avocado oil is well known as a nourishing oil for both scalp and hair helping to add luster and prevent hair breakage and split ends.

Equipment You'll Need:

Mixing bowl
Measuring cups
Measuring spoons
Whisk

Ingredients:

2 Cups organic aloe vera gel
1 Tbsp organic hibiscus tincture or extract
2 Tbsp raw honey
1 Tbsp organic avocado oil



Instructions:

1. Add all ingredients to your mixing bowl and mix together rigorously with your whisk.
2. Pour off into bottles or jars
3. Apply 1-4 Tbsp to roots and ends of hair (depending on length and thickness) and massage into scalp
4. Leave on for 15-20 minutes and then rinse off
5. Enjoy the silky shine and healthy texture!