

# Rosemary Hair Tonic



## Rosemary Hair Tonic

This recipe is very easy to make. All you need is rosemary and water. You can also add other herbs such as thyme, lavender flowers and aloe vera gel.

### Ingredients:

- 2 tablespoons fresh Rosemary leaves
- 2 cups Water

### Optional add-ins

- 1 tablespoon fresh Thyme ( stimulates hair follicles and adds lustre to your hair)
- 2 teaspoons fresh Lavender or 1 teaspoon dried lavender flowers (balances scalp oils)
- 1 tablespoon fresh Sage leaves (helps darken greying hair and promotes healthy scalp)
- 1 teaspoon almond oil (useful for dry hair)
- Few drops of lavender essential oil
- 1 teaspoon aloe vera gel

**Method:** Bring the water to a boil in a saucepan, then add the rosemary leaves (and thyme, sage & lavender flower). Reduce the heat and simmer, covered – to avoid the loss of valuable oils in the steam – for 2 to 3 minutes. Remove from the heat and let it sit in the pot to cool. The water will turn a murky dark brown. You may see an oil film on the surface, and that's ok – it's the rosemary oil. Strain out the soggy leaves, then add the lavender essential oil, the almond oil and aloe vera gel if you are using the optional add-ins and stir to combine.

**Post shower rinse.** Put the liquid into a spray bottle for easy application. Spray a generous amount over damp hair and massage into your scalp and hair and let it sit for 10 to 20 minutes. Rinse thoroughly, or you can simply leave it on overnight for a pamper treatment, just pop a towel over your pillow to avoid any stickiness or discolouration. This stimulating rinse will help condition both hair and scalp, helping to relieve dandruff and itchy scalps.

**Post exercise rinse:** If you exercise frequently or sweat a lot due to weather conditions, instead of using shampoo try this rinse to keep your hair smelling fresh and clean.

**Store the remaining:** This quantity should do at least 2 to 4 applications depending on the length of your hair. Store it in the fridge between uses – it will keep good for up to two weeks.



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