

MAKING HAIR AND SCALP TREATMENTS

Beautiful hair depends on a healthy scalp. Keep your scalp in good condition by washing your hair in warm, not hot, water, and using home-made herbal treatments to add extra nutrition. Then rinse through for shiny, revitalized hair with bounce.

Comfrey hair tonic



TREATS ALL
HAIR TYPES

INGREDIENTS

3 tsp dried calendula
3 tsp dried comfrey
1 tsp dried horsetail

Makes 1 treatment

Comfrey has a conditioning effect on the hair and scalp, as it is rich in an extract, allantoin, that helps to encourage natural cellular regeneration. Calendula soothes the scalp and is an excellent rinse for hair alongside shine-enhancing horsetail. This simple tonic nourishes both the hair and scalp to restore your hair's natural vitality.



1 *Infuse the dried herbs with 100ml (3fl oz) of boiling water in a bowl.*



2 *Allow to stand and cool for 20 minutes, then strain through a sieve into a bowl. Discard the herbs.*



3 *Add the strained liquid to your shampoo up to a maximum ratio of 50 per cent (the more you add, the thinner the shampoo will be). Use any excess infusion as a final rinse for the hair.*

